

**Executive Officer**  
**TERESA S. MITCHELL**  
**United States Navy**

Lieutenant Commander Mitchell is a native of Fitzgerald, GA. She enlisted in June 1993 and completed boot camp at Recruit Training Command Orlando, Florida. She served two enlisted tours at Naval Amphibious Base (NAB) Coronado, CA and Naval Station (NAVSTA) San Diego, CA as a Dental Technician. While assigned at NAVSTA San Diego, she was selected for the Broadened Opportunity for Officer Selection and Training (BOOST), Newport, RI and graduated June 1997.



Following, in August 1997, she reported to Hampton University (HU) Naval Reserve Officer Training Corps (NROTC) unit. She graduated from HU in May 2001 with a Bachelor's of Science Degree in Business Management. Upon graduation, she was commissioned an Ensign then immediately reported to Surface Warfare Officer School (SWOS) in Newport, RI. She completed Basic and Advanced Engineering programs then began her SWO assignments.

Her SWO sea duty assignments include USS SAIPAN (LHA 2) in January 2002 home ported in Norfolk, VA as the Assistant Damage Control Officer, deploying in support of Operation ENDURING/IRAQI Freedom (OEF/OIF) where she achieved her Surface Warfare Officer (SWO) qualification; Commander Destroyer Squadron Thirty One (CDS 31) in November 2003 as the Assistant Operations Officer where she deployed with USS CARL VINSON (CVN 70) home ported in Bremerton, WA as the Sea Combat Commander for the Carl Vinson Strike Group.

Her SWO ashore assignment was Commander, Navy Region Southeast (CNRSE) in July 2005, in Jacksonville, FL as a Force Protection Officer for the Regional Operation Center (ROC) during hurricanes Katrina and Wilma. While onboard, she re-designated as a Human Resource (HR) Officer.

LCDR Mitchell's HR tours include Personnel Support Detachment Afloat (PSD) West, San Diego, CA in January 2007 as the Assistant Officer in Charge; Navy Recruiting District (NRD) Raleigh, NC in October 2008 as the Enlisted Programs Officer (EPO) where she attained the Professional Human Resources (PHR) certification; Center for Security Forces, Norfolk, VA in June 2011 as the Personnel/Manpower Manager and U.S. Naval Forces Central Command (NAVCENT), Bahrain in June 2013 as the Personnel/Manpower Manager where she was selected for an HR Milestone Tour. On 5 September 2014, she reported as Executive Officer of Transient Personnel Unit, Norfolk, VA.

She holds a Master's Degree in Human Resource Management from Webster University. Additionally, she completed her Joint Professional Military Education (JPME) Phase I from Naval War College, Newport, RI.

LCDR Mitchell's personal decorations include the Joint Service Commendation Medal, Navy and Marine Corps Commendation Medal (four), Navy and Marine Corps Achievement Medal (three), Navy Good Conduct Medal and various campaign and service awards.