

# CAROL ESHLEMAN

## Military Trainer



910-574-3257



carol-eshleman@email.com



Fort Bragg, NC


### Education


#### Fayetteville State University


2018 - 2020


Associate of Science in Criminal Justice,  
Fayetteville, NC


### Skills


Instructional Design 


Team Building 

Leadership 



Time Management 

Coaching 

Conflict Resolution 

Public Speaking 

### Languages

-  German (fluent)
-  Korean (intermediate)

### Professional summary

Dedicated and experienced Military Trainer with over 9 years of service in the U.S. Army. Proven track record of developing and implementing training programs that enhance soldier performance and readiness. Skilled in conducting comprehensive training on combat readiness, physical fitness, and tactical operations.

### Experience

#### U.S. Army

January 2019 - Now

Fort Bragg, NC

#### Military Training Instructor

- Instruct new recruits on basic combat skills, marksmanship, and physical fitness.
- Develop training schedules and ensure adherence to military standards and protocols.
- Manage training resources and check the availability of necessary equipment and materials.

#### U.S. Army

June 2015 - December

2018

Fort Benning, GA

#### Infantry Squad Leader

- Led a squad of 10 soldiers during combat missions and training exercises.
- Conducted mission briefings and debriefings, ensuring clear communication and understanding of objectives.
- Trained squad members in advanced combat tactics, first aid, and survival skills.

### Certifications

U.S. Army

#### Certified Military Trainer (CMT)

Renewed in 2024

U.S. Army

#### Advanced Combat Instructor Certification

Renewed in 2019