

# Cyril S. White, MBA

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## SUMMARY

My mission in life is to inspire as many people as I can to live healthier, happier and more fulfilling lives! I have a proven, long-term track record in building and selling successful businesses, providing unparalleled customer service, relationship selling, marketing, technology and finance.

## SKILLS

- Building & Selling Successful Businesses
- Strength & Conditioning Coaching
- CrossFit Coaching / Training
- Nutritional Counseling
- Personal Training
- Customer Service
- Health & Wellness Coaching
- Social Media Marketing
- Marketing
- Building Successful Teams
- Insurance
- Sales
- Finance
- Financial Planning
- Investment Strategies
- Entrepreneurship
- Microsoft Office
- Persistence & Tenacity
- Strategic Planning
- Structured Settlements
- Follow-up
- Public Speaking

## EXPERIENCE

**Strength from Within Fitness, LLC (DBA Country Spirit CrossFit)** 03 / 2014 - Present

Founder / Chief Life Transformation Guru

[www.countryspiritcrossfit.com](http://www.countryspiritcrossfit.com)

Our mission is to build a community of healthy people who aspire to be the best they can be by teaching them to move better, eat better and to break through their limits! Founded and grew the business from zero members in July of 2014 to currently over 60 in a small market.

**White House Financial & Settlement Consulting, LLC**

12 / 2000 - Present

Founder / Managing Director

[www.whitehouselc.com](http://www.whitehouselc.com)

Fee only financial advisory practice that helps families live easier and less stressful lives through the proper management of their financial resources. Specializing in working with clients receiving a legal settlement.

**Barwis Methods**

April 2015

Strength and Conditioning Intern

Assisted Barwis Methods coaching staff in providing strength and conditioning instruction to elite, high school, and novice athletes and clients with severe injuries.

**White House Financial & Investment Solutions, LLC**

12 / 2001 - 03 / 2014

Founder / Managing Director

Financial advisory and investment management firm focused on helping our clients achieve their financial goals with the least amount of risk and unparalleled client service. Founded and built this firm from zero assets under management and clients to over \$37 million and 154 clients respectively. I successfully sold the firm in March of 2014 to a large investment management company.

**Merrill Lynch** 09 / 1997 - 12 / 2001  
**Financial Consultant**

As a financial consultant with an Institutional and Ultra High Net Worth client team I focused on achieving our client's financial goals and providing outstanding client service. I was directly responsible for the acquisition of over \$3 million in new client assets and the generation of over \$300,000 in firm revenue per year.

**River Capital** 01 / 1997 - 09 / 1997  
**Associate**

Investment banking associate responsible for business development and assisting senior banker's with mergers and acquisition and corporate financial advisory services.

**Cybernet Systems Corporation** 11 / 1995 - 01 / 1997  
**Manager, Business Development**

Created and implemented business plans to commercialize advanced technologies.

**Kellogg Company** 05 / 1995 - 11 / 1995  
**Business Analyst Intern**

Developed business data reporting and analysis models for finance and research departments.

**Grant Thornton LLP** 1993 - 1995  
**Consultant**

Advised large Fortune 500 clients on business data analysis systems to maximize profits. Created, taught and presented advanced business data analysis systems technologies to clients.

**Cybernet Systems Corporation** 05 / 1991 - 04 / 1993  
**Research Engineer**

Developed and implemented advanced technologies for government and commercial applications.

## EDUCATION

**College of Financial Planning** 2004 - 2005  
**Certified Financial Planner, Financial Planning**

**The University of Chicago Booth School of Business** 1994 - 1996  
**Master of Business Administration, Finance**

**University of Michigan** 1987 - 1991  
**Bachelors of Science, Engineering Physics / Computer Science**

Created computer software and participated in the first championship General Motors Solar Car challenge from Florida to Detroit.

## CERTIFICATIONS/ ACCOMPLISHMENTS

**Barwis Methods Level 1 - 4 Coach** 04 / 2015  
Barwis Methods

**CrossFit Level 1 Trainer** 04 / 2014  
CrossFit, Inc.

**Full Ironman Triathlon** 09 / 2011  
Panama City, Florida

**Boston Marathon** 04 / 2009  
Boston, Massachusetts

**First Degree Black Belt** 06 / 2007  
United States Chung Do Kwan Association

**Certified Financial Planner™** 06 / 2005  
College of Financial Planning