



CAREER OBJECTIVE

Wellness Education where professional and personal strengths are utilized through teaching and writing to create awareness and movement in individual lives resulting in improved health and wellbeing.

SUMMARY OF QUALIFICATIONS

More than 20 years of experience managing and facilitating changes in systems, human resource functions and personnel training and development. Strength in all areas of writing, coaching, training and human development. Possess excellent motivational, inspirational and coaching skills. Highly self-motivated with skills to design, write and implement curriculums for personal development and learning. Gifted in identifying areas of excellence in all individuals. Adept at handling a variety of complex, detailed tasks, while consistently focusing on simplicity and clarity. Strong performer in team and individual environments. Dedicated individual, continually striving to offer the most current and applicable information for individual growth and evolvment.

SELECTED ACCOMPLISHMENTS

- Taught 4 semester of Meditation as ASU.
- Nationally published freelance writer.
- Presentation and facilitation of coaching practices at Scottsdale Community College and Arizona State University.
- Regular contributor to local publications as a freelance writer and columnist.
- Developed Human Resource Department and consultant for HR.
- Training and systems manuals.
- Authored *Life Moves*, a wellness promotion book with emphasis on individuality in exercise lifestyle integration.
- Development and facilitation of wellness and exercise workshops for adults.
- Keynote speaker on health and wellness promotion.
- Facilitation of teen wellness programs for several non-profit organizations.
- Maintaining a strong coaching client-based practice.
- Various co-author and ghost writing projects.

PROFESSIONAL WORK EXPERIENCE

2007 – Current
Biltmore Family Physicians (Contract)

2002 – Current
Freelance Writer

2001-Current
Love Yourself Well™
Chandler, AZ
Founder
Speaker, author, coach

2004 – 2006
Arizona State University
Tempe, AZ
Adjunct Faculty – Lecturer Mindfulness

1996 – 2004
Future for KIDS (non-profit)
Scottsdale, AZ
Mentor Program Training and Development

1998-2001
Preferred Chiropractic Centres
Tempe, AZ
Director of Human Resources & Training Development

1993 – 1998
MAC/TCS
Chandler, AZ
Operations Manager & Human Resources Coordinator

EDUCATION

-Arizona State University Tempe, AZ
Bachelor of Science 2002
Exercise Science & Health Promotion
Eng Lit/Creative Writing

-Continuing Ed
Communications & HR

-American Council on Exercise Certification

-Life Coaching Internship and Certification through
Arizona State University

-United Centers for Spiritual Living Scottsdale, AZ
Spiritual Counseling License

-Wellcoaches, Inc training and Certification