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ROBERT SMITH

Senior Network Administrator/Associate Network Admin

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SUMMARY

Over 5 years experienced Senior Network Administrator/Associate Network Admin with a broad range of IT competencies including network, IT security, infrastructure, CAD/EDA environments, and software development environments. Highly adaptable to quickly changing technical and business environments. Patient, effective listener, and effective communicating with customers, from novices to advanced users.

CORE COMPETENCIES

System Administration, Networking, Networking, Network, Communication, Microprocessor, Signal & System

PROFESSIONAL EXPERIENCE

Senior Network Administrator/Associate Network Admin
ABC Corporation - 2013 – 2015

Key Deliverables:

- Implemented Fortinet IPS, and created custom IPS signatures after log analysis.
- Implemented OpenDNS and Adblock Plus to significantly reduce malware, virus, and botnet events.
- Deployed, supported, monitored and maintained Fortinet VPN technology at remote facilities. Deployed Sideband Networks for behavioral analysis.
- Deployed multiple virtual machines (Windows, Linux (CentOS, Debian, Fedora, Red Hat, Ubuntu)) on VMware VSphere ESXi, Citrix XenServer, and Windows Hyper-V hypervisors for the development environment.
- Transitioned VMs from development to production servers as required. Proposed backup and storage solutions to supplement existing Barracuda system in order to provide better coverage of customer disk needs.
- Developed custom C, Python, and shell scripts to help analyze Production Engineering data.
- Created a standardized baseline desktop/laptop images Investigated current Windows Active Directory for an issue with not being able to interface with various web applications, including OTRS helpdesk, GIT/Gerrit.

Senior Network Administrator
ABC Corporation - 2010 – 2013

Key Deliverables:

- Design, document, deploy and support voice services on Avaya PBX VoIP systems platform and call center applications.
- Support Aura Messaging, dial plan/switch architecture, and best practice routing solutions.
- Participates in network planning, network architecture design, and engineering for voice and data.

2259 Oak Street, Old Forge, New York, 13420

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Senior Staff Accountant I

ROBERT SMITH

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Alabama

Objective

Accomplished accounting and finance professional with fifteen year experience managing customer and investor profitability. Results-driven contributor with a track record of improving accounting processes, delivering internal and external financial reporting and enhancing client satisfaction. Able to multitask, meet deadlines, and work well under pressure. Excellent communication and organizational skills.

Skills

GAAP, Excel, Loan Accounting.

Work Experience

Senior Staff Accountant I

ABC Corporation - August 2006 - July 2012

- Performed in-depth General Ledger account analysis.
- Completed Balance Sheet account reconciliations.
- Supervised cash booking and reconciling to insure complete, accurate and timely GL posting.
- Responsible for month-end closing timing, accuracy and completeness.
- Analyzed month-over-month fluctuations in Revenue and Interest Income.
- Analyzed fluctuations of Accounts Receivable to ensure timely recovery of all advances.
- Built a Cash Rollforward module to aid in reconciling Escrow Accounts to ensure accountability of borrower escrow advances, collections and disbursements.

Senior Staff Accountant

ABC Corporation - 2001 – 2006

- Maintained daily treasury report for President and Controller for all cash positions.
- Prepared monthly borrowing base report for bank loans and reconciled cash.
- Responsible for the reconciliation of accounts receivable, accounts payable, prepaid accounts, loans, and accruals.
- Prepared monthly journal entries for all payroll, accruals and recurring entries.
- Maintained fixed assets and open projects.
- Worked with financial and bank auditors.
- Primary software used was BPCS, Excel, Spreadsheet Server, BNA Fixed Asset and SAGE FAS.

Education

MBA in MBA - (Cal State University - Fullerton, CA)

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Wellness Nurse II

ROBERT SMITH

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Alabama

Objective

Seeking to utilize social service, management, and nursing skills to enhance the lives of those who are in transitions.

Skills

Ropes Course Certified, Sign Language, BSL, First Aid, PowerPoint, Word, Excel.

