

# CURRICULUM VITAE

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## **Education**

Bachelor of Applied Science Honors in Applied Human Nutrition	1982-1987 University of Guelph Ontario
Dietetic Internship	1987-1988 Victoria Hospital London Ontario
Master of Arts in Leadership Health Specialization Program	2015-2017 Royal Roads University
Certified Health Executive Program (Candidate)	2017-2020 Canadian College of Health Leaders
Registered Memberships	College of Dietitians of British Columbia #0210 BC Association of Clinical Counsellors #15351 Canadian College of Health Leaders #29140

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## **Professional Experience**

January 1992-Present	<b>Founder/Director Healthy Essentials Clinic- Full-time Lake Country, BC (Expanding January 2019)</b>  Responsible for leading and supporting a multi-disciplinary multi-modality integrative outpatient mental health clinic for individuals and families struggling with mild-moderate mental health and substance use issues  Responsible for the growth and management of a 1.4-million-dollar budget  Establish strategies for timely access to coordinated person-centred care  Collaborate with mental health and substance use community partners to support person and family-centred care  Responsible for a social enterprise business model focused on person and family-centred care  Responsible for an employee model focused on shared learning and shared care
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**Professional Experience (continued)**

Manage a team approach to outpatient treatment, recovery, and referrals to other services including tertiary care as required

Train clinicians in detailed clinical reports & approaches to client care

Manage counselling support for clients, families, and clinician support for employees

Mentor, consult and educate employees, professionals, and businesses

Provide detailed lectures and workshops to various organizations and educational institutions

Work closely with undergraduate and graduate educational institutions

Maintain entrepreneurial and marketing skills to enhance success

Goal of personal mastery in client care, health leadership, system change, social enterprise, and the de-stigmatization of mental health

See coordinator position below for additional job description details

March 1991- Oct 2013

**Coordinator of the North Okanagan Eating Disorder Program-Part-time**

Plan, coordinate, and direct program according to Best Practice Guidelines focusing on collaborative care and client centered treatment

Manage, clinically supervise and train team members as required

Process client referrals using screening tools & assessment strategies to facilitate evidence-based client care plan

Recommend Hospital Admission accordingly and work closely with team members during assessment and admission process

Negotiate inpatient treatment of disordered eating patients in community hospital with established ED protocol

Collaborate with community hospital though inpatient admissions, rounds and outpatient treatment assuring continuity of care

Collaborate with Tertiary Care Hospitals, St. Paul's, BCCH, & other residential Treatment Centers involving client admission & transition

**Professional Experience (continued)**

Consult and participate in various provincial and regional committees

Report to Health Authorities & North Okanagan Advisory Committee providing program updates, statistics, developments, and strategy for growth

Provide individual, group counseling, consultation & presentations

Provide & participate in regular educational opportunities and workshops

Work closely with ED organizations around prevention and early intervention of illness

Maintain and update staff & client library, provide timely literature and educational opportunities

January 1996-July 1998

**Coordinator of the South Okanagan Eating Disorder Program-Part-time**

Established an Eating Disorder Program within a difficult community setting

Processed client referrals, completed initial assessments, established treatment care plans and consulted with tertiary care centers

Worked independently and with consulting team members

Developed psycho-educational groups for youth & family

Provided family counseling as required

Established ED inpatient protocol, educated staff members at Kelowna General Hospital, bringing awareness and experience to disordered eating treatment

Collaborated with psychiatric staff and pediatricians, educating and facilitating evidence based treatment

Provided presentations regarding treatment of disordered eating to schools, community members and physicians

Established a Best Practice treatment approach to Disordered Eating throughout the Okanagan Valley

**Professional Experience (continued)**

December 1990-1991      **Program Coordinator Bioscan Wellness Corporation Kelowna, BC**

Initiated Wellness Programs with corporate clients and individuals

Hired, trained and managed full-time and part-time staff

Planned and revised programs according to client need and company standards

Responsible for complete business operation including marketing, forecasting, goal setting and achieving company objectives

June 1988-1990      **Clinical Dietitian Parkwood Hospital London, ON**

Participated in Interdisciplinary team rounds

Performed nutritional assessments according to appropriate medical, anthropometric, biochemical, physical and psychosocial parameters

Formulated care plans for nutritional and counseling intervention

Was an active member of the Multidisciplinary Feeding & Swallowing Assessment Team

Developed workshops and educational seminars appropriate to patient and professional needs of interdisciplinary team

