

# John Smith

## IT Project Manager

IT Professional with over 10 years of experience specializing in IT department management for international logistics companies. I can implement effective IT strategies at local and global levels. My greatest strength is business awareness, which enables me to permanently streamline infrastructure and applications. Seeking to leverage my IT management abilities in SanCorp.



### Personal Info

#### Address

Portland, ME

#### Phone

774-987-4009

#### E-mail

j.smith@uptowork.com

#### LinkedIn

linkedin.com/johnruter



### Skills

Business Process Improvement

Project Scheduling

Sales Analysis

Strategic Planning

Communication Skills

Team Management

Coding languages (C#, Python)



### Software

Microsoft Project



Windows Server



Linux/Unix



Microsoft Excel



### Languages

French



Spanish



### Experience

2006-12 -  
present

#### Senior Project Manager

Seton Hospital, ME

- Oversaw all major hospital IT projects for 10+ years.
- Responsible for creating, improving, and developing IT project strategies.
- Implemented the highly successful Lean Training and Six Sigma projects.
- Reduced the costs of IT infrastructure maintenance by 5% in 2015.

2004-09 -  
2006-12

#### Junior Project Manager

Seton Hospital, ME

- Streamlined IT logistics and administration operation cutting costs by 25%.
- Diagnosed problems with hardware and operating systems.
- Implemented solutions to increase productivity by 12% in 3 months.
- Maintained the user database of over 30000 patients.

2002-08 -  
2004-09

#### IT Support Officer

Seton Hospital, ME

- Provided support for project managers and hospital staff for 2 years.
- Prepared over 200 infrastructure performance analyses and reports.
- Developed a new tracking dashboard, cutting manual data input by 80%.
- Successfully resolved over 100 issues in regards to IT infrastructure.



### Education

1996-09 -  
2001-05

#### Master of Computer Science, University of Maryland

- Graduated Summa Cum Laude.
- Member of Student Association of Project Management
- Managed a student project to develop a weekly IT News podcast.



### Certifications

2010-05

PMP - Project Management Institute

2007-11

CAPM - Project Management Institute

2003-04

PRINCE2® Foundation



### Interests

Avid cross country skier and cyclist.

Member of the Parent Teacher Association.

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**R Bogdan**



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kūshankū naihanchi seishan and chintō

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web wado ryu wadō ryū 空手道 is one of the four major karate styles and was founded by hironori otsuka 1892 1982 the style itself is individual in its emphasis on not just striking but tai sabaki joint locks and throws the name wadō ryū has three parts wa dō and ryū

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web what is wado ryu karate all instructors are qualified and accredited level 1 coaches through the australian sports commission asc all black belt grading is registered with the international federation of wado ryu karate do organisation tokyo japan all instructors hold a current working with

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web the four major karate styles developed in japan especially in okinawa are shotokan wado ryu shito ryu and goju ryu many other styles of karate are derived from these four the first three of these styles find their origins in the shorin ryu style from

shuri okinawa while goju ryu finds its origins in naha

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web nov 1 2023 in karate wado ryu is translated as way of harmony or peace its distinctive feature is that it focuses especially on the promotion of harmony what fascinates me about this karate style is its principles such as maai tai sabaki etc and some body movements for self defense

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web the name wadō ryū has three parts wa dō and ryū wa means harmony dō same character as tao means way and ryū means school or style harmony should not be interpreted as pacifism it is simply the acknowledgment that yielding is sometimes more effective than brute strength

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web in 1951 Ōtsuka awarded tatsuo suzuki the rank of 5th dan the highest rank awarded in wadō ryū at that time in 1952 the wadō ryū headquarters honbu was established at the meiji university dojo in tokyo in 1954 its name was changed to zen nippon karate renmei all japan karate federation

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