

# KATHLEEN MCGINLEY

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## Professional Summary

- Passionate teacher and life coach who is highly effective in educating and assisting others to become the best version of themselves.
- Poised and confident when facilitating workshops in an attempt to build healthy, conscious communities.
- Expertise in developing wellness and life strategies to bring out the best in others.
- Excellent communication skills and ability to identify clients' needs.
- Shamanic practitioner who has a deep and strong connection with Spirit .

## Skills

- Excellent communication abilities
- Building relationships
- Event coordination
- Social media
- Leadership
- Blogging expert
- Exceptional writer and best-selling author
- Collaborative
- Self-starter
- Highly organized
- Decision-making
- Flexible schedule
- Team player

## Work History

**Holistic Life Coach, 04/2016 to Current**

**Self-Employed At Heart Rock Healing – Lewes, DE**

Engaged clients in self-discovery, helping them to find peace, power, passion and purpose.

Facilitated team building workshops to help create conscious, healthy communities. Objectives included collaboration, communication, problem solving, trust, morale building, and conflict resolution

Created and facilitated group programs to help women heal and become self-empowered for today's challenges.

Produced programs for broadcasting across TV, radio, and digital platforms.

Facilitated a destination retreat for women to help them create loving, healthy relationships with themselves, others and the Universe.

**Holistic Life Strategies Coach, 07/2005 to 12/2015**

**Self Employed At Phoenix Adventures In Wellness, LLC – Emmaus, PA**

Provided tools for women in transition to help them heal and discover their Truth.

Facilitated team building workshops for business owners and Unity churches to help create conscious, healthy communities. Objectives included collaboration, communication, problem solving, trust, morale building, and conflict resolution

Created and facilitated group programs to help women heal and become self-empowered for today's challenges.

Facilitated numerous destination retreats for women to help them deepen their relationships with themselves, others and the Universe.

Provided in-services for teachers with the objective of creating healthy, conscious schools that incorporate healthy relationship skills, diversity, respect, and collaboration.

**Health And Physical Education Teacher, 08/1976 to 06/2010**

**Allentown School District – Allentown, PA**

Taught high school students' health and wellness classes.

Specialized in teaching inner city high school students how to swim.

Taught high school students' physical education classes that included activities such as: yoga, aerobics, team building, tennis, archery, swimming, weight training, and team sports.

Served part-time as Secretary of the teacher's union

Served as Faculty representative at Allen High School

Served on both the negotiation's committee and negotiation's team.

Coordinated and conducted special programs for students (i.e. non-smoking, DUI, team building)

**Education**

**Kutztown University Of Pennsylvania - Kutztown, PA**

- Continuing education in Secondary Counseling
- Completed 30 credits toward my Master's Degree
- Took other professional development courses later to attain a Master's Equivalency.

**Bachelor of Science: Health And Physical Education, 1976**

**East Stroudsburg University Of Pennsylvania - East Stroudsburg, PA**

- Elected Captain of the swim team
- Graduated magna cum laude
- Made Dean's list every Semester
- Member of the Honor Society

**Accomplishments**

- Honored twice by being selected to Who's Who Among America's Teachers
- Best-selling author of Soul Lost, Soul Restored: A Sacred Journey Back to Self
- Served on the rules committee for the National Federation of High School Swimming and Diving
- Served as President of the Lehigh Valley High School Swimming Officials Association
- Served as assistant to the State Meet Director for high school swimming
- Coached high school tennis and swimming
- Raised two beautiful children