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## Author, Professional Trainer, Speaker, Consultant

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Masterful professional with over 25 years experience as a trainer, speaker and coach. Results-oriented, people-focused consultant committed to excellence. Early professional background in the mental health field as a clinician and manager, offering a depth and breadth of understanding of human development, performance and potential.

**Personal Mission Statement:** I am a torchbearer for a vision of a world transformed, illuminating freedom, fulfillment and passion, igniting the flame of infinite possibility for the human spirit.

## Areas of Expertise

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- Public speaking and training
- Curriculum design and program development
- Time and stress management
- Coaching skills
- Work/life balance and wellness
- Transformational leadership
- Increasing energy and engagement

## Professional Experience

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**Independent Contractor: Trainer, Speaker, Consultant** – 1995-present  
Develop and present numerous skills-based empowerment seminars. Topics include Calming the Chaos at Work, Coaching Skills, Life Design, Transformational Leadership and The Zen of Public Speaking. Designed, promoted and delivered each of these seminars in various formats. Worked with various organizations doing training regarding presentation skills, coaching skills, time and stress management. Companies and organizations include Gallaudet University, Community Program Innovations, The Massachusetts Department of Children and Families, The Massachusetts Department of Mental Health, Advocates, Incorporated; DEAF, Incorporated; Project AIM; OpFocus, Inc; The Center for Excellence; Whittier Rehabilitation;

The Association of Unity Churches Worldwide Ministries, The Association of Unity Churches Eastern Region and many more.

**Professional Coach** – 1995-present

Provide goal-oriented, performance-based individual and group coaching achieving

**Private Practice Clinician** – 1994-2017

Worked with individuals, groups, and families providing psychotherapy.

**Program and Clinical Independent Consultant** – 1997-2009

Offered program and clinical consulting to non-profit organizations regarding program development, Deaf services and organizational change. Organizations included Advocates, Inc, DEAF, Inc., South Shore Mental Health, Project AIM, Hampden County Correctional Facility, Fitchburg Public Schools,

**Clinical Unit Director** – 1993-1997

Westborough State Hospital, Deaf Unit (I am fluent in American Sign Language) Management level position operating an inpatient psychiatric hospital unit.

**Clinical Program Director** – 1990-1993

Deaf Services Program, Worcester Youth Guidance Center

Manager of large outpatient service program offering counseling and unique community programs to the Deaf and Hard of Hearing Community.

## Education

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- Masters in Social Work, 1989, Boston College
- Bachelors in Science and Bachelor of Arts, 1985, Houghton College
- Certified Professional Coach, 2006, Institute for Professional Excellence in Coaching
- Energy Leadership Master Practitioner, 2006, Institute for Professional Excellence in Coaching