

Kristen Carlson
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INTENTION: As a Holistic Nutritionist, Yoga Teacher, and Plant Based Chef, with organizational, project planning, and analysis skills, I work with patients and clients in both personalized and group settings to support personal growth, recovery, and wellness using different modalities and approaches in adherence with client wellness and lifestyle goals.

Skills: Organizational experience, project management and application, regard to client confidentiality, group and private class instruction, analysis, curriculum planning, collect, track, and input data using a database format, tracking, project support, collection of data, documentation, prepare memorandums and notes to client files, customer service, ability to prioritize work, problem solving, coordinate, plan, create, and lead workshops and classes, body alignment instruction, prepare and implement client wellness plans, create and deliver menus to clients.

PASSIONS & TALENTS: **wellness**, yoga, holistic health and nutrition, balanced life style approaches, cooking, nutritional meal preparation, Ayurveda, Chinese Medicine, education, meditation, breathing techniques, writing, hiking, and dance.

QUALITIES: Dedicated, focused, caring, honest, empathetic, attentive to detail, organized, self-motivated/self-starting, strong organizational skills, high level of regard for confidentiality, strong written/verbal communication skills, ability to adapt to change and manage time appropriately, decision making, , active listening, ability conduct conversation to investigate needs, optimistic.

EDUCATION/ CERTIFICATES:

Dean College-Bachelor of Arts in Dance, Minor in Business -2009

Alvin Ailey American Dance Theatre – Summer Intensive- 2007

Broadway Dance Center- Summer Intensive – 2008

Here Comes the Sun Yoga- Lynnfield, MA- Children’s Yoga Teacher Training February 2018

PLAY Yoga, Peabody, MA – 200hr YTT- April 2018

CPR/ AED Certification June 2018

Sewall Yoga Retreat- Work Study Volunteer- July 2018

Assist with Cooking, Outdoor Helper, Assist and support community and mission of Sewall Retreat

Chromatic Yoga Training Level 1, Matt Giordano-August 2018

Skills/Topics: Class Sequencing, Adjustments, Action Based Anatomy, Technique, Injury Awareness and Recovery, The Elements of Voice, sharpening verbal teaching skills, visual demonstration, meditation

Serv Safe Food Handler Certification- December 2018

Branches of Peace: Yin Yoga & Meditation, Josh Summers - February 10, 2019

Skills/Topics: Overview of the Yin Yoga Principles, Receptive Meditation, and Functional Alignment
Josh Summers shared a lighter, kinder approach towards your practice, involving: 1) finding an appropriate Perch to rest upon, 2) cultivating Receptivity from that perch, 3) and exercising Permission to explore beyond and return to that perch.

Josh Summers Yin Yoga Foundations – March 2019

Skills/Topics: Core principles of Yin Yoga; how to cue postures and educate students safety, Practice of core Yin Asanas, Aesthetic Alignment, Functional Alignment, Anatomy and Biomechanics Principles of tension and Compression, Sequences and Modifications, Principles of Sequencing, Target areas, and Counter Poses, Structure and Function of Connective Tissue, Physiological Effects and Benefits of Yin Yoga on Facia, Connective Tissue, and Joints.

Raw and Plant Based Chef Certification (30+ hours)- Organic Garden Café, Beverly, MA Under Chef Rawbert Reid- April 2019

Skills/Topics: Techniques for a wide array of innovative dehydration procedures, how to safely and effectively handle commercial equipment, soaking and germinating an array of nuts, seeds, grains and legumes, efficient ways of making dressings, sauces and spreads/nut cheeses, process vegetables with knives and other tools how to take inventory and manage production, commercial kitchen set up.

Living Nutrition Student Teacher – 2 Day Course- Organic Garden Café, Beverly, MA Under Chef Rawbert Reid- April 2019

Skills/Topics: 10 hours of chef training: critical chef skills & theory, 2 dozen recipes taught, demonstrated and served, raw chef principles for efficiency & safety, techniques & equipment handling, 2 hours of raw knowledge: the essentials for radiant health, nutrition, understanding pH Acid/alkaline balance, digestion & detox hygiene, beauty, muscle building & lifestyle.

Certified Holistic Nutritionist, American Fitness and Professionals Association- July 2019

Skills/Topics: Coaching clients on how to identify and help correct the nutritional causes of major health complaints; design personalized diet and lifestyle programs that optimize health, counsel on good holistic nutrition, healthy wholesome eating habits, and nutrition monitoring to improve quality of life; Advise nutrition principles, food plans, diet modifications, food selection and preparation; assess optimal nutritional needs, diet restrictions, and current health plans; develop and implement nutritional plans; provide nutritional counseling, organize, develop, analyze, test, and prepare meal plans that are optimal for individual's needs; consult habits for consciously eating healthy foods that promote physical and mental health while supporting a strong immune system and preventing disease, direct clients on the benefits of a plant-based diet, macro and micronutrient intake, supplement recommendations, different dietary theories, and other nutrition considerations.