Continued relevant and ongoing educational knowledge according to standards of practice and personal pursuit for further education

May 1988-1990      **Nutrition Consultant-Part-time Private Practice London, ON**

Consulted privately with individual clients with disordered eating including Binge Eating Disorder

Focused on Sports Nutrition and behavioral change in the elite athlete

Consultant to London Tigers (AAA) and Detroit Tigers Baseball League

Communicated regularly with physicians and health professionals through private referrals

Established awareness of disordered eating in the Elite Athlete

## **Professional Experience (continued)**

Worked closely with Business Administrator of the Fitness Forum bringing awareness to clientele around Nutrition & Lifestyle issues

Provided regular lectures by request to various professional sports teams, corporate organizations, health professionals and community groups

Featured as a new entrepreneur in the London Business Magazine

## **Continuing Education:**

September 1988-1989	Toastmasters International London, Ontario
June 1988-1989	Skin Caliper Assessment & Bio-impedance University Western Ontario
June 1988-1991	Various lectures and workshops associated with Sports & Clinical Nutrition, work related educational training in leadership, business administration, marketing and management
March 1992	Eating Disorders Workshop Sponsored by Vernon Eating Disorder Program; Dr. Elliot Goldner and Linda Lauritzen St. Paul's Hospital
October 1992	Vegetarian Nutrition & Cooking for the Health Professional & Teachers; Vasanto Crawford R.D.: Kelowna, BC  Eating Disorders and the Role of the Therapist: Marion Fallding: Vernon, BC
November 1992	Personal Training with Dr. Elliott Goldner, Executive Director St. Paul's Eating Disorder Program: Vancouver, BC
October 1994	Mood, Mind & Appetite Workshop: Vancouver, BC Personal Training with Dr. Ron Manley, Director BCCH Eating Disorder Program
March 1995	Psychosis in Teens: Dr. Marriage BCCH: Vernon, BC
April 1995	Vision for Eating Disorders Workshop; Dr. Elliot Goldner, St. Paul's & Ron Manley BCCH: Vernon, BC
November 3 & 4 1995	Interior Eating Disorder Training Event: Dr. Elliot Goldner, St. Paul's Hospital Hosted and Facilitated
February 7-9 1996	International Conference on ED: Victoria, BC

### **Continuing Education (continued)**

November 21 & 22 1996	Current Trends in the Community Approach to Eating Disorders; Dr. Bryan Lask, Dr. Laird Birmingham, Dr. Jorge Pinzon, Vicki Smye  Coordinator, Facilitator, Presenter & Participant: Vernon, BC
March 1996	Theraplay Workshop: Vernon BC
June 8-10 1996	Boundaries Course-Dr. Henry Cloud & Dr. John Townsend: Kelowna, BC
June 1997	Tertiary Care & Eating Disorder Treatment; St. Paul's and BCCH: Vernon, BC Hosted and Facilitated the Event for Okanagan Valley Health Professionals
October 1997	Inpatient Team Approach to Treatment with BCCH Team: Vancouver, BC
November 1997	St. Paul's & BCCH inpatient Team Training at both Kelowna General Hospital and Vernon Jubilee Hospital
February 2-5 1998	When Girls Feel Fat; Sandra Friedman: Hosted and facilitated workshops throughout the Okanagan Valley
Feb 1998	Valley Wide Meetings to Discuss Eating Disorder Treatment and Prevention throughout the Okanagan; Sonya Franklin Health Minister BC Government
April 24-26 1998	Albert Einstein College of Medicine & Montefiore Medical Center International Conference on Eating Disorders Postdoctoral Course of Instruction: New York City, USA
June 14-15 1999	Suicide Intervention for Teens & Adults Workshop: Vernon, BC
October 1999	Community Solutions for Eating Disorders: Sponsored by Okanagan & Area Eating Disorders Association, Presenter & Participant
March 2000	Eating Disorder Information Workshop; Dr. Laird Birmingham and Linda Lauritzen St. Paul's Hospital: Sponsored by Okanagan & Area Eating Disorders Association
June 2000	Sheena's Place Toronto, Ontario Program Review and Training Hospital for Sick Children; Eating Disorder Program Review and Training
September 2000	The Art of Eating: Treating the Dieting Casualty; Ellyn Satter: Kelowna, BC
October 27 & 28 2000	International Eating Disorder Conference: Victoria, BC Presenter & Participant

