

Curriculum Vitae for Gary Plaag

Couragio Consulting, LLC

Work Experience:

January, 1998 to Present

Owner and Lead Coach/Trainer

Couragio Consulting, LLC

www.couragio.com

Williamsburg, Virginia

Responsible for daily operation of coaching and consulting firm, specializing in presentation and public speaking skills development, business networking skills development, job interview techniques, performance anxiety mitigation, executive presence, and orals coaching (for US Government and private industry RFP bids).

A partial client list includes:

- Presentation and public speaking skills coaching and development:
 - American Nurses Association
 - American Nurses Credentialing Center
 - College of William and Mary
 - Fairfax County Criminal Justice Academy
 - Fairfax County Police Department
 - Fairfax County Sheriff's Office
 - George Mason University
 - GetWell Network
 - Hensel Phelps Construction
 - Leadership Fairfax, Incorporated
 - Mayvin Consulting Group, Inc.
 - Roanoke Cement Company
 - Titan America
 - Zoomdata

- Business networking skills coaching and development:
 - College of William and Mary Mason School of Business
 - Fairfax County Criminal Justice Academy
 - Fairfax County Sheriff's Office
 - George Mason University School of Management
 - Leadership Fairfax, Incorporated
 - Titan America
 - Various Fairfax County Government agencies

- Orals coaching for RFP bids:
 - Balfour Beatty Construction
 - Hensel Phelps
 - Leapfrog Solutions
 - Leidos: Systems Made Simple
 - VMD Systems Integrators/General Dynamics

June, 1986 - December, 1997
Manager, Information Center/IT Support Center
National Rural Electric Cooperative Association
Arlington, Virginia

Responsible for the daily leadership and professional development of ten personal computer and local area network (LAN) technical support analysts, supporting over 650 headquarters and field staff.

February, 1983 - June, 1986
Senior Programmer Analyst, Management Information Systems, The Acacia Group,
Washington, DC

August, 1979 - February, 1983
Programmer Analyst, Information Management Systems
US Department of State, Washington, DC

Other Professional Experience:

- Adjunct faculty, Communication Department, George Mason University, Fairfax, VA 2003-2010. Taught COMM-100 Public Speaking, COMM-104 Presenting with Technology, and COMM-320 Business and Professional Communication.
- Leadership Fairfax, Inc. (LFI) graduate, Class of 2001; LFI Board of Directors 2001-2002, 2011-2013.
- Member, Virginia Peninsula Chamber of Commerce (2016-present)
- Mentor, Launchpad (Greater Williamsburg Small Business Incubator)
- Member, Greater Williamsburg Chamber and Tourism Alliance (2015-present)
- Member, Prince William County Chamber of Commerce (2010-2014)
- Member, Fairfax County Chamber of Commerce (1998-2009), received Ambassador-of-the-Year Award for highest member retention in 1999.
- Zenger-Miller Frontline Leadership Training - certified instructor. Actively trained NRECA staff for 3 years in Frontline Leadership and Working Together modules.
- Member, BNI Woodbridge Business Exchange (Business Network International chapter), 2009-2010. Served 15 months as chapter president.
- Usher and Ticket Taker - Opera House, John F. Kennedy Center for the Performing Arts, 1999-2013

Civic Experience:

2017 - present
Executive Partner, Mason School of Business, College of William and Mary (volunteer position)

2017 - present
Member of Harmony Foundation International Board of Trustees (volunteer position)

2016 - present
Member of Newport News Rotary Club (volunteer position)
Mentor at Greater Williamsburg Small Business Incubator (Launchpad)

- 2015 - present
Member of Williamsburg Kiwanis Club (volunteer position)
- 2012 - 2014
Member-at-Large - Board of Directors, Barbershop Harmony Society (volunteer position)
- 1985 - 2014
Member of the Alexandria Harmonizers Barbershop Chorus; 4-time international barbershop chorus champions. (volunteer position)
Served as President (2001 and 2006) and leader of the organization's board of directors. (elected position); Recipient of numerous chapter honors and service awards
- 1994 - 2012
Performance coach - numerous middle and high schools in metropolitan Washington, DC, Baltimore, and Richmond areas, coaching DECA, FBLA and choral arts students on effective performance techniques for both public speaking and music/stage performances (volunteer position)
- 1998 - present
Certified Performance Judge and performance skills coach, Barbershop Harmony Society (volunteer position)
- 2009 - 2010
President, Mid-Atlantic District, Barbershop Harmony Society (elected position)
- 2006 - 2008
Executive Vice President, Mid-Atlantic District, Barbershop Harmony Society (elected position)
- 2003 - 2006; 2013 - present
Vice President for Contest and Judging, Mid-Atlantic District, Barbershop Harmony Society (volunteer position)
- 1992 - 2002; 2011 - 2015
Vice President for Youth In Harmony, Mid-Atlantic District, Barbershop Harmony Society (volunteer position)
- 2000 - 2002
Chairman, Youth In Harmony Committee, Barbershop Harmony Society (volunteer position)
- Responsible for organizing, implementing and presenting a cappella and barbershop music outreach programs, educational programs, workshops, conferences and performance opportunities for junior and senior high school-aged young men and women throughout the metropolitan Washington, DC, Richmond, Virginia and Baltimore, Maryland public and private school communities.

1999 to 2004

Member, Advisory Board, Education For Independence, Fairfax County Public Schools

Education:

2004 George Mason University, Fairfax, Virginia
MA, Communication

1979 College of William and Mary, Williamsburg, Virginia
BA, Government