

Energy Bodywork Practitioner

Holistic Stress Management: Individual Sessions and Workshops

Profile

- Over 11 years in energy based modalities
- Over 8 years experience in animating workshops and programs
- Reiki Master (Usui, Karuna, Dolphin)
- Cranio-Sacral Therapy, Breathwork and Bars practitioner
- Skilled at building rapport and serving clients' needs
- Fluent: English, French, Romanian

Areas of Expertise

Individual Counselling & Energy Based Bodywork

- Counselling and helped clients to reduce stress through coping mechanisms
- Reduced clients' stress through energy based sessions such as: Reiki, Cranio-Sacral Therapy, Breathwork, Bars
- Worked one-on-one to implement ABA (Applied Behaviour Analysis) programs for a 6 year old child with autism

Group Facilitation

- Conceptualized, planned and facilitated empowerment workshops on stress management, life skills and self-esteem for people with disabilities
- Designed and animated psycho-educational workshops for small groups
- Planned, organized and led recreational activities for a group of intellectual handicapped adults

Administration and Clerical

- Managed accounts payable with job cost allocations, filing, calls, banking
- Processed expense reports, managed bank operations

Work Experience

Stress Adaptation Specialist & Energy Bodywork Practitioner <i>Peace and Serenity Now (Montréal, QC)</i>	2011- present
Workshop Facilitator <i>Metropolitan Montréal Independent Living Centre (Montréal, QC)</i>	2006
ABA Therapy Intervention Aid <i>West Montréal Readaptation Centre (Montréal, QC)</i>	2005
Workshop Facilitator <i>Centre Generation Emploi (Montréal, QC)</i>	2003
Recreation Animator <i>West Island Association for the Intellectually Handicapped (Pointe Claire, QC)</i>	2002
Administrator <i>Shivananda yoga centre, Azimov Consultant (Montréal, QC)</i>	2002
Student Counselor <i>Peer Support Group, Concordia University (Montréal, QC)</i>	2001 - 2002
Accounting Clerk <i>Fieldturf Inc. and Il Bagno (Montréal, QC)</i>	1996 -2000

Education

PhD candidate in Educational Studies McGill University, Montreal	2007-2011
Masters in Education Family Life Education, Educational Psychology McGill University, Montreal	2003-2007
Bachelor of Arts with Distinction Major in Human Relations, Applied Human Sciences, GPA 3.57 Concordia University, Montreal, Canada	2001-2002
Leadership Certificate Programme for Leadership and University Success Workshop Series Counselling and Development, Concordia University	2001
Bachelor of Science in Economics Economy of Industry, Construction and Transportation Academy of Economic Studies, Bucharest, Romania	1981-1986

Award & Achievements

A. ROSS SEAMAN AWARD, CONCORDIA UNIVERSITY, MONTREAL Given in recognition of leadership, scholarship and special contribution to the student life	2002
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Alternative Trainings & Education

Ventes et Strategies Marketing	2013-2014
Lancement en Entreprise	2013
Access Consciousness Bars Practitioner Training	2012
Info Reiki & Karuna Reiki level 1 to 3 and Master Training	2010
Heart Energy Workshop Training	2010
Chair Massage Training	2010
Millionaire Mind Intensive	2009
Cranio-Sacral Therapy	2009
Intuitive Advisor Training, Cape Cod Institute, Massachusetts	2009
Rebirthing (Breathwork) Training	2005
Reiki, Level 1 to 3 and Master (Usui)	2001-2005
Intro in Acupressure	2002
Cranio-Sacral Therapy (level 1, 2 and working with children)	2000-2001
Dowsing	2000
Landmark Education	1999

Volunteer Work

Yellow Doors (2009)	Réseau d'entraide de Verdun (2010)	Face a Face (2013)
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