### **Continuing Education (continued)**

November 2000	Nutritional Management of Eating Disorders; Dr. Laird Birmingham St. Paul's Hospital: Vernon, BC
November 23 & 24 2000	DSM IV In-service for Clinicians and Health Professionals: Vernon, BC
March 2001	Scattered Minds; Dr. Gabor Mate: Kelowna, BC
May 17-19 2001	International Conference on Eating Disorders; Academy for Eating Disorders Presenter & Participant Sheraton Wall Centre: Vancouver, BC
June 10-12 2001	Rural & Remote ED Conference Planning & Design for Rural Programs Presenter and Participant: Kamloops, BC
October 2001	Manual of Clinical Dietetics Review Workshop: Vancouver, BC
November 16 & 17 2001	The Way They Learn; Cynthia Tobias: Kelowna, BC
June 19 & 20 2002	Part I Readiness Motivational Inventory/Interviewing Training; Dr. Josie Geller, St. Paul's Hospital: Vancouver, BC
November 15 & 16 2002	ANAD Conference: Still Trying to Measure Up? Vancouver, BC Presenter and Participant
April 2003	Edgewood Treatment Centre Addictions Workshop: Nanaimo, BC Rural & Remote meetings with various Programs on Vancouver Island
June 11& 12 2003	Part II Readiness Motivational Interviewing Training; Dr. Josie Geller St. Paul's Hospital: Vancouver, BC
October 2004- Present	St. Paul's ED Program Monthly Videoconference Series for Clinicians
April 2005	I'm Like So Fat: Toronto General Hospital Eating Disorder Program Conference: Dianne Neumark-Sztainer, Dr. Leora Pinhas  Sheena Place Meetings & Program Planning: Toronto, ON
March 2006	Eating Disorders in Childhood and Adolescence; Dr. Bryan Lask University of London and Oslo, Hosted by Alberta Children's Hospital Eating Disorder Program Calgary, AB
June 2006	Relationship between Anorexia Nervosa & Insulin Dependent Diabetes; Dr. Richard Phillips: Kelowna, BC

### **Continuing Education (continued)**

June 2006	EDI III Training Event; St. Paul's Hospital: Vancouver, BC
September 2006	Conflict Resolution in Couples; Dr. Les & Leslie Parrott: Kelowna, BC
October 26 & 27 2006	Meal Support from Inpatient to Home; St. Paul's & BCCH: Vancouver, BC
November 2007	Mental Training in Athletes & Sports Performance; Dirk Stroda: Kelowna, BC
February 27-29 2008	First Bi-Annual conference of the Eating Disorder Association of Canada: Calgary AB
November 2008	Hold on to Your Kids Attachment Workshop; Dr. Gordon Neufeld: Kelowna, BC
May 11 & 12 2009	NEDIC Shades of Grey: Body Image & Self Esteem: Toronto, ON
October 2010	The Diet Mentality; Michelle Morand Centric Centre: Kelowna, BC
February 2011	Anxiety in Children Webinar: Anxiety BC
February 2011	Motivational Interviewing Webinar: Dr. Stephanie Cassin BCCH
March 14 & 15 2011	Level I Family Based Therapy Dr. Daniel LeGrange Workshop; Presenter Renee Rienecke Ph.D. Vancouver, BC
May 2 & 3 2011	Caring for the Clinician Working with Eating Disorders; Carolyn Costin Monte Nido CA. Hosted and organized Conference through Rural & Remote Committee
July 2011	Mindfulness of Youth Webinar: Eating Disorder Network
August 2011	Motivational Interviewing: Remuda Ranch Webinar for Clinicians
October 2011	Family Based Therapy Webinar: Eating Disorder Network
November 2011	Weight Centered Program? Webinar: BCCH
March 2012	Living Life to the Full: Presentation by CMHA Vernon Branch
February 7 & 8 2013	Eating Disorders and Athletes; Dr. Ron Manley: Kelowna, BC
February 2013	Meal Support Webinar: Eating Disorder Network