Work Experience

Wellness Nurse II

ABC Corporation - August 2008 - November 2009

- Assisted residents and families with negotiation and execution of Negotiated Service Agreements.
- In addition, assisted with periodic reviews and maintained communication with families regarding fulfillment of the agreement.
- Provided nursing care to seniors and Alzheimers patients, this included a full range of activities for effective care.
- Experienced at a range of assessments, including physical, mental health issues and functional capacity screenings.
- Coordinated nursing service with other resident care services provided; such as physician, dietary, occupational, physical and speech therapies.
- Provided rounds and observations to alert DON, doctor, and family of any changes and to provide assistance when needed.
- Made rounds with the physicians and documented physicians orders.

Wellness Nurse

ABC Corporation - 2002 - 2003

- Assisted residents and families with negotiation and execution of Negotiated Service Agreements.
- In addition, assisted with periodic reviews and maintained communication with families regarding fulfillment of the agreement.
- Provided nursing care to seniors and Alzheimers patients, this included a full range of activities for effective care.
- Experienced at a range of assessments, including physical, mental health issues and functional capacity screenings.
- Coordinated nursing service with other resident care services provided; such as physician, dietary, occupational, physical and speech therapies, resident activities, social services, to ensure the quality of care for each individual and per Plan of Care.
- Provided rounds and observations to alert DON, doctor, and family of any changes and to provide assistance when needed.
- Made rounds with the physicians and documented physicians orders.

Education

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Effective communication in marriage pdf. Effective communication in marriage relationship. Effective communication in marriage sermon. Effective communication in marriage ppt. Effective communication in marriage audio. Barriers to effective communication in marriage. Effective communication in marriage book. Importance of effective communication in marriage.

