**MICHELE RAE BS, MA, R.Ph., Rev.**

2626 E 82nd Street Suite 148 Bloomington MN 55425 • 612-310-8876

Michele@CenterWithin.com

[www.CenterWithin.com](http://www.CenterWithin.com)

|  |  |
| --- | --- |
| **ACADEMIC EDUCATION** | Saint Mary’s University, M.A., Human Development, January 2012University of Minnesota, Bachelor of Science, June 1984Pharmacy Major, Registered Pharmacist in Minnesota* EQ-i2.0/EQ360 Certification (June 2016)
* Mindfulness and Emotional Intelligence (June 2015)
 |
| **TRAINING** | * Graduate of MindBodySpirit Professional and Advanced Training program, The Center for Mind-Body Medicine, Washington DC (November 2002, May 2005)
* Mindfulness Based Stress Reduction (Sept 2007)
* Leadership For Change (Sept 2009)
* Ordained Minister, Alliance of Divine Love (May 2004)
* Reiki (2002), Holographic Memory Resolution (2004), and Therapeutic Touch (2001)
 |
| **WORK EXPERIENCE**September 2001 to presentAug 2008-presentOct 2007-presentJune 1995- June 2005 | **The Center Within, LLC; Founder, Coach** ·Bloomington, MN**Transformation:** Workshops and classes facilitated on transformational process focusing on quieting the mind and shifting perspective and paradigms, deepening meaning, purpose and connection; coaching for individuals including spiritual direction and transformational practices; retreat facilitation designed to transform the physical, mental, emotional, social and spiritual dimensions of life, assist clients in realizing and developing self directed plans to implement the changes they desire.**Organizational Development**: Training programs and coaching designed and executed to take companies, non profit organizations, boards and leaders to the next level; facilitates transformative change in clients: building on their passions, strengths and talents resulting in individuals, relationships and work groups who are more alive, creative, effective, inspired, purposeful, and productive.**Health and Wellness:** Development for groups and individuals includes classes, coaching, retreats; utilizes intuitive capacities and offers guidance by holding space, bearing witness, teaching spiritual practices, deepening wisdom and compassion, working through belief systems and limiting self talk, providing encouragement; utilizes Mind-Body skills, Emotional Intelligence, Authentic Communication, energy techniques; specializing in stress reduction, balance, and self care.**Graduate Faculty***University of Minnesota, Center for Spirituality and Healing* • Minneapolis, MNProfessor for “The Business of Health Coaching” in the graduate certificate in Integrative Therapies and Healing Practices: Health Coaching track through the University of Minnesota’s Center for Spirituality and Healing. The 2 credit class focuses on creating a business and marketing plan for students to bring their new health coaching skills out into the world.Professor for “Mind-Body Science and the Art of Transformation.” This class focuses on scientific discoveries and insight into how our minds and bodies change based on our focus, intentions, cell environment, habits, stress and behaviors. It investigates changing our thoughts, beliefs, bodies, emotions and paradigms to create sustainable shifts towards optimal health and wellness how these positive shifts can impact our relationships, communities and organizations. *University of Minnesota’s Humphrey School of Public Affairs* • Minneapolis, MN“Leading Intelligently: Emotional, Social and Conversational Intelligence through Mindfulness” graduate class focuses on learning and developing mindfulness, self-awareness and emotional, social and conversational intelligence.**Registered Pharmacist***Target/CVS Pharmacy* • Minneapolis, MNPart time registered pharmacist counseling patients on medication use, monitoring therapies, dispensing prescriptions.**Regional Infusion Manager***Apria Healthcare* • Minneapolis, MNManage region infusion operations for infusion branches in Chicago, Milwaukee, Kansas City and Minneapolis with service to 12 states; manage profit and loss statements; assist sales team in revenue growth activities; assist in developing and ensure compliance to policies and procedures, quality, purchasing, human resources; ensures compliance to all regulatory bodies; supervise pharmacy, nursing, customer service, technicians and driver staff |
