

## Curricula Vitae

### Life Coach / Crisis Counselor, