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EDUCATION

"The mind, once enlightened, cannot again become dark." — Thomas Paine

Lander University

BS Sociology, Minor in Psychology, 1995

3.7 on a 4.0 scale, Discipline Award, Dean's List

- Newfield Network Executive Coach Training School, 2017
- Tarkenton Certification in Entrepreneurship, Master's Level Certification, The University of Georgia, Terry College of Business 2016
- Marketing Strategies for Business Leaders, Master's Level Certification, eCornell 2014
- Certificate in Entrepreneurship, Arthur M. Spiro Institute for Entrepreneurial Leadership, Clemson University, 2011

EMPLOYMENT

"Choose a job you love, and you will never have to work a day in your life." — Confucius

Owner, Golden Career Strategies (a division of Ask and Receive, Inc.), GCS was founded in 2002

09/2020 to Present

- Provide leadership and organizational development, outplacement, onboarding services, operational excellence, and individual career services, including coaching, consultation, workshops, and more.
<http://goldencareerstrategies.com>

Owner, Ask & Receive Coaching (a division of Ask and Receive, Inc.)

6/2017 to Present

- Provide coaching, consultation, workshops, and presentations for companies and individuals.
<https://askandreceivecoaching.com>

Owner, Ask & Receive, Inc.

10/1999 to Present

- Provide various computer and business services to individuals and small businesses, including web design/development, SEO, social media marketing, ghostwriting, editing, database and spreadsheet development, training, and more. <https://askandreceive.net>
- Contracted to develop a previously non-existent Computer Technology course required for high school students at the South Carolina Governor's School for the Arts and Humanities. The session began with an introduction to computers, including hardware, repair, and maintenance. The class also included Microsoft Office concepts to prepare students for the MOUS exam (Microsoft Office User Specialist). The final part of the course consisted of independent projects. Students could select from a variety of software programs and languages, including but not limited to Macromedia Flash, Dreamweaver, Fireworks, Poser, Swish, Visual Basic, HTML, and Java Scripting.
- Contracted to teach the following classes for ITT Technical College in Greenville: Flash and Scripting and Web Design 2005-2006

- Contracted to teach the following courses for New Horizons Computer Training in Greenville: Photoshop, Quark, Access, Excel, Outlook, and more 2004
Intro to PHP - 2007
- Computer Technology Instructor for the South Carolina Governor's School for the Arts and Humanities. Developed a database for the Admission's office and a database to create residential student schedules. 2000-2003
- Contracted to teach Computer Technology at Christ Church Episcopal School 1999-2000

CERTIFICATIONS

"The best part of learning is sharing what you know." — Vaughn K. Lauer

- Harrison Assessments: Debriefing and Coaching (for individuals and organizations), 04/2022
- PCC, International Coach Federation 12/25/2021-12/31/2024
- Lean Six Sigma Black Belt, 80 hours, homework and exam, Greenville Technical College 09/2021
- Career Success Certificate, University of California, Irvine, Continuing Edu. 08/2021
- Leadership & Management, Greenville Technical College, 05/2021
- Certified Local Change Agent, Accredited by APMG International, 04/2021
- Meyers Briggs MBTI® Certified Provider 02/2021
- Strong Interest Inventory® Certified Provider 11/2020
- FEBI (Focus Energy Balance Indicator) Certified Coach and Assessment Provider 10/2020
- BCC, Board Certified Coach, Center for Credential & Education (CCE) 12/2019-12/2024
- HeartMath® Certified Trainer, 06/2019
- Certified Trauma Professional, IATP, International Association of Trauma Professionals, 05/2019
- HeartMath Certified Stress & Well-Being Assessment Provider, 05/2019
- HeartMath Certified Coach, 03/2019
- ACC, International Coach Federation 04/13/2018-12/31/2021
- Conversational Intelligence Enhanced Practitioner, trained by Judith Glaser, 12/2018
- Inspired Leadership Specialization Certification, Case Western Reserve University, 08/2018
- Coaching Skills for Managers Certification, University of California, Davis, 05/2018
- MPM®, Master Project Management Certification 03/2018
- Certified Laughter Yoga Leader, 11/2017
- NNC, Newfield Network Certified Coach, ICF Accredited Coach Training Program (ACTP), 01/2018

SPECIAL TRAINING

"Intellectual growth should commence at birth and cease only at death." — Albert Einstein

- Creating Your Venture Personal Readiness Customer Discovery, Bank of America Institute for Women's Entrepreneurship at Cornell, 06/2022
- Entrepreneurial Communication, Bank of America Institute for Women's Entrepreneurship at Cornell, 05/2022
- Laying the Legal Building Blocks for Your Venture, Bank of America Institute for Women's Entrepreneurship at Cornell, 05/2022
- Agile EQ Workshop, SCMEP, 03/2022
- FEBI-4U, Leadership Institute, 03/2022
- Mentor Coaching, ReciproCoach, 12/2021
- The Neurobiology of Trauma, NICABM, 11/18/21
- GVL Starts, Furman Institute for Innovation & Entrepreneurship, Cohort One, 10/07/21
- Career Success Project: SWOT analysis and report, UCI Division of Continuing Education, 08/2021
- Resonate: leadership training with mind, body, energy, and resonance, by Ginny Whitelaw, 07/2021
- Essentials of Entrepreneurship: Thinking & Action, UCI Division of Continuing Education, 07/2021