Heath Coach Certification, American Fitness and Professionals Association- December 2019

Skills/Topics: Evaluation of client's current health status, strengths, and wellness; guide and facilitate a course of action to obtain a client's goals; development client-specific Integrated Wellness Plans; provide ongoing evaluation and assessment of progress; health and lifestyle coaching skills, holistic nutrition science, nutrition consultant skill development.

PROFESSIONAL EXPERIENCE

Joan Yankauskas School of Dance –Assistant Teacher 2003-2006, Lead Teacher - 2006- 2010

The Ballet Space- Framingham, MA- Teacher June 2009- May 2010-Ballet and Jazz Genres, Administrative Work, Class Planning and Choreography, Core Fitness and Pilates.

Everybody Balance- Southborough, MA-Core Strengthening Class Teacher -September 2009-September 2011

Creative Children's Learning Center- Framingham, MA -Teacher May 2006- August 2010

Responsibilities: Lead Teacher; Curriculum Planning; Parent Teacher Meetings; Individual Behavior and Development Plans; Plan and lead classroom activities

Beal Early Childhood Center-Shrewsbury, MA - Child Specific Paraprofessional September 2010- June 2011

Responsibilities: Provide moderate to intense support to specific children; Assist the child in daily living skills; Ensure the safety of the child at all times; Facilitate practice of long and short-term goals in daily tasks, Facilitate social interactions between the child and other children in the classroom. Provide support that is necessary to achieve goals of Individual Development Plan; Encourage generalization of skills and independence; Cooperate with team members providing information on progress; Maintain contact with the family as needed to assist in the carryover of goals.

Kennebunk Savings Bank –Customer Service Associate March 2012-December 2013

Responsibilities: Provide account services to customers; Record customer inquiries by documenting inquiry and response in customers' accounts; Improve quality service by recommending improved processes; Identify new product and service applications.

Kennebunk Savings Bank –Commercial Loan Assistant January 2014- March- 2016

Responsibilities: Manage, update and correct data related to new loan application; Ensure completeness, accuracy, and timely administration of loan applications; Assist lending officers with loan servicing duties; Collects collateral documents including titles, insurances, paid taxes; Provide back up support to filing, documentation; and insurance clerks; Provide the lender with the documentation required to close commercial loans

Kennebunk Savings Bank -Southern Maine and New Hampshire Commercial Portfolio Manager-March 2016-August 2018

Responsibilities: Financial Reporting and Covenant Tracking; Obtain annual financial information from clients; Analyze financials; Prepare update memos Analyze new loan requests; Assist in preparing/underwriting for new loans and renewal; Coordinate construction loan advances on certain credits; Assist with Credit Risk Review process sales & service support

Children' s Yoga Classes at GWillikers! Toy Shop & PLAY Yoga-February 2018- May 2018

Wild Vibes Yoga, Music and Art Festival- Yoga and Workshop Coordinator- 2018, 2019
Annual Non-Profit Summer Yoga Festival- All proceeds go to Charity

Responsibilities: Key contact person for Yoga and Workshop Teachers, provide all social media information to class and workshop leaders; Guest Support; Manage presenter runtimes and turnover during the festival.

doTERRA Essential Oils- Wellness Advocate- April 2017 – Present

Responsibilities: Teach group classes and lead one- on-one consultations about benefits of using essential oils; Advise customers about product usage; Support for growing team; Maintain a presence in the community as an essential oil user and advocate

Yin Yoga Teacher- Bending Bodhi, Dover NH - June 2018- October 2018

Spirt Fire Retreat Center, Leyden, MA- Sarah Oleson Retreats- Workshop Leader September 2018, May 2019

Blue Spirt Resort, Nosara, Costa Rica- Retreat Leader (Yin and Vinyasa) November 2018, now preparing for November 2019

Rye Beach Market- Sous Chef- August 2018- December 2018

Riverside Yoga and Massage- Yoga Teacher- March 2018- Present

Rye Beach Yoga- Yoga Teacher- July 2018- Present

Repose Yoga Studio- Yoga Teacher January 2019-Present

Personal Chef- Plant based food preparation – October 2018- Present

Phil's Farm in Maine, - Organic Farming Apprenticeship, 2019

Yoga Workshop Leader- Multiple Studios- July 2017-Present