

# Kathryn Anne Lavelle

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## Employment:

**Paul Bunyan/ Hubbard Broadcasting** — *Radio Personality, Announcer, Programmer*

**March 2008 to December 2019**

Duties included providing a viable, on-air personality, 7 days a week, for the Paul Bunyan Broadcasting stations of KB101 (Continuous Country) and Z99 (Classic Rock). I planned, prepared, and delivered live content consisting of quality musical programming, human interest stories, current entertainment trends, community calendar events, updated commercial content, and I worked to make sure all contests and promotions were conducted in compliance with FCC regulations, federal, and state laws.

I created, programmed and hosted an original weekly, prime time, deep cut classic rock show called the Classic Cafe, for KLLZ.

I wrote, edited and recorded an assortment of commercials, promotions and public service announcements for on air use.

I interviewed guests and entertainers, and did live appearances at various trade shows, concerts, county fairs, restaurants and promotional events. I also hosted and attended local charity and non profit events, as well as serving on various non-profit boards.

In addition to my regular duties, I was expected to provide back-up to cover and host all other station shows, when needed.

## SKILLS:

**I am proficient in Microsoft Word, Publisher, VCreative, Mac Radio, Sound Studio and Zetta. I'm comfortable using the Marti and Comrex for remote broadcasting. My expertise lies in both the on-air live ad-lib, and the carefully scripted announcement. I am versatile, adaptable and dependable.**

## Training:

**\*Zetta Program Training, Hubbard Broadcasting- 2019**  
**\*Organized Alliance Building, Silver Seeds Coaching- 2015**  
**\*Mandated Reporting Training, Beltrami Child Protection- 2014**  
**\*Dave Ellis Leadership Training- 2013**

**Silver Seeds Coaching and Consulting** — *Life Coach, Domestic Violence Advocate & Educator, Beltrami Works Group Facilitator*

**October 2010 to March 2015**

Duties included co-facilitating Beltrami Works Leadership Groups by providing StrengthsFinder testing and evaluation, designed alliances, boundaries, job search skills, as well as end-of-group debriefing sessions.

I provided life coaching sessions to my clients, helping them navigate the barriers of poverty to build the kind of life they desired without the need for welfare.

I worked comfortably with very diverse cultures and socio-economic groups, providing advocacy and education for victims of domestic abuse, as well as clients suffering from chemical dependency, mental health and safety issues.

I taught co-workers how to create family violence safety plans for victims receiving MFIB; and I successfully matched specific clients with certified coaches.

We created a sense of community for those graduating from the Beltrami Works Program, and were successful in saving Beltrami County over \$100,000 (per year) in benefits by creating a successful group of talented clients, prepared to enter the workforce .

**Education:**

**\*Fallston High School Graduate, Class of 1985**

**\*Harford Community College: Non degree certification Intensive Secretarial Series, 1985**

**\*Harford Community College: Human Development / Liberal Arts AA, 1988**

**Employment References:**

**Larissa Donovan  
News Director**

**Paul Bunyan  
Broadcasting/Hubbard  
Radio  
(218)407-4266**

**Kev Jackson  
95.5 KZY Program  
Director**

**Paul Bunyan  
Broadcasting/Hubbard  
Radio  
(218) 556-5870**

**Ellen Boyd  
Life Coach and CEO  
Silver Seeds Coaching and  
Consulting, inc  
(218) 556-8724**