The The fact that it's finally Friday. Do anything together but stare at your phones. 20 of 25 Letting the Other Person Pick Not all the time. You should have five positive deposits for every one negative. But it's also nice to put on your fancy clothes once in a while to show you made the extra effort (like you did when you were dating, right?!). 7 of 25 Spending Time with Another Couple You Both Like It reinforces your own bond. 8 of 25 Knowing When to Say "I'm Sorry" and When to Say "I Forgive You" Which is over and over and over. Being gracious and grateful for the mundane matters. Listen without being defensive. If you fear that someone is monitoring your computer or device, call the hotline 24/7 at: 1eAA800eAA799eAA7233. Your notes can be naughty or nice, but it's sweet to find a note that says "I love you" where you least expect it. 12 of 25 Respect Aretha got it right. Similar views on the world, faith, and life in general are what keep you both working toward common needs and goals. 10 of 25 Special Traditions Sunday afternoon walks. ***If you or someone you know is in an abusive relationship, contact the National Hotline for Domestic Abuse. Take a walk. But how you express these thoughts is critical. If you did, you would not work late every night. eAAA will convey something entirely different. For example, eAAAI wish you would acknowledge more often how much work I do at home to take care of you and the children. eAAA Be specific. As you learn what topics you'll never agree on, politely agree to disagree. Avoid mind-reading. Use more eAAAIeAAA statements and less eAAAYoueAAA statements. Take a day trip to place you've never visited. Sign up for salsa lessons. For passing the butter. Well, research on what makes marriage work shows that happy and healthy couples have a ratio of 5:1 positive to negative behaviors in their relationship. Shared rituals keep you close and highlight what's unique about you as couple. 11 of 25 Love Notes A lipstick kiss on the mirror. Broad generalizations like, eAAAYou do it all the time! eAAA are not helpful. Living with someone is messy, and we're AAII imperfect. Positive feelings such as appreciation, affection, respect, admiration, and approval are like making deposits into your love account. If you can look at the ridiculousness of the moment instead of freaking out every time something goes awry (whether it's lost luggage, flooded basements, or clogged sinks!), you'll be a lot less likely to give up on each other. 18 of 25 Time Alone Know when to take a break and visit with friends or nurture your own interests. For a marriage to succeed, both spouses must be able to hear each other's complaints without getting defensive. Get over your pride, and know when to let it go. It serves no one to keep beating up the same old themes. 4 of 25 A Firm Belief in "Til Death Do Us Part" The tough parts always come. Listen to the birds sing. Absence can make the heart grow fonder and reset the ticker on your patience. AA 19 of 25 Unplugged Time It's not the most uplifting experience to try to talk to you partner when he's surfing the web or texting. But it's okay to be kind instead of being right. Print it, frame it, and display it. AA 15 of 25 Kissing "Hello" and "Goodbye" Don't let being in a hurry steal these tokens of your affection. Then rejoice in the reunion when the other one comes home. 16 of 25 Complimenting the Other Person in Public Let your spouse hear you say something good about him or her to someone else. For picking up after the dog. For a clear understanding of what defines an abusive relationship, click here.*** Did this blog give you the information you were looking for and give you tools to help improve your relationships? Tips for improving the effectiveness of communication in your relationship: Be intentional about spending time together. At this link, you can a private chat with someone who can help you 24/7. It's AAAs one thing to say, eAAAI am really disappointed that you are working late again tonight. eAAA But if you say, eAAAYou clearly do not care one whit about me or the kids, Getty Images Here's the serious (and fun) stuff that will keep you together through good and bad. This is much harder than learning how to express negative feelings effectively. If your compliments exceed your complaints, your spouse will pay attention to your grievances. 3 of 25 Knowing When to Say "When" When you're falling in love, you probably labor under the delusion that you'll always agree on everything. Go out and regularly celebrate the life you've made together. 24 of 25 Kindness A AI's human nature to want to strike back when the other person is being ugly to you. Perpetual pouting A Aand grudge-holding don't build up a marriage. AA 9 of 25 Shared Values Opposites may attract, but it can be tricky to manage opposing beliefs in the long run. Exchanging Valentines. Most people are quicker to express negative feelings than positive ones. It's sort of a thrill to hear yourself bragged on, and who doesn't need an occasional pat on the back? It is vital to the health of your marriage that you affirm your spouse. This decreases the chances of your spouse feeling like they need to defend themselves. AA Presentation that went well. It can be a local park or far-off vacation spot. Watching a favorite holiday movie together. But they Aare what matters. Establish a tech-free zone (or time) when you interact with each other and do real things in the real world: Go watch a sunset. It is very frustrating when someone else acts like they know better than you what you were really thinking. Freely express positive feelings. Not so much. These feelings need to be communicated in order for change to occur. A scribble on the edge of the grocery list. There will be times when you feel bitterness, resentment, or disapproval. This means there are five times as many positive interactions between happy couples (i.e., listening, validating the other person, using soft words, expressing appreciation, affirmation, physical affection, compliments, etc.) as there are negative (i.e., raising oneeAAAs voice, stating a complaint, or expressing oneeAAAs anger). But occasionally let the other person choose an activity or movie, even if it's one you don't particularly enjoy. AA 21 of 25 Your Own Private Language and Jokes A AI's a top-secret code only two people in the whole world know! 22 of 25 New Adventures There's comfort in the familiar, but there's a sense of excitement in finding new hobbies and activities to share. Express negative feelings constructively. We often ignore A Athe moments of small but real joy that make up our lives each week. Talking down to the other person, belittling them, and mean-spirited teasing aren't what makes a marriage work in the long run. AA 13 of 25 Making a Big Deal out of Anniversaries A AWhether it's acknowledging your first date or your twentieth anniversary, make an effort. When issues arise, be specific. A card, a dinner out, a breakfast dateeAAWhatever you can do to honor the day the two of you became a couple. AA 14 of 25 A Framed Photo Your wedding photo does not count. Because, yeah, sometimes we all do get on each other's nerves. 17 of 25 Random Acts of Humor My gram always said it's better to laugh than to cry. But they also pass. AA 5 of 25 Letting the Other Person Have the Last Bite Okay, maybe not every time! But sometimes you can sacrifice the last piece of pie or the last bagel. AA 6 of 25 Dressing Up for Each Other In our casual society, it's acceptable to wear jeans and sweatpants almost anywhere. Try a restaurant on the other side of town. AA 23 of 25 "Remember When?" Sessions Reliving good memories will make A Ayou laugh, kindle feelings of contentment that you've come this far, and why you like each other in the first place. What are the keys to effective communication? On average, couples spend only 20 minutes a week talking with each other. Greet each other every single time you A Aleave the house, you never know what can happen when you're apart. If your complaints exceed your compliments, your criticism will fall on deaf ears. Of course, you won't always be able to take the high ground (hello to my hotheaded temper!), but it feels pretty good when you do. 1 of 25 A Special Place It can be a favorite restaurant or the corner cafe AA where you always go for coffee. And it often diffuses the situation. AA 25 of 25 Celebrating little victories A A good annual physical. To change this, turn off the technology and make it a point to spend 20-30 minutes a day catching up with each other. Say "please" and "thank you" for everything. For making the bed. The "where" doesn't matter as long as you have replaceable memories are made together. AA 2 of 25 Good Manners "Please" and "thank you" shouldn't be something you just teach your kids or say to strangers. If anything, nice manners count all the more when you're married. A scrap of paper tucked in the other person's bag. bag.