| **TRANSFORMA-TIONAL TEACHING**Oct 2015-presentSept 2013-currentOct 2015April 2015December 2014December 2013 to September 2014December 2012- September 2012January-March 2012September2009-2011April-June 2009May -June 2008April and June 2008March, April 2008September-December 2007October – May 2006-07**TRANSFORMA-TIONAL** **COACHING** | **TEACHING AND COACHING EXPERIENCE****“Lightworker Conference and Workshops”** facilitating discussions on being a positive change agent in the world personally and professionally. Teach techniques to set clear boundaries, raise internal energy level, and express passion.**“Monthly Gatherings for Transformative Living”** provide a monthly meeting designed to cultivate intention, support and encouragement for each other on our way to sustaining wholeness and holiness in our lives. When we gather, we increase the vibration in our field through conversation, teaching and transformative practices which opens our awareness to higher levels of consciousness.**“Life Amplified”** workshop designed to teach how energy systems in our bodies are continuously influenced by our thoughts and emotions as well as other people and events. Participants gain skills that empower them to maintain high energy levels, create a life they love, and make a difference in the world.**“Sustaining Your High Vibration in Everyday Living”** 4 weekworkshop series at Metamorphosis Holistic Healing Center designed to assist student’s in recognizing current energetic state, recalibrating to a higher vibration, releasing blocks, habits and limits, and reinforcing high state of consciousness.**“Attuning to Higher Frequencies: Co-Creating Who We Are Becoming”** presentation series at Metamorphosis Holistic Healing Center exploring systems and paradigms that are disintegrating and becoming more transparent and unsustainable while new ones are beginning to emerge. Discussion on changes in our bodies, the planet, our lives personally, interpersonally, professionally, and collectively.**“Transforming Together Workshops”** Workshops utilizing meditation, lecture, guided imagery, storytelling, small group discussion, experiential and presentations to cultivate community, connection, consciousness and building capacity for healers, leaders and teacher. **“Manifesting Your Vision: Bringing Your Creative Work Into the World”** eleven week class designed to share resources, gifts, talents and network; build community by offering encouragement and support; practice mind-body skills to tap into our inner wisdom; share our progress on our projects; and discuss tools designed to collaboratively problems solve and release blocks.**“Living From The Center Within I and II”** four week class explores a transformational model of consciousness and human development to maximize our potential and capacity in everyday living.**“Advanced Mind-Body Skills Group: Making Connections Transforming Your Life”** six week group for adults exploring mind-body skills, emotional intelligence, authentic communication, mindfulness, and transformation.**“Going and Growing Deeper: The Mind-Body Connection”** advanced Mind-Body skills six week group for adults at Lakeview Hospital in Stillwater MN. Primary focus utilizing skills to discover underlying patterns and beliefs though transpersonal psychology, increased awareness and mindfulness practices to still one’s mind and broaden one’s perspective.**“Living from Your Center Within Through Authentic Communication in Relationships”** four week class designed for couples to deepen and expand their experience and connection to themselves and each other.**“Living from Your Center Within”** four week class and all day workshop. The focus of this class was exploring consciousness, human capacity and the interconnectedness of life for personal, professional, relationship and collective transformation.**“Transformative Practices to Expand our Capacity for Living”** in St. Paul MN. These bi-weekly classes facilitated wisdom learning around such topics as abundance, perception, dreaming, gratitude, intuition and synchronicity. **“Bringing Your I AM Presence to Work”** series of meetings and teachings with Capital Benefits Group, an insurance company in Minneapolis. The teaching focused on being a strength based organization that supported the transformational growth and development in Mind-Body-Spirit of the individuals and the company.**“Mind-Body-Spirit Consultation and Supervision Groups”** monthly group for healthcare professionals that shared and learned creative approaches that will expand experience and scope of practice: for instance the use of music, art, working with myth, archetype, nutritional concepts, imagery  and other transformative practices. Another goal was to achieve a more comprehensive understanding of the Psycho-spiritual dimensions of illness, and gain skills in the appropriate use of presence as well as intervention techniques to use in difficult circumstances.Michele offers one on one sessions to individuals seeking clarity, growth and development in health, relationships, and meaning and purpose and career. She offers guidance by holding space, bearing witness, teaching spiritual practices, deepening wisdom and compassion, working through belief systems and providing encouragement. Testimonial: "Working with Michele was extremely helpful in getting me back on my path to the person I want to be. Her wisdom, insights and caring allowed me to recognize my obstacles and to validate and strengthen my skills that were essential to move past the obstacles and stay on that fulfilling path. She made it comfortable for me to incorporate my spirituality into that discovery process." – Ann |
