**Ashley Baugh** [**www.ashleybaughhealth.weebly.com**](http://www.ashleybaughhealth.weebly.com)

* 1460 Oak Circle Boulder, Co,80304 Ph: 618-444-2991 ashley.bodycare@gmail.com

**MY CONTRIBUTIONS**

\*Active listener, trained in counseling and personal coaching \*Extensive experience with application and advising processes

\*Enthusiastic coach for other’s success \*Excellent writer

\*Completely excited about education and lifelong learning \*Intuitive, mindful and effective communicator \*Confident spokesperson \*Approachable

\*Aware and at home in culturally diverse settings \*Adept public speaker

\*Determined, goal-oriented, independent thinker, with deep respect for boundaries and instruction

**EDUCATION & PROFESSIONAL DEVELOPMENT**

**Bachelor of Science: Community Health Education**, **Cum Laude**- *Southern Illinois University Edwardsville* Edwardsville, IL |2013

**Bachelor of Liberal Studies: minors History & Religion, Magna Cum Laude**- *Southern Illinois University Edwardsville* |2008

**Semester Abroad: Middle Eastern Culture & Religion (15 credits)-***Jerusalem University College* Jerusalem, Israel |2006

**Massage & Bodywork Continuing Education (66+ hours):** Ethics, Reflexology, PNF stretching, Qi Gong, CPR |2007-2014

**Certification: Massage Therapy (608 hours):** *The Body Therapy Center School of Massage & Bodywork @SWIC* Swansea, IL| 2004

**Countless personal growth, spiritual, and cultural seminars and conferences-**  U.S and abroad |2003-2014

**RELAVANT ACADEMIC & PROFESSIONAL EXPERIENCE**

**Community Health Education Internship**: *Studio Gaia (Movement & Holistic Wellness Center)* | Fall 2013

\*Event promotion and program preparation \*Community networking

\*Created and disseminated Press releases and informational blogs \*Mentored in the art of co-active personal coaching

\*Conducted wellness coaching research and free sessions \*Administratively assisted owner/director

**Community Health Education Group Senior Project:** *STI Prevention & Safer Sex for College aged students*| Fall 2012

\*Researched, planned, implemented, and evaluated health education program with target population

\*Piloted program among peers \*Exhibited excellent writing skills

\*Adapted to diverse team dynamic \*CITI human research training completion

\*Completed successful, creative, & award winning program \*Extensive public speaking and presenting

\*Created 90 page program guide and lesson plan \*Presented results to Faculty and community

**Language**: Basic knowledge of Arabic, two semesters of College Arabic | 2012

**Grant writing experience**: Researched and compiled full grant RFP | 2011

**Service learning**: 12 hours, observed and assisted local wellness coach, healthy fats presentation | 2010

**Liberal Studies Capstone Project***: Independent travel research in Israel/Palestine, Turkey, Greece, Italy* | Summer 2007

\*Conceptualized international travel route & research topics

\*Arranged approvals, funding, accommodations and transportation methods

\*Independently investigated history, culture, politics, language and religion of five Mediterranean countries;

Via: interviews, experiencing everyday life, personal photography, literature, history books, and tours

\*Successful completion of 35 page academic travel journal *“Culture & Religion in the Mediterranean”*

**Language:** Unaccredited six week Hebrew Language courses | 2006, 2007

**Other applicable courses:** Public Relations, Sociology, Health Counseling: Theories & Applications, Emotional Health & Stress Management, Program Planning, Program Implementation & Evaluation, Introduction to American Education, Public/Private Communications, Ethics, Fundamentals of Advertising, Writing for Media, International Health, People & Cultures of the East, Philosophy of Religion, Independent Readings in World Religions

**Intuitive and contemplative mind-body-spirit development** via massage & bodywork training, internship/practicums, continuing education, and relationship-based work experience | 2003-2014

**Relevant work Experience**

**Office Manager (Temp)**

*SportChiro+* February 2014-May 2014

Edwardsville, IL

 \*Administrative duties: phone, scheduling, accurate documentation, confidential filing

 \*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 \*Problem solving/troubleshooting

 \*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**

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

Edwardsville, IL

*Southern Illinois Chiropractic Center*  January 2010-August 2013

Maryville, IL

*Spa of Tranquility* October 2007-January 2010

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

 \* Integrate intuition, compassion, and technique/skill

 \* Expert knowledge of muscular system and interconnectedness of body-mind

**ADDITIONAL WORK EXPERIENCE**

**Nanny/Caregiver***:* *Johnson Family*Edwardsville, IL |January 2005-October 2007

**Attendant/Cashier/Shift Manager:**  *Rain Tunnel Express* Edwardsville, IL| July 1999-January 2006

**VOLUNTEER EXPERIENCE**

**Medical Relief Work:** *Shevet Achim*Jerusalem, Israel & Kurdish Iraq **|2013**

**Fundraising Campaign/Host**: *Chron’s & Colitis Foundation* Alton, IL | 2009

**Pharmacy Attendant:** *Deheishe Refugee camp pharmacy* Bethlehem, Palestine| 2007

**Study Abroad Forum Speaker***: SIUE International Week*  Edwardsville, IL | 2007

**English Tutor**: *The Arab* School East Jerusalem | 2006

**Sunday School Teacher**: *Worldview Community Church* Sappington, Mo |2004-2005

**Chair Massage**: *Walk 2DFeet ALS walk/run event* St. Louis, Mo| 2004

**Teaching Aid/Mentor:** *Junior Achievement- Lewis & Clark Elementary School* Godfrey, IL| 2002

**MY BALANCE**

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

*Music Writing Compassion Exploration Physical Activity Personal Growth*