### **Continuing Education (continued)**

April 2013	Dance and Body Image Webinar: Eating Disorder Network
April 2013	How to Keep Children Safe in a Wounding World Webinar; Dr. Gordon Neufeld
April 2013	Weight Bias Webinar: Eating Disorder Network
June 2013	Family Based Therapy Webinar: Dr. Barbara Beach BCCH
July 2013	Women 4 Sustainability; Fresh Outlook Foundation: Kelowna, BC Presenter and Participant
Sept 2013	Family Based Therapy Webinar; Dr. Karina O'Brien, Dr. Barbara Beach BCCH
October 24 & 25 2013	Global Leadership Summit: Kelowna BC
February 2014	FODMAPS Webinar: Stephanie Clairmont R.D.
April 2014	Mindfulness in Youth Webinar: Kelty Resource Centre
September 2014	Eating Disorders in Boys & Men: Kelty Resource Centre
October 6 & 7 2014	Eating Disorder Association of Canada Conference: Vancouver, BC
November 2014	Crucial Conversations Webinar: Joseph Grenny
February 2015	Binge Eating Disorder Webinar: Kelty Resource Centre
May 7 & 8 2015	Emotion Focused Family Therapy Certification Workshop: Vancouver, BC Dr. Joanne Dolhanty and Dr. Adele Lafrance Robinson
July-Sept 2015	Royal Roads University Continuing Studies: Victoria, BC Academic Writing and Critical Thinking, Johanne Paquette
September 2015- September 2017	Royal Roads University Master of Arts in Leadership: Victoria, BC Health Specialization Program
October 22 & 23 2015	Global Leadership Summit: Kelowna, BC
January 2016	DSM 5: Web X Presentation, Dr. David Smith, Vernon, BC
March 2016	What every non-medical practitioner should know: Renfrew Centre Webinar

### **Continuing Education (continued)**

March 2016	Emotion Focused Family Therapy Phase II Training: Kelowna, BC Dr. Joanne Dolhanty and Dr. Adele Lafrance
April 2016	Medical Nutrition Therapy Webinar: College of Dietitians of BC
June 2016	Interior Health Eating Disorder Forum: Kelowna, BC
January 2017	Nutritional Management of Adults with Eating Disorders Webinar: Centre for Excellence, BC
February 2017	BC Clinical Guidelines for Eating Disorders Webinar: Josie Geller, St. Paul's Hospital
March 2017	FODMAP Webinar: Stephanie Clairmont R.D.
May 8-10 2017	Emotion Focused Family Therapy Advanced Clinician Training: Dr. Adele Lafrance and Natasha Files
October 2017	Medical Complications for Disordered Eating Webinar: Internist St. Paul's Hospital
October 2017	Interior Health 3 <sup>rd</sup> Annual Eating Disorder Forum: Kelowna, BC Round table discussion facilitator and forum participant
October 19 & 20 2017	Global Leadership Summit: Kelowna, BC
February 2018	Adult Autism Spectrum Disorder and Eating Disorders: Dr. Elfers St. Paul's Hospital
February 2018	Weight Issues in the Recovery of Eating Disorders: Why is this so complicated: Becky Mehr, MSc, RD, LDN
March 2018	Autism Spectrum Disorder: Stinkin Thinking and Poisonous Perceptions: Katherine Paxton
March 2018	Driving Integrated Care Across the Health System: Canadian College of Health Leaders
April 2018	What Your Job Really Is? Dr. Doug Cochrane Canadian College of Health Leaders
April 2018	Redesign St. Paul's Eating Disorder Program: Dr. Josie Geller; Dr. Julia Raudzus

### **Continuing Education (continued)**

May-June 2018	Theories of Personality: Yorkville University
June-July 2018	Being an Ethical Psychologist: Canadian Psychological Association
September 2018	Commencement of Emotion Focused Family Therapy Certification; Natasha Files MSW, Mental Health Foundations

### **Professional Involvement**

Pilot Study Committee Member for Kelowna and Vernon Eating Disorder Programs  
Kelowna Eating Disorder Program Advisory Committee  
Vernon Eating Disorder Program Advisory Committee  
Vernon & Area Eating Disorder Association Committee  
PEDAC Provincial Eating Disorder Association Committee  
Regional Eating Disorder Steering Committee  
Eating Disorders Transitions/Full Spectrum of Care Working Group  
Eating Disorders Rural & Remote Committee Coordinator  
Interior Health Eating Disorder Planning and Initiatives  
Professional Practice Council for Mental Health Dietitians  
Local Action Group Extended Health Benefits BC College of Dietitians/Dietitians of Canada  
Composed and developed several Policy & Procedure Manuals associated with above committees  
Composed and developed several Funding Proposals to enhance ED Program Development  
Supervised and trained Interns, Clinicians, and Doctors interested in Disordered Eating  
Established both Kelowna General Hospital and Vernon Jubilee Hospital Inpatient ED Protocol  
Standardization of ED Assessment Tools for Rural & Remote ED Programs  
Dietitians of Canada  
College of Dietitians of Ontario  
College of Dietitians of British Columbia  
Development of Social Enterprise Business Model for Healthy Essentials Clinic  
Co-facilitator Leader Impact

