

Sierra Hendrix-Williams

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SUMMARY

Leader of social advancement of underprivileged and underestimated communities through mentoring, coaching and leadership with an entrepreneurial core spirit.

Professional Experience

Clinical Social Worker (LLMSW), Southfield Mental Health Associates

2021 – Present

Southfield, Michigan

Work with clients that are experiencing mild to moderate cases of mental health issues. The aim we have at the clinic is to provide services that meet the diverse needs of the community members that we serve. I do this by providing a range of modalities to fit the particular needs of the clients I work with.

Specialties and Expertise

- Sports Performance, Racial Identity, Self Esteem, Anxiety, Depression, Coping Skills, Grief, Life Transitions, Stress

Types of Therapy

- Cognitive Behavioral (CBT)
- Person-Centered
- Positive Psychology

Mental Health Performance Coach, Great Start Wellness

2022 – Present

Walton High School Football Team, Marietta, Georgia

Provide mental health and wellness interventions for high school sports teams. This includes but is not limited to: psycho-education, mindfulness training, mindset management, and strength-based coaching styles.

Detroit Power Detroit Inc., *Detroit, Mi*

2021- Present

Executive Board Member

- With a focus on running mental health programs in the city of Detroit

T.E.A.M.

2020-Present

Atlanta, GA Mental Health Liaison

- Executed design and implementation of mental health awareness and education
- Provides insight for high school student athletes on mental health tools and resources

University of Michigan DEI Task Force

2021

Ann Arbor, Mi

- *Worked with staff and faculty of the social work program to work towards the university and student lead goals of DEI*

Black Radical Healing Pathways

2020-22

Ann Arbor, Mi

Deputy Director of Leadership

- **Made sure to maintain the direction of the student organization in accordance of the original bi-laws**

Multiple Identity Intersections Lab

2019-20

Ann Arbor, Mi

Research Assistant

- Assisted with data coding and report creation
- Maintain accurate records of interviews, safeguarding the confidentiality of subjects
- Summarize project results

University of Michigan, Team Impact

2019-20

Ann Arbor, Mi

- *Worked as the liaison between the track and field team and the new child team member*

University of Michigan LDT Ambassador

2018-20

Ann Arbor, Mi

- *coordinated communication between coaching staff, administrative faculty, and the athletes.*

EDUCATIONAL

Master of Social Work

August 2020 – May 2022

University of Michigan, *Ann Arbor, Mi*

Bachelor of Science, Psychology

August 2016 – May 2020

University of Michigan, *Ann Arbor, Mi*

Academic Honors

NR-SSW MI Scholar Program

2020-22

University of Michigan

SSW Deans Mission Scholarship

2020-22

University of Michigan

Highlighted Projects

Ins and Outs of Anxiety Presentation

2022

SOMA, Detroit, MI

Understanding Depression Presentation

2022

SOMA, Detroit, MI

Building Power Conference

2021

University of Michigan, Ann Arbor

Mental Health 101 Presentation

2021

Dauch Boys and Girls Club, Detroit, Mi

MOVES (Males of Versatility Empowerment Series)

2021

University of Michigan, Ann Arbor

Athletic Coach

Mental Health Performance Coach, Football

August 2022 – Present

Walton High School, *Marietta, Georgia*

Sprint and Hurdles Coach, Track and Field

January 2022 – Present

Walton High School, *Marietta, Georgia*

Youth Athletic Mentor and Assistant Coach, Track and Field

August 2020 – Present

Full Throttle Youth Track Club, *Marietta, Georgia*

Athletic Track and Field

United States Track and Field (USATF) Athlete

June 2021 – Present

Professional Track and Field Athlete, *Atlanta, Georgia*

NCAA Track and Field Athlete

August 2016 – April 2021

University of Michigan, *Ann Arbor, Mi*

Athletic Track and Field Accomplishments

- Big Ten Track and Field Indoor and Outdoor Finalist 2018, 2019

- UM Top 10 All-Time Track and Field in Hurdles
- UM Track and Field Letterman 2018, 2019, 2020
- UM Track and Field Newcomer of the Year Award Winner 2018

Athletics Honors and Awards

- Michigan Athletics Professional and Career Transition Program “M-PACT” Member
- University of Michigan Emergent Executives
- University of Michigan LetterWinners MClub Member
- University of Michigan Athletic LDT Ambassador
- University of Michigan Track and Field Youth Outreach Representative (MACC Development)