

# Triona Guidry

information technology specialist

P.O. Box 69  
Cary, Illinois 60013  
(847) 540-5938 fax (847) 462-1475

triona@guidryconsulting.com  
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www.guidryconsulting.com  
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## Disciplines

- Technical Support
- Consumer And Small Business IT
- Web Design
- Freelance Writing
- Network And Systems Administration
- Computer Security
- Disaster Recovery
- Training

## Education

1991-1994 **Northwestern University**, Evanston, IL  
Computer Studies, College Of Arts And Sciences

## Work Experience

2001-present **Guidry Consulting, Inc.**, Cary, IL  
President

2001-2002 **College Of Lake County**, Grayslake, IL  
Part-Time Faculty, Business Division, Computer Information Systems

1998-2001 **Eclipse Consulting**, Lake Zurich, IL  
President

1996-1998 **Northwestern University. McCormick Engineering School**, Evanston, IL  
Network Administration Supervisor, Dean's Office

1994-1996 **ScottForesman/AddisonWesley Publishers**, Glenview, IL  
Technical Support Supervisor, Sales Dept.  
Technical Support Specialist, Sales Dept.  
Technical And Internet Specialist, Publishing Technology Dept.

1991-1994 **Northwestern University**, Evanston, IL  
Assistant Administrator, Academic Computing And Network Services  
Senior Student Consultant, Academic Computing And Network Services

1988-1991 **Laurel School**, Cleveland, OH  
Student Consultant

## Awards

2003, 2006, 2007 Better Business Bureau Complaint Free Award

## Affiliations

- Better Business Bureau
- Cary Grove Area Chamber Of Commerce
- The Business Networking Group (BNG)  
President, 2007-present  
Vice President, 2002-2004

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## Platforms & Skills

### *Operating Systems*

Windows 9x-Vista  
Windows Server  
Mac System 6-9  
Mac OS X  
UNIX  
Linux  
NetWare  
Solaris

### *Networking & Security*

Internet Technologies  
Systems Administration  
LAN/WAN  
Firewalls  
Malware  
Intrusion Detection  
Disaster Recovery

### *Business Tools & Web Design*

Microsoft Office  
Adobe Acrobat  
HTML  
Adobe Dreamweaver  
Adobe Photoshop  
FileMaker Pro  
Search Engine Optimization  
Blogs

## Testimonials

“Triona Guidry has been a lifeline for our organization. From personal computers to re-routing server connections, she does it all. When we have a problem or an IT-related project, we know we can count on her to do an excellent job. Unlike many IT pros, she has great people skills, and has a level of patience, empathy and compassion rarely seen.”

– John O'Connor, Vice President  
McKnight's Long-Term Care News and McKnight's Assisted Living (Haymarket Media)

“We are very impressed with the service. She... has even made house calls to ensure that we can access our information from off-site locations. Triona Guidry has gone above and beyond to ensure that our equipment and network are up to date and operating properly.”

– Kara Barnett, Asst. Product Manager  
Bridgestone Industrial Products America, Inc.

“I had recently purchased a home computer... because she is so efficient, she was able to do the set up and teaching in a fraction of the time.”

– Jan Pauga, Consumer

“[M]any users and companies don't have... a Triona around.”

– eWeek Magazine

*Additional references available upon request*