

Seasoned Coach - specializing in emotional intelligence, relationships, interpersonal skills, mindfulness, compassion and healing

Experience Summary

- Consistent client satisfaction and results: Coaching success, growth, fulfillment, and balance in the areas of relationship, transition, health/wellness, leadership, technology (10+ yrs; testimonials available)
- Full Curriculum: Coaches Training Institute (CTI) (as participant and multiple times as assistant trainer)
- Additional Coaching Training with CoachVille, Coach University, New Ventures West, NLP Institute of CA, Thomas Leonard (CoachU/CoachVille founder), and Laura Whitworth (CTI founder)
- Trained/Experienced in Emotional Support: Personal Counselor and Support Group Facilitator (10+ yrs)
- Passion/ability to rapidly master and utilize complex, new concepts/processes/technologies (9+ yrs)
- Spanish-speaking community builder, proficient in leading/facilitating teams/groups of 3 to 500+ (8+ yrs)
- Confident/effective in an exceptionally diverse mix of corporate, cultural, and interpersonal environments (eg, in start-ups, non-profits, for-profits, 23 countries, and living with natives in the Amazon, India, Spain)
- **Tech**: Mac OSX/Unix/Linux, Windows/Office, G-Suite, Tech Consulting, Web & Software Development

Key Strengths (what clients have said most benefits them)

- Superb questioning, listening and messaging skills
- Extraordinary patience, sensitivity, and intuition
- Passion for collaboration and co-creation
- Empathy, compassion, and authenticity
- Visionary creativity from diverse perspectives
- Wisdom and ability to inspire from life experience

Relevant Coaching Training & Affiliations

- Various trainings with Co-active Training Institute (CTI), Coach University, New Ventures West, NLP Institute of CA, Thomas Leonard (CoachU/CoachVille founder), Laura Whitworth (CTI founder)
- Various 2-, 3-, and 4- way coaching circles (both giving and receiving coach feedback)
- Founder/facilitator: Silicon Valley Coaches Support Group

Relevant Soft Skills Training & Affiliations

- Re-evaluation Counseling: Training to facilitate discharge of emotional blocks to clear thinking and action
- Non-Violent Communication (1.5 yrs utilizing NVC while developing co-housing community)
- Will Shutz' advanced intensive *Human Element Seminar* on corporate relationships and teamwork
- New Dimension's "True Work" (Ideal Career/Life) Circle Certified Member
- Outward Bound *Leadership and Wilderness Therapy Practicum* (leading nature-based, experiential healing and transformational experiences)
- Mindfulness meditation training and presence practices (various modalities, 12 day retreats; 10+ yrs)

Education

Bachelor of Science: Case Western Reserve University, Cleveland, OH (High Honors)
Major: Computer Engineering Minor: Interpersonal Communications
Associate of Arts: Spanish: DeAnza College, Cupertino, CA (Magna Cum Laude)
Full Curriculum: Co-Active Coaching: The Coaches Training Institute (CTI), San Rafael, CA

Experience

Bilingual Leadership, Relationship and Transition Coach, Awaken The Magic Coaching 2000-pres

- Coached hundreds of adults to sculpt, prioritize and realize visions/goals (unprecedented levels of productivity, satisfaction and growth in relationships, career/business, school, social change)
- Coached teens/parents (breakthrough success in grades, motivation, drugs, self esteem, mood swings)
- Co-designed and co-lead 10-week "True Work" Coaching Seminar for career/life transition and renewal
 - Facilitated bi-weekly community/peer support meetings and coached half the participants bi-weekly
 - 95% of participants transitioned to new career and/or living environment

Experience (continued)

Bilingual Leadership, Relationship and Transition Coach, *Awaken The Magic Coaching* 2000-pres

- Co-authored book on a new coaching model for leadership, personal evolution and social change with Laura Whitworth (co-founder of Coaches Training Institute and co-author of *Co-Active Coaching*)
- Co-developed and assisted training of new coaches in state-of-the-art methods to create sustainable leadership and balanced lives/careers/relationships aligned with values/passions/higher purpose (coached clients utilizing new coaching model while developing it in collaboration with Laura Whitworth)
- Co-designed and co-lead interactive “What the Bleep!?” seminar in Italy (via movie and translator)
 - Developed coaching model and trained participants on “What the Bleep” paradigm
 - Demo-coached participants to apply “What the Bleep” paradigm in their lives, with group accountability

Emotional Counselor, *Awaken the Magic Coaching & Consulting* 2001-pres

- Facilitate liberation from rigid patterns of thinking/feeling/behavior via emotional healing and subsequent re-evaluation (*thousands of hours of counseling folks on oppression, parenting, loss, relationships, work/life balance, addiction, anxiety/depression, transition, procrastination/focus, gender issues, etc*)
- Lead Men’s Support Group for community, goal-setting, peer support, emotional growth and anti-sexism

Emotional Support Facilitator/Community Builder, *Awaken the Magic Coaching & Consulting* 1998-pres

- Create/lead Wisdom Circles providing connection, community, emotional support (*deep bonds of friendship and support forged that “still nurture and sustain after 22 yrs”*)
- Tamera “Healing Biotope” course & ongoing group (creating healing cultures of peace and sustainability)

Integrated Health Researcher / Wellness Coach, *Awaken the Magic Coaching & Consulting* 2016-2020

- Study with local and world-renowned specialists
- Research protocols and provide healing guidance for: Anxiety, Toxic Mold, Lyme Disease, Candida, Parasites, EMF Radiation, Intermittent & Extended Fasting, Mesh-free Hernia Repair, Cancer
- Research and support detoxification protocols: Heavy Metals, Toxic Chemicals, EMF Radiation (food/water/supplements, prep/storage items, live/work spaces, fabrics, furniture, etc)
- Create Resource Toolkits for: Cancer Cures, Anxiety, Mold, EMFs, Indoor Air Quality (aggregate research, guidance, and product recommendations from myriad expert sources)

Life Coach / Facilitator / Sound Healer, *Awaken the Magic Coaching & Consulting* 2012-2020

- Facilitate crafting of personal and group visions; support realization of those visions via coaching
- Create customized group and individual vibrational templates of visions via live music/sound
- Leverage latest research in quantum physics, parallel realities, law of attraction and sound healing
- Facilitate astounding personal/life transformations, physical healings of medically unresponsive maladies

Health-focused Technology Mentor/Consultant, *Awaken the Magic Coaching & Consulting* 2015-2019

- Mentor folks to successfully transcend personal/home/office technology challenges in healthiest ways

Bilingual (Spanish) Trainer / Coach / Mentor, *Springboard Forward (start-up/non-profit)* 2007-2010

- Teach/Coach/Mentor Career and Life Advancement Skills in English/Spanish to low-wage earners
 - 90% achieved promotions and/or increased exposure, responsibility, opportunity, and work/life balance
 - Eg, one client's promotion empowered him to quit his second job (for time with newborn baby)
 - 5% realized transition to new career (and/or employer) better aligned with values, passions, life goals

Mindfulness Instructor / Transition Coach / Group Facilitator, *Youth Horizons (start-up)* 2000-2006

- Lead yoga/meditation classes and co-facilitated experiential leadership, communication and group problem solving with thousands of at-risk teens in the San Mateo County Juvenile Hall system
- Designed juvenile hall youth transition program (*job skills, coaching, emotional support, yoga/meditation*)