| **ORGANIZA-TIONAL****DEVELOPMENT AND TEACHING**May 2016May 2016April 2015 –presentMay, Aug 2015Jan-July 2015Jan-Dec 2014April 2011January-March 2011January 2010February 2010February-April 09March 2009April-July 2008January 2008October 2007August 2007-October 2008 June- September 2007Dec 06- March 07July 06- Sept 07June - October 2006September 2006March 2005June 2003 and June 2004Feb – Sept 2002**ORGANIZA-****TIONAL** **DEVELOPMENT COACHING** | **“Empowered Mindful Leadership”** workshop for Women in Leisure Service developing leadership cultivating mindfulness skills to decrease stress, gain clarity, enhance creativity and deepen compassion. Focus on building trust, finding common ground, focusing on solutions, and making better decisions with their teams.**“Building Bituminous Roadways Through Building Trust and Relationships”** two day workshops developing staff and leaders teaching and practicing Emotional Intelligence, Authentic Communication, identifying customers and enhancing trust, follow up and integrity in relationships.**“Marketing consultant for Liberty Square LLC”** marketing to produce income for a newly remodeled work live space in downtown St. Paul MN. Focus on bringing in people and business that support holistic living and working. Community liaison. Focus on finding renters for the multipurpose are who will offer workshops, conferences and classes and renters for the co-work areas.**“Teambuilding and Leadership Development**” facilitated professional and leadership development for the employees and board members of *Animal Rights Coalition.* With the recent rapid growth in the organization, the training was designed to assess and build skills in effective communication, teambuilding, trust, and clarify roles and responsibilities**“Mindfulness Emotional Intelligence”** training completed through ***InsideOutcomes***. 6 month program designed to develop leadership and organizational strengths and applications for mindfulness and emotional intelligence. Completed ESCI 360 review and 6 months of small and large group training.**“Strategic Planning for New Charter School”** led a task force for Flagship USA investigating creating a charter school in St. Paul MN. Created a strategic and business plan, conducted multiple meetings, met with potential partners in education and the community.**“Conflict Resolution”** presentation to HR Roundtable meeting participants at RSM McGladrey, Inc. Strategy and Human Capital Consulting Co. Topics included Emotional Intelligence, Styles of Communication, Styles of Conflict, Authentic Communication, and Resolving Conflict Effectively.**“Bituminous Roadway’s Strategic Planning Meetings”** included assessing leaders and staff for innovation feedback, reviewing and updating Bituminous Roadway’s current strategic plan***,*** meeting preparation, and three strategic planning meetings. The goal of the facilitation and meetings was to optimize Bituminous Roadway’s strengths, productivity, efficiency, safety and growth opportunities for the future by developing a current strategic pan.**“Authentic Communication in the Workplace”** one day workshop for Ideas To Go, Inc. Skill development through presentation and experiential training in Clear Speaking, Effective Listening, Communication Styles and Application to team process.**“Strategic Planning Meeting”** facilitated all day organization meeting for Manpower, Des Moines, Iowa designed to brainstorm and review their activities over the past year, assess where they are now and plan where they are going.**“Bituminous Railways Authentic Communication and Leadership Development Program”** designed and implemented for leaders, staff and the organization to take their business to the next level for Bituminous Railways, Inc., an asphalt company in Eagan MN. Training included company survey, workshops for staff and leadership group development focusing on company identified needs of communication, conflict resolution, teambuilding, and performance improvement, and follow up training session on implemented training principles. **“Strategic Planning: 2011-2016”** facilitated three all day strategic planning meetings for leadership team creating an executive strategic plan and an in depth plan with action steps and time lines.**Leadership vs. Management: It Takes Both to Succeed”** and “**Employee Retention”** sessions offered at the Annual Conference of the National Home Infusion Association. Focus on leadership qualities and skills required to maximize the potential of individuals and the whole of an organization.