**Jacqueline Jackson**

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**Objective:** I want to leverage my communication, group facilitation, stress reduction and lifestyle management skills with my corporate background in management, sales, and marketing in service of the causes I care about i.e., holistic, integrative healthcare and wellness.

**Work Experience**

**Peer Parent Group Facilitator/Copywriter:** Host weekly support groups and website copy for this online, national support community via a virtual membership platform for parents of children struggling with mental health issues at Other Parents Like Me (OPLM.com.) 12/8/21- present.

**Writer:** Offering over a decade of print, online and in corporate spaces.

 **Author** of two self-help books: May 2016- present:

 *• Stress Nation: An East Meets West Approach to Healing Trauma*- info integration of western psychology and allopathic medicine with eastern healing modalities information for the layperson’s healing toolbox.

 *• Urge Overkill: A Story of Breaking Free*, self-help for overcoming domestic violence with resources and 10% of proceeds going to the National DV Hotline.

 **Freelance** copy/content writing/editing for various clients 2001-present. Most current client is Ingenuity Design [www.ingenuitydesign.com/](http://www.ingenuitydesign.com/)

**Magazine Feature/Column Writer:** Wrote feature articles for *Detour* travel and *Healthy Living* columns *Bucks County Town and Country Living Magazine* (BCT&CL) and Editing for *(BCT&CL)* sister publication *Chester County Town and Country Living Magazine (CCT&CL),* for Bob Waite, editor. Newtown, PA and Chester, DE. <http://www.buckscountymag.com/> 2003-2008.

**Newspaper Reporter:** Wrote dozens of local news pieces and feature articles on a wide variety of subjects first as an intern, then as a freelance writer. Jackie Massot, Editor for the Bucks County Courier Times http://www.buckscountycouriertimes.com/ in Levittown, PA. 2001-2003.

**Mind-Body Wellness Provider:** 21 years as registered yoga teacher (ERYT-500, YACEP® expert teacher trainer.) Eight as yoga therapist (IYAT) offering meditation, therapeutics, stress reduction and lifestyle management to thousands in a variety of schools, studios, clubs, corporations, retreats, and teacher trainings. Current classes live at YMCA and Wilton Continuing Ed. Online nationally through OPLM.com.

* **Wellist.com provider:** Yale New Haven Health Systems/Yale Medical hospital aftercare.
* **Nature Retreat Host**: Market, organize and facilitate weekend nature retreats and wellness workshops. Endless Mountains, PA. 2015- Covid.
* **Yoga Program Director**: Multi-club scheduling, newsletters, teacher trainings, workshops, hiring and support for teachers, members and management successful with operational efficiency and customer satisfaction. NJ and PA 2006-2008.

**Special Education Teacher**: Bucks County Intermediate Unit #22. https://www3.bucksiu.org/ Taught special education kindergarten and first grade class at Title 1 School in Bensalem, PA and other locations as a sub. September 2012-June 2013.

**Project, Marketing and Sales Management**- Business development and marketing team project manager who successfully implemented promotions for online music retailer to launch for the Super Bowl and 7UP campaigns and more. Interfaced effectively with all departments, partners, and customers at CDNOW.com. Willow Grove, PA 1999-2001.

**Regional Sales Director-** Gainfully built relationships with performing arts series and successfully budgeted, sold concerts, and created tours in the Northeast U.S. from WV up to Canada for artist roster. Created community outreach with educational residencies through Joanne Rile Artists Management http://rilearts.com/ Jenkintown, PA. 1997-1999.

**Human Resources and Team Management**- Successfully led, planned, and developed teams of 13 and 22 customer service reps through team management and support, reporting, scheduling, the establishment of employee standards, payroll, assessments and hiring to meet departmental goals. Macy’s West Corporate Headquarters Phoenix, AZ and FACS West Tempe, AZ. 1995-1997.

**Social Worker/Therapist**- Successfully connected with children, at-risk youth, and adults to develop and implement treatment plans, establish mutual respect and support. Interacted with court system, families, children, teens and community at Centro De Amistad. Mesa, AZ. 1994-1995.

**Case Manager-** Compassionately connected clients to community resources at C.O.P.E Center and ran the top drug indigent program in the county. Lansdale, PA. 1993-1994.

**Education and Training**

**Bachelor of Arts in Liberal Arts/Human Rights minoring in psychology/philosophy,** Penn State University Main. State College, PA.

**Bucks County Community College:** Journalism, Newspaper and Magazine Writing, Creative Writing I and II. 12 credits. Newtown, PA.

**State of New Jersey Teaching Certificate**. A non-traditional teacher preparation program for NJ teacher elementary certification. Certified 2011.

**Delaware Valley College:** Abnormal Psychology and Computers 6 credits. Chalfont, PA.

**Trauma-Informed Yoga Teacher Training-** United We Om® training to share this with local domestic violence shelters at DVCC and OPLM.com. <https://www.unitedweom.org/> 2020- present.

**Yoga for Healing Trauma Training** with Bessel van Der Kolk at Kripalu Retreat Center. Lenox, MA <https://kripalu.org/> 2016.

**Yoga Teacher Training for Eating Disorders-** Eat, Breathe, Thrive Intensive with Chelsea Roff, Saraswati Yoga, <https://www.eatbreathethrive.org/> New Canaan, CT. 2014.

**Jon Kabat-Zinn’s Mindfulness Based Stress Reduction Meditation Certification-** Certified in stress reduction, coping skills, the cultivation of empathy for self and others, the science behind mindfulness and develop practices for clients [Mindful Leader](https://www.mindfulleader.org/) 2013.

**Yoga Therapist-** Year long training with Dr. Robert Butera at the Yoga Life Institute. Completed 500 hours. Learned yoga applications for stress reduction and lifestyle management to interface with medical, health professionals and corporations. Devon, PA. [yogalifeinstitute.com](http://www.yogalifeinstitute.com/) 2013.

**Ashtanga Yoga Teacher Training** with David Swenson and Shari Simon at the Medical Healing Arts Center- in [http://www.sundogyogastudio.com/ Doylestown, PA.](http://www.sundogyogastudio.com/%20Doylestown%2C%20PA.)  2001.

**Hotline Volunteer**- Trained and volunteered for the local domestic violence and rape hotline at the Centre County Women’s Resource Center while at Penn State University. http://ccwrc.org/ State College, PA. 1992-1993.