Jackie van der Velde

360-593-2606 | Jackie.vandervelde@yahoo.com

LinkedIn ~https://www.linkedin.com/in/sacredjourneys/

Intuitive, Client-Centered Health and Wellness Consultant ~ motivating, educating, and empowering people to achieve their goals through meditation, guided visualization, energy medicine, mindful movement, and fitness training.

**Health & Wellness Consultant**

* Support clients in the release of emotional and mental blocks that prevent them from making healthier choices and moving forward in life.
* Program dynamic workouts for clients ~ blasting through body fat and seeing amazing physical transformation as well as increasing energy and confidence.
* Motivate clients during workouts, while ensuring exercises are performed safely and correctly to achieve optimal results.
* Monitor client's progress using Inbody scans and modify nutrition and workout intensity according to results. Motivate and encourage clients via texts for emotional check-ins and craving control.

**Active Listening/Conflict Resolution/Stress Management**

* Active listening and reading of body language to discern the underlying needs of the client.
* Conflict Resolution ~ Resolve internal conflicts within clients and support them in creating practical strategies to move towards their goals and create lasting changes in their lives.
* Intuitive Consulting –facilitate brainstorming sessions with small business owners to develop innovative ideas for products and services to help expand their impact.
* Support people in distress with active listening and validating their experience, thus deescalating their emotional state to feeling safe and in control.
* Trained in Non -Violent Communication, Crisis Counseling, and Prayer Counseling

**Office Administration & Digital Marketing**

* Created websites on WordPress. Created videos for Youtube Channel.
* Entered payroll for 100+ employees, made travel arrangements for journalists and videographers, transcribed minutes, and scheduled conference rooms.
* Updated customer information, designed and distributed monthly newsletter using Constant Contact, MailChimp and Outlook.
* Experienced with Epic and Eccentris medical records software, multi-line phone system, medical transfer authorizations, managed patient charts, and medical support.
* Provided excellent customer service to banking customers, reconciling bank deposits and withdrawals, debit card activations, updating account information and referring appropriate products to customers.

**Leadership**

* Facilitated weekly activities for both military and civilian groups. Fostered skills and teamwork of youth and adult weekly meetings. Prepared weekly PowerPoint presentations and set up audio/visual equipment.
* Led youth mission trips to Port St. Lucie, FL, to provide housing makeovers for seniors. Transportation arrangements and other logistics.
* Coordinated women’s retreat – delegating various responsibilities amongst several chapters across Germany. Coordinated and facilitated book studies for various women’s groups.

**Experience**

Fitness Coach | Discipline Untamed | Feb 2019 - June 2019

Hypnotherapist & Health Consultant | Sacred Journeys | Jan 2012 –Present

Medical Receptionist| Madigan Army Medical Center | Jan 2011 – May 2012

Nursing Assistant | Madigan Army Medical Center| Jan 2010 – Jan 2011

Bank Teller | Heritage Bank | Sept 2008 – Oct 2009

**Education**

Bachelors of Arts | Evergreen State College, Olympia, WA

Major: Mind/Body Medicine ~ Transformational Psychology

Associate of Arts | South Puget Sound Community College, Olympia, WA

Major: Pre-Nursing

**Honorable Mentions**

Veteran ~ US Army

Conversational Spanish

PADI Rescue Diver