

Resume

Summary: Coach, Trainer, Program Developer, Speaker, Writer & Editor – Owner and sole proprietor of LifeWork Enterprises, Rockport, MA

Experience: Coaching

- Personal/Career/Business Coach in private practice
- Career & Education Advisor, Foundations Program, Gloucester
- Experience in counseling and social work
- Entrepreneurial experience in three different service businesses

Experience: Training & Development/Speaking

- Experienced presenter, workshop/seminar leader and program developer
- Creator and presenter of *Designing Your Life™* program
- Author of *Designing Your Life: A Life/Work Empowerment Program*
- Developer and teacher of *Career Development* curriculum
- Developer and/or presenter of more than a dozen other programs
- Adult Education Instructor in Personal, Career, and Business Development, Beverly Recreation Department, Community Education Program
- Adjunct Instructor, Bay State College, Gloucester [Public Speaking]

Experience: Writing & Editing

- Author, *Designing Your Life™: A Life/Work Empowerment Program*
- Experience in book publishing industry, as text editor, art editor, and photo researcher/photo editor
- Creator/Writer of more than a dozen workshops/seminars
- Writer/Developer of four multi-session programs/curriculums (*Designing Your Life, Writing Your Life, Career Development, Living Together/Growing Together*)
- Writer of online training materials for educational publisher
- Editor/publisher of *Unlikely Angel* (book of poetry) by Carole Wood Hardy

Work History

- LifeWork Enterprises, Rockport, MA (Founder/Owner)
- Adjunct Instructor, Bay State College, Gloucester, MA
- Foundations Program, Wellspring House, Gloucester, MA (Teacher/Advisor)

Work History (cont)

- Mira.com, Copyright Clearance Center, Danvers, MA (Researcher/Customer Service & Sales)
- DeWolfe New England, Beverly, MA (Sales Associate)
- Pictures & Words, Rockport, MA (Owner/Editor/Researcher)
- D.C. Heath & Co, Lexington, MA (Photo Research Coordinator/Manager)
- Houghton Mifflin Co, Boston, MA (Art/Photo Editor)
- Ginn & Co, Boston, MA (Text Editor)
- UU Pastoral Counseling Service, Framingham, MA (Counselor)
- Walker Home and School, Needham, MA (Foster Care Coordinator/Social Worker)
- Auburn House, Newton, MA (Foster Care Coordinator/Social Worker)
- Massachusetts General Hospital, Cardiorenal Research Lab, Boston, MA (Laboratory Technician)

Education and Training

- M.A. Marriage and Family Counseling, Goddard College
- Certificate program (2-year) in Family Systems Therapy, Boston Family Institute
- Extensive training in a variety of other therapeutic and personal growth modalities, including Transactional Analysis, Gestalt, Neuro-Linguistic Programming, Parent Awareness Training, Life Training, Landmark Forum
- Graduate work in Biology & Biochemistry (M.S./ABD)
- B.A. in English & Botany (with Honors), Connecticut College

Affiliations

- National Speakers Association and NSA New England
- International Coaching Federation and ICF New England
- Coachville, Graduate School of Coaching
- Toastmasters International
- North Shore Women in Business

