

Emily Driscoll

Management Consultant

New York, NY | 000-000-0000 | email@email.com

Work Experience

McKinsey & Co.

Jun 2020 - Present

Management Consultant

- Responsible for the planning, direction, and coordination of activity required to effectively manage multiple projects.
- Analyze and improve upon project proposals, ensuring management expectations are met and successful outcomes are achieved.
- ensure goals, time-frames, funding limitations, staffing requirements and allocation of resources are addressed before project execution.
- Oversee direction and coordination of project personnel.
- Spearhead establishment of standards and procedures required for reporting and documentation.
- Monitor quality assurance.
- Review status reports and modify schedules and plans as required.

Cornerstone Research

Feb 2015 - Mar 2020

Management Consultant

- Executed a 6-Module Leadership Development Program including strategic capacity, self-awareness, organization intelligence, team intelligence, and development.
- Designed, conducted, and analyzed an Engagement Survey with Real Estate Market Leaders to benchmark the level of organizational engagement for a period of 10 months.
- Implemented OD initiatives and transferred relevant knowledge and skills to key client stakeholders in Real Estate Market Leaders.
- Identified OD needs after thorough in-depth interviews and focus groups and created cross-functional teams to facilitate and improve internal communication.
- Productized several of the organization's offerings as marketing materials for prospective clients.

Bain & Co.

Apr 2012 - Jan 2015

Project Management Consultant

- Managed a portfolio and owned products related to the portfolio.
- Managed a large program with three projects and multiple releases with a peak team size of around 45 including the external vendors.
- Reviewed the architecture and design of all the projects as part of corporate systems pyramid to ensure enhanced quality of the system.
- Also, this is responsible for conducting technical sessions (TeachTalks) to spread the knowledge to all the team members within the corporate systems pyramid.
- Contributed to "Delivery Excellence" and "Training & Certification" initiatives as part of Corporate Systems raise the bar initiatives.
- Actively involved within the organization initiative of CMMI Level-5 certification process with two of my projects in the assessment processes to help the organization get CMMI Level-5 certification.

Boston Consulting Group

Jun 2009 - Mar 2012

Design Consultant

- Developed an in-house product to design the structural steel elements for various steel structures.
- Met various clients as part of pre-sales activities for the design consultancy.
- Worked with major clients in design consultancy including Chioda Petrostar, Samsung, SABIC, Saudi ARAMCO, Saudi Shmwa etc.

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CL Gary

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the CL Gary text.

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Kick Start Your Career Lee Smith, John van Genderen, 2018-03-30 For new graduates the key challenge remains how to secure that first career related job Full of guidance and tips on how to handle the complex field of job hunting Kick Start Your Career can help navigate an ever changing job market and secure your chance at your desired career It is a valuable investment in your future It advises the reader on how to stand out in job applications use social media for job searching create resumes and cover letters that stand out succeed at interviews It provides a practical hands on step by step approach With an integrated Personal Plan that helps create key job search documents it directs soon to be graduates towards achieving their career aspirations Accompanying online resources include examples and templates which can be downloaded in Word format to help you prepare resumes and other job search documents This book will help graduates progressively build up job hunting resources skills achievements resume cover letter and interview responses and turn this into a practical outcome a new job It is a key companion to any student or recent graduate exploring the job market [IC3: Internet and Computing Core Certification Computing Fundamentals Study Guide](#) Ciprian Rusen, 2015-04-22 Test how well you know your way around a computer for the IC3 exam IC3 Internet and Computing Core Certification Computing Fundamentals Study Guide is your ideal study guide to focus on the Computing Fundamentals exam module in preparation for the IC3 exam This book covers hardware software peripherals operating systems and basic troubleshooting presented in a clear concise style Hands on examples and self paced exercises show you how to perform critical tasks needed to pass the exam and the companion website offers a diverse set of study tools including the Sybex test engine a preassessment test practice questions and videos Readers also gain access to electronic flashcards and the chapter files needed to complete the exercises in the book This guide focuses on the Computing Fundamentals module helping you test your skills and solidify your understanding in preparation for the exam Review the various hardware components essential to the computer Understand which peripherals are crucial and which are nice to have Brush up on basic troubleshooting for common minor issues Master your operating system and fundamental software When you are serious about certification IC3 provides the practice that inspires self confidence [IC3: Internet and Computing Core Certification Global Standard 4 Study Guide](#) Ciprian Adrian Rusen, 2015-04-23 Hands on IC3 prep with expert instruction and loads of tools IC3 Internet and Computing Core Certification Global Standard 4 Study Guide is the ideal all in one resource for those preparing to take the exam for the internationally recognized IT computing fundamentals credential Designed to help candidates pinpoint weak areas while there's still time to brush up this book provides one hundred percent coverage of the exam objectives for all three modules of the IC3 GS4 exam Readers will find clear concise information hands on examples and self paced exercises that demonstrate how to perform critical tasks This useful guide includes access to a robust set of learning tools including chapter review questions a practice test environment electronic flashcards and author videos that explain complex topics The certification