### **Professional Conference, Presentations, & Workshops Provided**

March 1993	Eating Disorder Information Presentation with Cathy Richards, Kelowna Community Nutritionist: Penticton, BC
March 1993	Vegetarian Eating & Eating Disorders: Kelowna, BC
September 1993	Eating Disorder Training Event for Clinicians; Workshop presentation with Dr. Elliot Goldner: Kamloops, BC
Jan, Feb. March 1994	Presentations Eating Disorder Prevention Immaculata High School: Kelowna, BC

**Professional Conference, Presentations, & Workshops (continued)**

February 1994	Eating Disorders in Teens; OKM High School Counselors: Kelowna, BC
March 1994	Nutrition in Business; BC Builder Corporation: Kelowna, BC
July 1994	Nutrition & the Elite Athlete: Kelowna Figure Skating Club
July 1994	Proposal for Greater Eating Disorder Services in the Okanagan Valley presented to Sonya Franklin Health Minister: Victoria, BC
January 1996	Eating Disorder Prevention presentation for Teachers & Counselors; School District #22 Professional Development Day: Vernon, BC
February 1996	Becoming Barbie Presentation; Okanagan College: Vernon, BC
October 1996	How Media Encourages Thinness; OKM High School Counselors: Kelowna, BC
November 1996	Current Trends in the Community Approach to Eating Disorders; Coordinator & Presenter Valley Wide 2 Day Workshop. Taped by Shaw Cable & CJIB Live Radio: Vernon, BC
February 1997	Sports Nutrition & Athletes with Disordered Eating: Kelowna, BC
June 1997	Eating Disorder Screening and Awareness for Physicians: Okanagan Valley
June 1997	Treatment of the Inpatient Eating Disorder Client for Nurses: Okanagan Valley
June 1997	Training Event on Inpatient Hospital Eating Disorder Protocol: Okanagan Valley
June 1998	Ten Things I have Learned in Treatment of the Eating Disorder Client; Northview Community Church: Abbotsford, BC
October 1999	Hospital Inpatient Eating Disorder Treatment for Health Professionals; St. Paul's & Vernon Eating Disorder Program: Vernon Jubilee Hospital
October 2000	Sports Nutrition for the Elite Alpine Skiing Athlete: Kelowna, BC
October 27 & 28 2000	Group Therapy in Eating Disorders; International Eating Disorder Conference: Victoria, BC
November 2000	Nutrition, Wellness & the Eating Disorder Client for Certified Dental Assistants: Kelowna, BC

**Professional Conference, Presentations, & Workshops (continued)**

April 2001	Nutrition & Health for Certified Dental Assistants: Kamloops, BC
December 2002-2007	Nutrition & Media Awareness; Queen Silver Star Candidates: Vernon, BC
April 2003	Nutrition for the Eating Disorder Client presentation for Rural & Remote Members: Vancouver, BC
February 2004	Eating Disorders & Recovery Process: Salmon Arm Mental Health & Vernon Jubilee Hospital Staff
February 2004	Eating Disorders & Media Influence; School District #23 Professional Development Day: Kelowna, BC
June 2004	Eating Disorder Training Event Salmon Arm Mental Health
February 2005	Eating Disorders & Adolescents; School District #22 Professional Development Day: Vernon, BC
March 2005	Sports Nutrition for the Elite Athlete & Families: Kelowna, BC
October 2005	Nutrition & Sustainability; Community Workshop: Okanagan, BC
December 2005	Nutrition and Addictions; NOW Canada: Kelowna, BC
May 2007	Lifestyle Nutrition & Wellness Everyday: Kelowna, BC
November 2009	Body Image & Eating Disorders; School District #22 Professional Development Day: Vernon, BC
November 2009	World of Disordered Eating; Fulton School Teacher & Counselors: Vernon, BC
April 2010	Boundaries for Parents with Children suffering from an Eating Disorder; Six Week Course; CMHA & North Okanagan Eating Disorder Program: Vernon, BC
February 2010	Helping Foster Children with Disordered Eating; Vernon Foster Parents Association
September 2011	Helping the Inpatient Eating Disorder Client & Families; In-service for Nurses and Staff: Vernon Jubilee Hospital
February 2015	Vernon Pregnancy Outreach: Love Your Body, Love Yourself