**“Deltak Development Program”** designed and implemented for leaders, staff and the organization to take their business to the next level for Deltak Inc., a manufacturing company in Plymouth MN. Training included company survey, all day leadership retreat, executive one on one coaching for leaders; workshops for staff and leadership group development focusing on company identified needs of communication, conflict resolution, teambuilding, stress reduction and accountability. **“Realizing Your Full Potential at Star Exhibits and Environment Through Stress Reduction”** was presented to the entire organization as staff development. This presentation focused on the stress response and offered tools to assist in reducing stress at work.“**Improving Workplace Performance Through Stress Reduction”** interactive presentation offered to an HR roundtable networking group in Minneapolis. The focus of this presentation was to increase awareness of stress in the workplace, and assist human resource directors with tools handle and reduce stress in themselves and their teams.**“InfuScience Leadership Development”** program was designed and executed for InfuScience Inc., a national home infusion company. This training included two day workshop and follow up meetings and offered to several leadership teams in various branches across the country; focused on leadership skills, change management, teambuilding and communication.**“Herb Brooks Foundation Strategic Plan”** formulated during several meetings and facilitated by Michele. This group utilized the Mobius Model Instrument, an on line self-assessment tool with questions pertaining to the frequency and importance of individual and group skills, to assist them in identifying future goals and a process to achieve those goals.**“Laura Jeffrey Academy board strategic planning sessions”** provided facilitation at several board meetings and one on one executive coaching to assess current strengths, weaknesses, opportunities and stress and create action plan to effectively move forward.**“Quality Scaffolding Services”** owner/executive coaching sessions, workplace communication and conflict resolution training, strategic planning facilitation**“Taking Piper Breast Center to the Next Level of Compassionate Care”** was a series of classes offered to leadership and staff at the Piper Breast Center. A survey for the entire team was given, and staff development workshops on emotional intelligence, team work, beliefs, conflict resolution and presence was developed and executed.**“Pharmacy Process Improvement Through Effective Communication Skills”** and “**Enhancing Leadership Skills Through Authentic Communication”** was taught through the National Home Infusion Association’s audio conference series via teleconference offered to all members in the United States. Topics focused on leadership development by enhancing performance improvement and communication skills.**“Improving Efficiencies and Reducing Stress”** presentation at the annual National Home Infusion Conference. This talk focused on listening and conflict resolution skills in the workplace.**“Annual Board Retreat Strategic Planning Session”** for the Minnesota Pharmacist Association. Facilitated two day board retreat for staff and board to create a strategic plan which set annual objectives and action steps.**“ Principles and Practices of Organizational Performance Excellence”** 9 month course offered to Home Infusion Leadership at Apria Healthcare; focused on Continuous Quality Improvement and system analysis toolsExecutive and Career coaching is offered in one on one sessions to those who desire to take their passions and connections to work and service to a deeper level. Testimonial: “I have been to many team building and leadership training programs throughout my career. Your approach has been highly effective with almost immediate positive results within our organization. You were able to clearly define true underlying issues quickly and give us the direction and skills that could be implemented in our daily work environment right away. This training has literally changed the atmosphere of our entire branch. We have greatly improved our interdepartmental communication which has made our meetings much less emotional and much more productive. I am totally impressed with the measurable success that we gained from your leadership training and on-going support.” -Mary |