consists of three separate exams Computing Fundamentals Key Applications and Living Online Candidates are given fifty minutes to answer forty five questions so rapid recall and deep understanding are critical to success IC3 Internet and Computing Core Certification Global Standard 4 Study Guide provides expert instruction on everything candidates need to know including hardware software networking and more Review operating system basics and common application features Understand troubleshooting and safe computing Learn basic word processing spreadsheet presentation and database activities Study networking concepts digital communication and research fluency The exam includes both multiple choice and performance based questions and this guide provides plenty of both so candidates can get comfortable with both material and format More than just a memorization tool this book helps exam candidates understand the material on a fundamental level giving them a greater chance of success than just going it alone For the IC3 candidate who s serious about certification IC3 Internet and Computing Core Certification Global Standard 4 Study Guide is the complete hands on exam prep guide

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Pat Morton, Marcia R. Fox, 1995 **Kiplinger's Personal Finance**, 1986-11 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics **Peter Norton's Introduction to Computers Office 97 Tutorial with 3.5 IBM Disk** Peter Norton, 1998-01-05 Peter Norton's new Office 97 Tutorial helps students learn to create process and present information using Microsoft Office 97 Emphasizing hands on instruction this applications tutorial includes a student data disk to help students apply and practice the skills and techniques they learn in each lesson Editor & Publisher, 1918 Special features such as syndicate directories annual newspaper lineage tabulations etc appear as separately paged sections of regular issues *General Guide to the Crystal Palace and to Its Gardens and Park* Francis Kingston John Shenton, 1886 *Advantage Series: Microsoft Office 2003* Glen Coulthard, Sarah Hutchinson-Clifford, Ann Miller, Pat Graves, 2004-01-05 The Advantage Series presents the Feature Method Practice approach to teaching computer software applications Feature describes the step or command Method shows how to perform it and Practice asks the students to try it themselves This enhances critical thinking skills and provides students and instructors with complete application coverage The Career Coward's Guide to Resumes Katy Piotrowski, 2008 This third book in the Career Coward's series helps readers tackle the Herculean task of assessing their strengths and creating a paper sales document about themselves In her friendly and comforting style career coach Katy Piotrowski walks readers through all the basic steps of writing a resume and cover letter that fairly promotes their strengths and experiences without sounding like bragging You'll learn how to determine what to include on your resume for great results develop your unique experiences into powerful resume content follow a foolproof process for creating a resume that works and write outstanding cover letters in just minutes *Word 2000 Intermediate Course* Labyrinth Publications, Incorporated, Russel Stolins, 2001 **Advantage Series: Microsoft Office Word 2003, Complete Edition** Glen Coulthard, Sarah Hutchinson-Clifford, Ann Miller, 2004-05-07 The Advantage Series presents the Feature Method Practice approach to computer software applications to today's technology and business students This series implements an efficient and effective learning model which enhances critical thinking skills and provides students and faculty with complete application coverage **Block Anesthesia and Allied Subjects** Arthur Ervin Smith, 1920 *The Associate's Survival Guide* Samuel M. Fassig, 2005 Guide to Internet Job Searching Margaret F. Dikel, Frances E. Roehm, 2006 A guide to using the Internet in job searches that provides information on how to target the most interesting jobs in the most promising companies and apply for those jobs with confidence online or on paper The Billboard, 1926 Bad Advice Harold H. Bruff, 2009 A scathing critique of President Bush's legal advisors who expanded the reach of his executive powers while creating highly controversial policies for fighting the War on Terror Argues that these advisors blinded by ideology provided largely bad legal advice that caused great harm and ultimately was unnecessary for national security

