**Ashley Baugh**

* 1460 Oak Circle Boulder, Co. 80503 ph: 618-444-2991 e: [ashley.bodycare@gmail.com](mailto:ashley.bodycare@gmail.com)

**Education Bachelor of Science: Community Health Education**

December 2013 *Southern Illinois University Edwardsville*

Edwardsville, IL

**Bachelor of Liberal Studies: minors in History and Religious Studies**

August 2008 *Southern Illinois University Edwardsville*

Edwardsville, IL

* 2006 semester abroad *Jerusalem University College, Israel*

**NCTMB approved Massage & Bodywork Continuing Education**

2007-2009

* 8hours- Ethics & boundaries
* 8hours- Reflexology
* 34hours- Client/table stretching and PNF/Facilitated stretching
* 16 hours- Qi Gong
* CPR certifications

**Massage Therapy Certification**

July 2004 *The Body Therapy Center School of Massage & Bodywork-SWIC*

Swansea, IL

* 608 hour \* hands on \* Illinois State and NCTMB board approved program
* 100+ hours of hands on clinic time
* Specializations: therapeutic deep tissue, prenatal, headache/migraine relief, rehabilitative work
* Licensed in Colorado and Illinois

**Academic**

**Experience**

* Community Health Education internship: Studio Gaia | Fall 2013
  + Event promotion and program preparation
  + Created and disseminated Press releases and informational blogs
  + Conducted wellness coaching research and free sessions
  + Administratively assisted owner/director
* Community Health Education group senior project | Fall 2012
  + Researched, planned, implemented, evaluated, and presented STI prevention program for college age students and faculty
* Basic knowledge of Arabic, two semesters of College Arabic | 2012
* Grant writing experience: researched and compiled full grant RFP | 2011
* 12 hour service learning: observed and assisted local wellness coach, healthy fats presentation | 2010
* BLS Senior project; independent travel research: Israel/Palestine, Turkey, Greece, Italy | Summer 2007
  + Conceptualized international travel route
  + Arranged travel study, funding, accommodations and transportation methods
  + Independently investigated history, culture, language and religion of five Mediterranean countries.
  + Successful completion of 35 page academic travel journal
* Unaccredited six week Hebrew Language courses | 2006, 2007

**Honors**

* Graduated SIUE cum laude| 2013
* SIUE senior showcase: Outstanding senior project: STI prevention program | 2013
* Graduated SIUE magna cum laude | 2008
* Phi Kappa Phi honor’s society member chapter 203 | inducted 2007
* SWIC Vice President’s High Honor’s List | 2003-2004
* Body Therapy Center Class President | 2003-2004

**Work**

**Experience Office Manager (Temp)**

February 2014-May 2014 *SportChiro+*

Edwardsville, IL

\*Receptionist duties: phone, scheduling, filing \*Problem solving/troubleshooting

\*Exceptional customer service \*Goal setting, precise time management

\*Brainstorming sessions for practice growth and success \*Extreme multi-tasking

\*Developed procedural manual and trained new employee

\*Personal Assistant to and coach for Doctor \*Insurance coding/billing

\*Assist with clinical procedures and treatment plan presentations

\*Proficient use of Apple products: IPAD apps, MacPractice software

\*Manage Mind-Body software, social media, and online communications

**Massage Therapist/Body-worker**

January 2010-May 2014 *Independent contractor, Ashley Baugh, NCTMB*

Edwardsville, IL

January 2010-August 2013 *Southern Illinois Chiropractic Center*

Maryville, IL

October 2007-January 2010 *Spa of Tranquility*

Glen Carbon, IL

\* Build client relationships and trust \* Client retention

\* Create stress free environment \* Follow sanitation and privacy laws

\* Promote healthy living and self-care \* Provide pain relief and sense of well being

\* Develop and communicate at home care plans \* Scheduling and documentation software proficiency

\* Assist in marketing, social media and financial responsibilities

\* Expert knowledge of muscular system and interconnectedness of body

**Nanny/Caregiver**

January 2005-October 2007 *Johnson Family*

Edwardsville, IL

\* Provide educated and experienced childcare for infants and toddlers (birth- age 6)

\* Facilitate healthy, safe environment \* Facilitate creative play and learning

\* Build trust with children and parents \* Engage in open communication

\* Express compassion and patience in highly active situations

\* Adhere to parental instruction for caregiving methods

\* Responsible for full day’s activities; waking to bedtime

**Volunteer**

**Experience**

* Shevet Achim: Medical Relief Organization| 2013
* Hosted fundraiser for Chron’s & Colitis Foundation | 2009
* Deheishe Refugee camp pharmacy | 2007
* SIUE International Week study abroad forum speaker | 2007
* English tutor at The Arab School-East Jerusalem | 2006
* Sunday school teacher- Worldview Community Church | 2004-2005
* Chair massages at Walk 2Dfeet ALS| 2004
* Junior Achievement- Lewis & Clark Elementary School | 2002

**My** *Travel**Learning Family History Uniqueness Nature Faith*

**Balance** *Music Writing Compassion Exploration Physical Activity Personal Growth*