### **Professional Conference, Presentations, & Workshops (continued)**

- November 2017 Organizational Leadership Project Presentation: A Mental Health and Substance Use Services Transformational Leadership Framework for Patient-Centred Outpatient Care: District of Lake Country, BC and Council
- May 2018 Nutrition and Lupus Presentation: Kelowna Golf and Country Club

### **Media Service**

- February 1990 Waist Management Article; by Ken Maver London Business Magazine
- March 1991-present Various newspaper interviews & Articles
- February 1994 Eating Disorders Awareness Week; Midday with Mike Roberts CHBC Television
- February 1995 Eating Disorders Awareness Week: CILK FM Live 3 hour call-in show
- February 1996 Eating Disorders Awareness Week: CJIB Live Talk Show with Patrick Nicol
- March 1996 Eating Disorder Information; Uncut CHBC Television with Blaine Gaffney
- November 1996 Current Trends in the Community Approach to Eating Disorders Taped by Shaw Cable and CJIB Live Radio
- May 1996 Eating Disorder Information Call-in show CJIB Live Radio with Patrick Nicol Kelowna, BC
- February 1997 Eating Disorder Awareness Week CHBC Television Interview

### **Community Service**

- July 1994 BC Summer Games: Kelowna, BC
- October 1994 Eating Disorder Workshop for School Counselors & Health Professionals
- October 1994 Nutrition & Body Image for GES School Counselors & Teachers: Winfield, BC
- March 1996 Nutrition & Lupus; Lupus Association: Kelowna, BC
- March 1996 Eating Disorders & Teens; Seaton High School PAC Meeting: Vernon, BC
- March 1996 Beautiful You! Girl Guides of Canada: Winfield, BC

**Community Service (continued)**

April 1996	Eating Disorder Information & Training for Okanagan Physicians & Health Care Professionals: Kelowna, BC
January 1997	Beautiful You! Grade 8-12 Students; Kelowna Christian School
October 2000-present	Big White Racer Parent Volunteer: Kelowna, BC
December 2001	New Year's Eve Community Event Fundraiser for Lower Income Families; Organizer & Coordinator: Winfield, BC
August 2004	Apple Triathlon Volunteer: Kelowna, BC
October 2008	ALS Event Fundraiser for Dave Johnston: Silent Auction Co-coordinator: Kelowna, BC
April 2008-2011	Vice President Big White Racers Ski Club. Coordinated Corporate Sponsorships and Business Liaison for club with the German National Ski Team, Lufthansa Airlines, Avis Rentals, Kelowna Airport, Gray Monk Wineries & Big White Ski Resort
February 2009 & 2010	Diamonds & Denim Event Looking Glass Foundation Fundraiser; Guest Speaker: Vernon, BC
September 9, 2010	Hovawart Club of North America Event Volunteer: West Virginia USA
June 2011	Hovawart Club of North America Event Volunteer: St. Lois USA
January 2011	International Children's Winter Games: Kelowna, BC
December 2013	Media Coordinator World Cup Ski Cross: Nakiska, AB
February 2014	Professional Panel Participant at UBC Okanagan during Eating Disorders Awareness Week
January 2015-present	Professional Consultation to Mental Health Community Partners

## **Personal Accomplishments**

Graduated with Honors from High School  
Basketball awards yearly, Senior Athletic Awards Grade 13  
Rexdale Soccer League Champions 1986  
Coach of the first Rexdale All Star Girls Soccer Division  
Coach of the Mission and Winfield Girls Soccer League  
Completion of Frontline Leadership for Clinicians  
Development of a Parkinson's Education program for Day Hospital London, Ontario  
Establishment of the Dining Experience Program for War Veterans  
Consultant to large Corporations: London Tigers Baseball, BC Lions Football, and BC Hydro  
Assisted in the establishment of the Vernon and Kelowna Eating Disorder Programs  
Assisted in the establishment of the Vernon & Area Eating Disorder Association  
Consulted to and supported the establishment of Looking Glass Foundation  
Established and coordinated the Eating Disorder Rural & Remote Committee of PEDAC  
Developed Big White Racers training events with the German National Ski Team, and Lufthansa Airlines  
Supported two female elite Alpine and Ski Cross Athletes towards their Olympic Dream  
Supported two female elite athletes through sports related injuries and transition to University  
Completed two Half Marathons and one Triathlon coming top 10 for age group  
Developed a Social Enterprise Business Model for Mild to Moderate Outpatient Mental Health Treatment

## **References Available Upon Request**