Lauren Trygstad | Minnesota HOSA

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SUMMARY

Minnesota HOSA-fhp State Officer Advisor with 6 years of HOSA experience working with sponsors, project managers, educators, and non-profit organizations. Personally planned and directed 14 state-wide conferences with 600+ members in attendance. Directly involved in the creation and development of 50+ HOSA chapters. Seeking the role of International Executive Council member to connect HOSA to sponsorship opportunities, make branding more accessible, and to expand the amazing community.

HOSA Experience

Local Chapter President / Lakeville North HOSA
09/2018 - 06/2021

- Increased membership from 40-120 in two years.
- Created bylaws and chapter structure to ensure a smooth transition of power for years to come
- Raised over 10,000$ for various non-profit organizations
- Collected 3,000+ pounds of food for local shelters.

State Officer | **Vice President** / Minnesota HOSA
09/2019 - 07/2021

- Organized approximately 40 new HOSA chapters increasing state membership by 50%.
- Developed relationships with State and National congressional members, leading to statewide publicity via TV, radio, and social networking sites.
- Corresponded with 100+ local leaders to coordinate the first annual officer training session.
- Managed the statewide social media platforms creating custom logos, fonts, and brand guidelines to fit the needs of the organization. Leading to a 168% average increase in followers across all platforms.

State Officer Advisor | Graphic Designer / Minnesota HOSA
05/2021 - Present

- Director of the State Officer Selection Committee leading to the selection and cultivation of two successful State Officer Teams.
- Maintained correspondence with 40+ Officer candidates; coordinating interview times, managing travel, and reviewing applications
- Organized 12,000$ in sponsorships for the 2022 SLC. Coordinated logo and advertisement display across 7 different platforms
- Developed 30+ new chapters for Minnesota HOSA, maintaining annual meetings and communication with each.
- Designed 26 custom graphics for apparel, programs, pins...etc utilizing three separate vector design softwares. Communicated with vendors regarding pricing and shipping for efficient transport.

Education

Lakeville North High School / High School Diploma
- Graduated summa cum laude, GPA: 3.7
- Graduated in 2021

Inver Hills Community College / Associates of the Arts
- Graduated summa cum laude, GPA: 3.7
- Degree obtained before graduating High School in 2021.

Gustavus Adolphus College / Intended Bachelors of Biology
- Graduating in 2024 | Current Sophomore

Work Experience

JoAnn Fabrics
- Became proficient in teaching and utilizing 20+ varieties of sewing machines.
- Regularly instructed people ages 5-90 in completing various crafts and activities.
- Head cashier and customer service representative