| **ACADEMIC** **TEACHING**Jan-May 2016Sept 2015-presentSeptember 2008-presentMay 2014-presentJune 2006, 2007 and 2010April 2007March 2007September 2002, May 2003**ACADEMIC****COACHING AND** **MENTORING** | **“Professional Internship in Health Coaching”** graduate faculty providing support for students in clinical settings providing health coaching for employees weekly over 14 weeks. Provide training and feedback on presentations, on line discussion, supervision on specific coaching sessions, documentation, and collaborate with site supervisors.**“Mindfulness Leadership”** graduate class is taught at the University of Minnesota’s Humphrey School of Public Affairs, Policy Fellow program. This class focuses on learning and developing mindfulness, self-awareness and emotional, social and conversational intelligence.**“The Business of Health Coaching”** graduateclass is taught at the University of Minnesota’s Center for Spirituality and Healing. The class is a requirement for a health coaching certificate, and focuses on creating a business and marketing plan for students to bring their new health coaching skills out into the world. **“Mind-Body Science and the Art of Transformation**.” class focuses on scientific discoveries and insight into how our minds and bodies change based on our focus, intentions, cell environment, habits, stress and behaviors. It investigates changing our thoughts, beliefs, bodies, emotions and paradigms to create sustainable shifts towards optimal health and wellness how these positive shifts can impact our relationships, communities and organizations. **“Improving Academic Performance Through Stress Reduction”** eight hour classes offered to all teachers and staff in the Anoka-Hennepin School district through their Summer Institute. The primary focus was understanding the stress response, symptoms and triggers for students and educators and its impact on learning; and teaching stress reduction skills to decrease stress and increase academic performance in the classroom.**“Personnel Management: Leadership and Motivation”** interactive lecture in College of Pharmacy, University of Minnesota’s Pharmacy Practice Management Course. The primary focus of this class was qualities of leadership vs. management, how to motivate yourself and others, and listening skills.**“Teambuilding: MPSA and Beyond”** lecture given to pharmacy students involved in pharmacy organizations at the University of Minnesota’s College of Pharmacy. The primary focus of this teaching was effective team members, environments, consensus and diversity.**“Human Resource”** and **“Teambuilding”** lectures provided for the management track pharmacy students taking a management elective at the College of Pharmacy at the University of Minnesota.* Michele provides outside coaching for students in the Integrative Therapies and Healing Practices: Health Coaching track through the University of Minnesota’s Center for Spirituality and Healing.
* Michele is an advisor for the graduate students in the Integrative Therapies and Healing Practices: Health Coaching track through the University of Minnesota’s Center for Spirituality and Healing.
* Michele received the **“Mentor of the Year Award”** in October 2007 from the Pharmacy Alumni Society at the University of Minnesota. She has been a mentor for first year pharmacy students since 1987.
* She is a **“Leadership Network Partner”** for college of pharmacy students in the “Leading Change in Pharmacy” class, a leadership development initiative for students and pharmacists.
 |
| **HEALTH AND WELLNESS** **TEACHING**Dec 2013-currentJune 2015October 2014December 2014November 2014September 2014June 2010 to presentApril 2009-June 2009Sept 2007- July 2008 May-Aug 2008June 2005- July 2009September 2005-May 2007May - November 2006March- June 2007September 2003-June 2006January 2005**WELLNESS****COACHING** | **“Strengthening our Mind-Body-Heart Connection”** Class at Awaken Pilates offering exercises for our mind such thinking new thoughts, examining our beliefs, or shifting our paradigms. Feeling more deeply and clearly enhances our emotional body. Deep relaxation reduces our body’s stress hormones and chemicals and activates physiological calming support. Strategies to keep our whole self in balance, harmony and peace.**“Creating Your Life From Your Center Within”** a presentation at Re-Discovering You facilitating deeper wisdom in about life’s transitions, some planned and some unplanned. Focus on reconnecting fully with participants’ inner guidance, wisdom, voice and power. **“33rd Annual Mankato Women and Spirituality Conference”** The Mystic Within workshop utilizing movement, music, spiritual practice, discussion and reflection creating an opportunity to more fully explore this Center Within. Focus on deepen our inner knowing and releasing barriers to accessing our essential nature**“The Art of Being Heard”** a presentation at Re-Discovering You cultivating the art of clear speaking and deep listening and the well-being created through authentic connection and conversation in our lives.**“The Art of Re-Balancing Your Mind-Body-Spirit”** a presentation at Re-Discovering You on new information about the mind-body connection and teaching and practicing life changing tips that activate the relaxation response and restore balance to one’s inner and outer life.