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web rest day meal plan breakfast meal 1 1 cup old fashioned oatmeal 80g measured uncooked ¾ cup egg whites 4 omega 3 whole eggs 1 tbsp virgin coconut oil mid morning meal 2 2 cups low fat cottage cheese 4 tbsp salsa 1 scoop whey protein

isolate of choice lunch meal 3 2 slices ezekiel 4 9 bread 6 oz turkey breast deli sliced not

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web nov 15 2022 why nutrition is important on a bodybuilding meal plan bodybuilding is a form of exercise that involves the use of weight resistance exercises to increase muscle mass following a specific workout plan is key for bodybuilding however you also need to eat in a specific way in order to build muscle

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web jan 11 2023 it s also common for athletes to want to gain weight as muscle it is best to see your health care provider if you lost weight unexpectedly your provider or a dietitian can help you gain weight in a healthy way together you can create a plan based on your needs in general your plan may include eating more frequently

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web apr 19 2022 generally speaking carbohydrate intake ranges from 5 7 g kg of body weight day for general training needs and 7 10 g kg of body weight day for the increased needs of endurance athletes interestingly studies have found that many athletes fail to consume enough carbohydrates to fully replenish muscle glycogen stores

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web to maintain a fit physique or even if you are looking for a healthy lifestyle with healthy eating habits athlete meal plans can give you great insights and in order to help you learn about different meal plans for athletes we have

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web nov 6 2019 here s a great place to start these recipes can all be prepped and ready to eat in 30 minutes or less smashed baked potato bowl from liz shaw ms rd of simple swaps jackfruit black bean quinoa tacos from sharon palmer rd the plant powered dietitian pesto pasta salad from rebecca clyde rd of nourish nutrition co

muscle building diet plan for young athletes stack - Apr 30 2022

web sep 10 2014 when starting high school athletes on a nutritional program i use a breakdown of 55 percent carbs 25 percent protein and 20 percent fat a 160 pound male athlete will start at about 225 grams of

8 of the best diet plans and programs for athletes healthline - May 12 2023

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web nov 7 2022 experts recommend increasing calories 10 20 above the calories you need to for the target weight gain 1 6 to 2 2 grams of protein per kilogram of weight should be consumed throughout the day with 0 4 to 0 55 grams per kilogram of weight per meal depending on your desired weight you would need to consume 3 to 6 meals per day

what to eat to gain weight bodybuilding com - Feb 09 2023

web mar 25 2019 weight gain meal plan 7 30 or 8 a m 3 4 eggs 2 slices of whole wheat toast with nut butter bowl of fruit glass of milk 11 a m grilled chicken breast or thigh broccoli a cup or more of brown rice with olive oil and nuts 3 p m

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web although the goal is to gain maintain weight with a high calorie meal plan try to eat quality nutrients the majority of the time and limit foods such as fried food processed foods sugary packaged pastries alcohol etc examples of low calorie foods to limit include the following thin bread tortillas wraps

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web feb 23 2021 but what about the trend for athletes to eat high fat low carb diets evidence suggests these diets don t boost athletic performance and actually hinder it at higher intensities during a workout carbohydrates fuel your brain and muscles

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web jan 29 2022 what is measured is well managed download a free app to help with tracking calories protein fats and carbs you can t gain weight if you re not eating enough calories consistently to attain a calorie surplus if you re unwilling to track calories i recommend the plate method for weight gain see our weight gain performance plate

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web mar 15 2021 sports nutritionists recommend that strength training athletes consume about 1 4 to 2 0 grams of protein per kilogram of body weight per day for an athlete weighing 90 kg 200 pounds that is a total of 126 180 grams of protein a day

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web healthy weight gain strategies if you are wondering how to gain weight the healthy way and gain lean mass it is necessary to consume more calories than you expend while participating in an appropriate exercise program increasing your portions and intake of high calorie foods can be an appropriate strategy for weight gain

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web jun 3 2018 healthy weight gain tips eat frequently ideally every 3 hours and have a snack right before bed add coconut oil avocado oil or olive oil healthy fats to vegetables potatoes meat etc 1 tbsp 120 calories add sliced avocado to sandwiches

smoothies meals 1 2 an avocado 161 calories

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web apr 4 2023 1 focus on healthy balanced meals for healthy weight gain a balanced healthy meal plan is essential for helping underweight athletes gain weight make sure to include a variety of all the food groups so that nutrients are present consistently throughout the day include the following protein foods eggs lean meats fish beans etc

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