Feb 08, 2017 · Common barriers to effective communication Emotional barriers and taboos. Lack of attention, interest, distractions, or irrelevance to the receiver. Physical disabilities such as hearing problems or speech difficulties. Physical barriers to non-verbal communication. Language differences and the difficulty in understanding unfamiliar accents ... Dec 15, 2015 · Effective and meaningful communication is vital to human growth and function. However, the 21st century's emphasis on speed has often produced quick results at the expense of quality and durability. Even the happiest of relationships experience conflicts and problems (Markman, Stanley, Blumberg, Jenkins & Whiteley, 2004). If handled well, issues provide opportunities for personal and relationship growth. There are many skills that can help individuals seeking to resolve conflicts in a healthy way. One of the greatest skills that aids in conflict resolution is effective ... Jan 01, 2020 · Marital education programs that teach skills such as good communication, effective listening and dealing with conflict have been shown to reduce the risk of divorce. Additional resources. Can this marriage be saved? Making stepfamilies work. Answers to your questions about same-sex marriage Communication skills for effective management (PDF) Communication skills for effective management | Briansono Muhammad Raharjo - Academia.edu Academia.edu no longer supports Internet Explorer. Communication involves a speaker, a listener, and information. In other words, it involves activity and actors. I liken communication to children on a seesaw. Without coordination and mutual understanding, someone is bound to get hurt or be uncomfortable. Healthy communication requires that we are effective as both a speaker and a listener. COUPLE COMMUNICATION is the most effective communication program for couple's available. COUPLE COMMUNICATION is the most independently researched, relationship-education program available. With over 70 commendations and studies performed, this life-changing program has yielded outstanding results in both married and unmarried couples. Mar 30, 2020 · This involves an emotional activity that affiliates with a person. In relational communication, this involves various emotions from love, anger, anxiety, distress, sadness, and also effective emotions which may strengthen relational communication such as a feeling of affection, excitement, and happiness. 5. Way of interaction Sep 11, 2020 · Types of Communication in Marriage. In marriage, there are many ways to practice your communication skills. Communication is a big umbrella that encompasses everything from quick text messages to schedule a dinner to big sit-down conversations to decide which house you want to buy. 1. Informal Conversations In conclusion, effective communication is one of the top skills couples can learn to improve their relationship or marriage. These interpersonal communication skills are verbal, nonverbal, and written communication. Among the top 10 effective communication techniques for couples are listening, fighting fair, getting the facts, caring, honesty ... How does this online marriage course work? Everything you need to improve your marriage. Strong relationships are built, not made. Our online marriage course for couples is designed by psychologists and experts to help you quickly learn the tools you need to save your marriage and make it better than ever. If you're looking to improve, you've come to the right place. Effective communication is vital in a marriage and between parents and children. Barriers to good family communication can be overcome. Mar 31, 2022 · Principles of effective communication in marriage. Love, trust, honesty, and every other important characteristic of a strong marriage aren't meaningful in themselves. It is the expression of these things that produces a marriage worth envying. Showing that love, showcasing your trust, and acting honestly is where the magic is.

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