

PROFILE

Dedicated community advocate, host, professional speaker, and entrepreneur with specialty experience in Process Improvement, Branding, Messaging, and Program Development. Keynote speaking on Personal and Professional Development since 2007. Active as a health care professional from 2001 to 2017. Has a passion for remodeling and is licensed as a General Contractor with business ownership in construction since 2017.

Reliable, ethical professional with ability to stay calm and intervene during crises, facilitate groups and educational seminars, and collaborate on multidisciplinary teams. Proven ability to build positive relationships with individuals, sales groups, organizational management, medical professionals, and within political movements.

- Co-founded transitional living program, video production, branding, finances, budget, AP/AR, worked with youth on transitioning into adulthood providing education and coaching on establishing careers and education and positive life values.
- Web copy writing & web site development
- Direct interaction with and consultation for local law enforcement, often relating to homeless youth, mentally ill, & emotionally distressed
- Program development (state foster youth advisory boards – Nevada and Iowa)
- Supervision of volunteers and youth during local, state-wide and regional foster care/social work conferences
- Front line crisis intervention and care of mentally ill/emotionally distressed individuals
- Manage/Educate life coaches on their tactics to educate youth.
- Award winning business plan development.
- Intern management, national travel and account management, life coaching, professional speaking and consulting for national and state-wide events
- Managing relationships with multiple disciplines, community based services, hospitals, and multiple stakeholders
- Clinical instruction of BSN students as adjunct professor
- Supervising, guiding and teaching groups of students
- RN experience-emergency departments & mental health units-delegation & oversight of ancillary staff, techs, paramedics, and RNs
- Property Owner/Property Management
- Remodeling Construction, Project Management

Skills/Proven Abilities

Program & Product Development
Professional Speaking
Advocating for best interest of at-risk populations
Adapt to changing priorities and challenging timelines
Crisis Intervention
Prioritize competing deliverables
Manage multiple projects in a matrix environment
Communicate effectively with all levels of organization
Strong analytical and problem solving skills
Training, Mentoring and Consulting
Educator

Education

2011-2012 : Graduate prerequisites Grand View University
2003-2006: BS in Nursing
Allen College, Waterloo, IA
2002-2003: Business
University of Iowa

Professional Experience

Foster Care Alumni of America
Mobile Crisis Team (Eyerly Ball)
Blank Children's Hospital
Broadlawns Medical Center
Allen College
Children and Families of Iowa
Allen Hospital
Changing Lives Entertainment, LLC
LifeLine Resources, LLC
Child Welfare League of America

NOTABLE ACHIEVEMENTS & AFFILIATIONS

- Author of the book *Overcoming Emotional Trauma: Life Beyond Survival Mode*
- Host of the Fostering Change Podcast www.FosteringChangePodcast.com
- Former Volunteer Board Member of the national non-profit Foster Care Alumni of America www.FosterCareAlumni.org - Now President of the Board
- Former stakeholder committee member for www.traumainformedcareproject.org - improving awareness of trauma informed care in Iowa through serving on the marketing and training committees
- Keynote speaker for statewide, regional and national events related to mental health services, child welfare, social services and foster care advocacy. *Recent notable clients include Pennsylvania Youth Advisory Board, Maryland Association of Recourses for Family & Youth, California Mental Health Advocates for Children & Youth, South Dakota Department of Juvenile Justice, Children & Families Training - North Dakota, Many more...*
- Contributing author of the book *Fostering Hope For America* by Multiple Authors, 2013
- Internationally published as a creative writer and poet in the book *Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys* by Dr. Gregory C. Keck, 2009.
- Member of the State of Iowa Mental Health Planning Council, Chairperson Youth Awareness Committee 2009-2011. Decision making and management of the 3.5 million dollar mental health block grant for the state of Iowa
- Two Silver Addy Awards – Received for writing/producing/performing voice over work for a TV and radio commercial promoting a fundraiser for the non-profit homeless youth advocacy event Reggie’s Sleepout held by Iowa Homeless Youth Centers (IHYC)