**“ReVisioning Medicine Council”** organized and participated in 6 day council, a spirit-based medicine, as healing is a spiritual practice for medicine people. It promotes alliances between the patient and physicians, healers, the family and the natural world. . ReVisioning Medicine seeks to bring medical wisdom together with time tested indigenous ways and contemporary vision.**“The Power of Meditation Workshop”** taught at Awaken Pilates to participants discussing the healing power of meditation and relaxation our mind and body, through didactic information, sharing stories and experiencing several meditation techniques.**“Stress Busting for Kids and Parents”** facilitated 6 week classes at Lakeview Hospital in Stillwater MN. Primary focus emotional intelligence, relaxation tools, and stress symptom education to reduce anxiety symptoms and exploring underlying beliefs and patterns.**“Mind-Body Skills group”** facilitated weekly classes and half day workshops for children and young adults 5-20 years old from Waite House whose bus fell in Minneapolis on I-35W Bridge Aug 1, 2007. Primary focus to reduce stress related symptoms through various mindfulness practices and prevent PTSD.**“Stress Busting for Kids”** weekly group and half day workshops for children 7-16 years old at Lakeview Hospital in Stillwater MN. Primary focus emotional intelligence, relaxation tools, and stress symptom education to reduce anxiety symptoms. **“Kid’s Resiliency Program”** taught to Minneapolis inner city preschoolers, teachers and parents in partnership with St. Stephens Human Services. This training utilizes energy medicine, emotional intelligence, mind-body skills and non violent communication to teach self regulation and resiliency in the preschool setting. **“Stress-Busters”** taught over the lunch hour at the University of Minnesota’s Center for Spirituality and Healing. This class offered various relaxation techniques to reduce stress to students and staff at the University of Minnesota.**“The Power of Relaxation”** series of four classes taught to the public and clients of eq-life in St Paul MN designed for self care, health and wellness. Topics included mindful eating and nutrition, relaxation in the workplace, meditation, music and movement. **“Mind-Body Wellness”** four part series taught at Friendship Village to its retirement community in Bloomington Minnesota. Class topics included nutrition, the stress response, sound and movement, meditation, autogenics, imagery and music to promote health and well being. **“Mind-Body Approaches to Health and Well Being”** class developed for The Twin Cities United Way in partnership with The Center for Mind Body Medicine and taught in 4 hours over 30 times to United Way funded organization’s staff throughout the 7 county metro areas. The primary focus was personal application of wellness techniques, and integration of these practices into the organizations and clients the staff member’s worked with. **“The Mind-Body-Spirit Connection”**  half day class offered to all Anoka County Human Services staff and leaders. The primary focus was to teach a variety of activities and principles to decrease stress, improve health and increase well being.With Michele’s unique background as a pharmacist and trained in Mind-Body Medicine, Mindfulness Based Stress Reduction, Reiki and Therapeutic Touch, her health and wellness coaching clients receive information and guidance on western, complimentary and alternative, and energy medicine. Testimonial: “Michele is part therapist, life coach, spiritual coach and all angel. She has transformed my life by helping me re-think aspects of it. I am so thankful for our time together.” - Holly |
| **PUBLICATIONS** | **“Strong From the Foundation Up: Tips for Building a Strength Based Organization**:”, *Infusion Journal*, September/October 2009, 30-35**“Employee Retention: How to Keep the Great Employees**”, *Infusion Journal,* January/February 2006, 34-38**“How to Keep the Great Employees**”, *Minnesota Pharmacists*, May/June 2006, 21-24**“Living from the Center Within: Tools for Transformation and Balance”,** *The Edge Magazine,* September 2013, 28. |
| **VOLUNTEER EXPERIENCE**1987 – present | **Faculty, University of Minnesota***College of Pharmacy* Studentpreceptor for internship and externship programs, adjunct professor. 97-00Student preceptor for mentor program 87-present; mentor of the year 2007Guest lecturer in Management coursesLeadership Networking Partner Leadership and Engagement Committee*Center for Spirituality and Healing:* Guest Teacher Stress-BustersGuest Facilitator for Student Mindfulness Club |
| **PROFESSIONAL ORGANIZA-TIONS** | Holistic Chamber of Minnesota, Board memberGlobal Advances in Health and MedicineUniversity of Minnesota Alumni AssocInstitute of Noetic SciencesWomen of WordsAlliance of Divine LoveCentury Mortar Club |