

Tyrek J Pratt

Ellington, CT

Phone: 860-389-1256

Email: tyrekpratt@icloud.com

LinkedIn: <https://www.linkedin.com/in/tyrekjpratt/>

Professional Summary

Accomplished entrepreneur with over 25 years of experience as a business owner in the health and fitness industry, specializing in integrating physical fitness and mental health for holistic client transformation. Recently transitioned into the financial sector, driven by a passion for empowering individuals and communities through financial literacy and strategic planning. Combining a legacy of entrepreneurial success with a commitment to fostering economic resilience, I am dedicated to building a career that blends wellness expertise with financial coaching to support sustainable personal and professional growth.

Professional Experience

Owner | Fitness Studio & Mental Health Practice

[East Hartford CT,06118] | [May/2015 – Present]

- Developed and managed a holistic health practice that bridges the gap between physical fitness and mental health, offering clients a comprehensive approach to achieving their personal and professional goals.
- Designed customized fitness programs aligned with clients' physical capabilities and mental wellness needs, resulting in improved health outcomes and long-term client retention.
- Integrated cognitive coaching, emotional coaching, life coaching, and talk therapy into wellness plans, helping clients address stress, anxiety, and other mental health challenges.
- Recently expanded services to include financial literacy and financial psychology coaching, enabling clients to understand and improve their money mindset for greater financial well-being.
- Created group workshops and one-on-one coaching sessions to foster community engagement and address holistic wellness topics.

Independent Financial Coach

[East Hartford CT,06118] | [January/2024 – Present]

- Launched a financial coaching service focused on guiding individuals in aligning their financial goals with their life aspirations.
- Developed personalized strategies to help clients overcome financial stress and build sustainable habits, incorporating principles of financial psychology.
- Designed educational content and programs to teach financial literacy, specifically targeting young entrepreneurs and underserved communities.

- Partnered with clients to foster financial empowerment and build a healthier relationship with money.

Education

Bachelor's in financial and MBA (in progress)

Southern New Hampshire University | Expected Graduation: March / 2027

- **Core Coursework:** Investments and Financial Planning, Corporate Sustainability, Leadership in Business, DEI in Modern Business, Entrepreneurship, Advanced Financial Analysis

Highlighted Projects:

- Produced an insightful documentary project on Black Wall Street and Juneteenth, underscoring the importance of financial independence and resilience.
- Conducted sustainability studies focusing on social justice, DEI, and environmental impact within diverse sectors.

Certifications & degrees

- **ISSA:** Personal Training, Sports Nutrition, DNA Fitness, Exercise Therapy
- **Behavior psychology**

Skills

- **Technical Skills:** Financial analysis software, Microsoft Office Suite, social media management on YouTube, Instagram, Facebook
- **Soft Skills:** Leadership, client relationship management, strategic planning, adaptability
- **Specialized Knowledge:** Financial planning, Real estate, health and wellness programming, sustainable investment strategies

Community Involvement & Projects

- **Black Elevation (Founder)** – Established a brand centered on advancing mind, body, and wealth for young Black entrepreneurs, reflecting a commitment to personal and community growth.
- **NAACP Member** – Active member, supporting initiatives that champion civil rights, social justice, and economic equality.
- **Hundred Men of Color Initiative** – Dedicated to community-based empowerment through education, mentorship, and entrepreneurship programs for young Black men.