- Effective Problem-Solving and Decision-Making, UCI Division of Continuing Education, 07/2021
- Fundamentals of Management, UCI Division of Continuing Education, 06/2021
- The Art of Negotiation, UCI Division of Continuing Education, 06/2021
- Employee Accountability, Greenville Tech, 05/12/2021
- Presentations and Meetings, Greenville Tech, 04/2021
- Business Leadership, Greenville Tech, 03/2021
- Conflict Resolution, Greenville Tech, 03/2021
- The Highly Sensitive Person Course and Test, 02/2021
- Leading Virtually, Greenville Tech, 02/2021
- High-Impact Business Writing, UCI Division of Continuing Education, 01/2021
- Communication in the 21st Century Workplace, UCI Division of Continuing Education, 01/2021
- Finance for Non-Financial Professionals, UCI Division of Continuing Education, 12/2020
- Work Smarter, Not Harder: Time Management for Productivity, UCI Division of Continuing Education, 11/2020
- Project Management: The Basics for Success, UCI Division of Continuing Education, 11/2020
- Body=Brain, Instruction in Neurobiology, Re-immersion 10/2020
- Positive Intelligence, 08/2020
- Renewed Mental Health First Aid Certificate, 06/2020
- Accessing the Deep Brain with Brainspotting, 04/2020
- Helping Clients Unlearn Their Pain: The New Neuroscience of Pain, 04/2020
- Calming the Anxious Brain, 04/2020
- Brain Switch: Apply Polyvagal and Memory Reconsolidation Theories with Parts Work, Somatic, and Mindful Approaches, 04/2020
- Brain Care: Applying the Neuroscience of Well-Being, 03/2020
- Compassion Fatigue: Purpose, Passion, and Power, 07/2019
- Certified Clinical Trauma Professional (CCTP) Intensive Training 04/2019
- Lean Six Sigma Green Belt for Manufacturing and Service Certification of Training, 4/2019
- IATF 16949: 2016 - Understanding Standard and Auditing. Greenville Tech, 11/2018
- ISO 9001:2015 Standard & Internal/Supplier Auditor, Greenville Tech, 10/2018
- Be a Leader, Develop a Leader, Capstone Project, Case Western Reserve University, 08/2018
- Coaching Conversations, University of California, Davis, 05/2018
- Coaching Practices, University of California, Davis, 05/2018
- Setting Expectations & Assessing Performance Issues, University of California, Davis, 05/2018
- Managing as a Coach, University of California, Davis, 04/2018
- Leading Positive Change through Appreciative Inquiry, Case Western Reserve University, 04/2018
- Women in Leadership: Inspiring Positive Change, Case Western Reserve University, 04/2018
- Conversations That Inspire: Coaching Learning, Leadership and Change, Case Western Reserve University, 03/2018
- Inspiring Leadership through Emotional Intelligence, Case Western Reserve University, 01/2018
- Psychology of Popularity, The University of NC at Chapel Hill, 11/2017
- Body=Brain, Instruction in Neurobiology, 2017
- Mental Health First Aid Training, SC Thrive, 06/2017
- PMP Exam Prep, Various 2016-2017
- Women's Campaign School at Yale, New Haven, CT, 7/2009

ACHIEVEMENTS AND AWARDS

"Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's a day you've had everything to do and you've done it." — Margaret Thatcher

- Spartanburg County Foundation Grass Roots Leadership Development Institute 2016
- Spartanburg Citizen's Police and Fire Academy 2016
- Leadership Spartanburg Class of 2014
- Leadership South Carolina Class of 2010
- GIAFPW 2008 Member of the Year
- Women's Campaign School at Yale, New Haven, CT, 2009
- Furman Connections: Women Leaders Of The Upstate, Graduate 2008
- Service Above Self, Rotary District 7750, 2005-2006

MEMBERSHIPS

"In most vital organizations, there is a common bond of interdependence, mutual interest, interlocking contributions, and simple joy." — Max DePree

- International Coach Federation and ICF South Carolina Chapter
- South Carolina Association for Talent Development (ATD)
- Grass Roots Leadership Development Institute Alumni Association
- Leadership South Carolina Alumni Association
- Lander Alumni Association
- Leadership Spartanburg Alumni Association
- Upstate International

- Past:
 - Greenville Society for Human Resources
 - Greenville Chamber
 - Employment First, Employment for All, (APSE)
 - Project Management Institute
 - Spartanburg Artists Guild
 - Women's Leadership Council, Greenwood Chamber
 - Greenville International Alliance for Professional Women, Founding Board Member

VOLUNTEERING

"If you are not a part of the solution, you are a part of the problem." — Eldridge Cleaver

- 2020-Present Volunteer Coach for CoachAid Global Initiative to support non-profit executives
- 2020-Present Volunteer Coach for Stand Beside Them to support veterans
- 2019-Present Contributing Author for <https://livingupstatesc.com/> and <https://www.southcarolinamanufacturing.com/>
- 2018-Present One to One: Women Coaching Women, Coach Lead, and Coach
- 2019-Present Northside Start:ME Mentor - Microenterprise Training, Program Support
- 2019-2020 Newfield Network Alumni Committee
- 2020 CoachAid20.com – Volunteer Coach for a global initiative to support those transitioning to working from home

- 2017-2019 Northside Start:ME Mentor - Microenterprise Training, Mentor
- 2018-2019 Certified Laughter Yoga Leader
- 2016-2018 CC Woodson Recreation Center, Computer Lab Tutor
- 2016-2018 Spartanburg Adult Learning Center, Tutor
- 2012-2017 Spartanburg Humane Society
- 2011-2017 Alliance of Therapy Dogs, Inc.
- 2016-2017 Georgia Adopt-A-Stream
- 2005-2012 ECPI Advisory Board
- 2010-2012 Greenville Road Warriors (Greenville Swamp Rabbits) Booster Club Board Member at Large and Secretary
- 2008-2011 Furman Connections: Women Leaders of The Upstate, Advisory Board
- 2005-2010 Greenville International Alliance for Professional Women (GIAFPW)
Co-Founder and Board Member