
Lauren Ahlstrom

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2nd February, 2026

Dear Hiring Manager,

I am an Exercise Science graduate from Grand Canyon University with hands-on clinical experience as an Occupational Therapy technician in a hand therapy, surgical, and physician office setting. Through this role, I have developed strong patient interaction skills, a deep understanding of rehabilitation principles, and the ability to work efficiently within a multidisciplinary healthcare team. My background in biomechanics, kinesiology, and corrective exercise allows me to connect scientific knowledge with practical patient care.

In addition to my clinical experience, I am a Division I collegiate cheerleader, which has strengthened my discipline, leadership, teamwork, and ability to perform under pressure. Balancing athletics, academics, and clinical work has taught me time management, resilience, and adaptability—qualities I bring into every professional environment.

My long-term goal is to become a Physician Assistant, and I am actively seeking opportunities that allow me to continue learning, serving patients, and growing as a healthcare professional. I am passionate about helping individuals improve their quality of life through movement, rehabilitation, and evidence-based care.

Thank you for your time and consideration. I look forward to the opportunity to contribute my skills, work ethic, and enthusiasm to your team.

Sincerely,

Lauren Ahlstrom