

Tisha Stahl

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PROFESSIONAL SUMMARY

Mental health advocate and self-published author with 10+ years of experience in administrative operations, staff supervision, and community-facing service. Published three books, including a mental health memoir grounded in personal experience, demonstrating a lived commitment to destigmatizing mental health. Pursuing a B.S. in Social Science with certificates in AI Foundations and Applied Social Sciences. Dean's List honored and member of five honor societies. Skilled in conflict resolution, emotional support, and building trust with diverse populations.

EXPERIENCE

- Behavioral Technician** — Butterfly Effects L.L.C., Virginia Beach, VA
► Implement individualized ABA therapy plans under BCBA supervision for children with autism spectrum disorder.
► Support development of communication, social, and daily living skills, fostering independence and family-centered progress.
- Behavioral Scientist / AI Trainer** — Calypso Labs L.L.C., Silver Springs, MD
► Lead product strategy for AI verification tools, helping clients distinguish authentic content from synthetic media and bot traffic.
► Apply behavioral science principles to evaluate and improve AI-human interactions for greater empathy, accuracy, and inclusivity.
► Design and refine training datasets to increase emotional intelligence and inclusivity in AI responses.
► Assess AI outputs for ethical alignment, emotional intelligence, and user impact across diverse populations.
► Collaborate with interdisciplinary teams to improve usability and behavioral effectiveness of AI systems.
- Independent Contractor (Rideshare)** — UBER, Chesapeake, VA
► Provide reliable transportation and delivery services, maintaining professionalism and customer focus.
► Manage independent schedule and operations while balancing full-time academic coursework.
- PT Merchandiser** — American Greetings Corp., Chesapeake, VA
► Engaged customers to resolve concerns and answer questions, building rapport through attentive communication.
► Designed and executed product displays, managed inventory, and maintained organized store sections.
- Manager / Driver** — FedEx Ground, Hampton, VA
► Supervised and mentored a team of ~12 staff, providing hands-on leadership and professional development.
► Supported staff through personal and professional challenges, promoting team wellbeing and cohesion.
► Mediated workplace conflicts and facilitated resolutions, creating a stable team environment.
► Coordinated HR tasks including recruiting and interviewing; managed communications, scheduling, and administrative workflows.
► Maintained vendor relationships and process documentation for operational consistency. Recognized as Best Courier Driver (2015, 2017, 2019).

SKILLS

Mental Health Advocacy	Cultural Sensitivity	Professional Communication (Written & Verbal)	Administrative Support	Staff Supervision & Team Leadership		
Community Liaison & Relationship Building	Active Listening	Adaptability	Creative Writing	Training Coordination	Performance Monitoring	Conflict Resolution
Emotional Support & Staff Wellness	Recruiting & Interviewing	Data Entry & Record Management				

EDUCATION

- B.S. in Social Science** — University of Maryland Global Campus, Adelphi, MD
Certificate in Applied Social Sciences — UMGC
Certificate in AI Foundations — UMGC
GED — Virginia Beach Public Schools, Virginia Beach, VA
- 3.756 GPA • December 2026
3.756 GPA • December 2026
3.756 GPA • May 2026
4.0 GPA • June 2007

HONORS & AWARDS

- Dean's List** — Spring, Summer, Fall 2025; Spring 2026 • **Best Courier Driver** — 2015, 2017, 2019 (FedEx Ground) • **Certificate of Achievement for Volunteering** — 2025 (UMGC)
Honor Societies: Pi Gamma Mu (ΠΓΜ) • National Society of Collegiate Scholars • Sigma Phi Omega (ΣΦΩ) • Alpha Phi Omega (ΑΦΩ) • National Society of Leadership & Service

LEADERSHIP & VOLUNTEERING

- President** — Applied Humanities Club, UMGC, Adelphi, MD
► Set strategic direction and lead events exploring the intersection of humanities, social issues, and technology.
► Foster collaboration and organize panel discussions, workshops, and community partnerships.
- Executive Officer** — Creative Writing Club, UMGC, Adelphi, MD
► Organize workshops, writing prompts, and open mic nights; facilitate feedback and member collaboration.
- VP of Communications** — PTA, B. M. Williams Elementary, Chesapeake, VA
► Oversee all communication channels including email newsletters, social media, and the school website.
► Collaborate with PTA leadership and administrators to align messaging with the school's mission and goals.
- Volunteer Letter Writer** — Letters Against Isolation / Depression / Love for Our Elders
► Write and send personalized letters to seniors and individuals in care facilities to combat social isolation.

PUBLICATIONS

- "Shattered, but Still Here"** (pen name: Sedative Valegrave) — Amazon • March 2025
► Memoir exploring trauma, resilience, and healing; advocates for mental health awareness and destigmatization.
- Additional Self-Published Works** — Amazon • March 2024 – June 2025
► "Mine Forever" and "Bound by Divinity. Torn by Fate" — managed all aspects of self-publishing independently.

CERTIFICATES

- CPR for Adults and Pediatrics First Aid/AED/CPR** (Cert. No. 02AESHR) — May 2026 – May 2028
Certificate of Artificial Intelligence Foundations — UMGC, May 2026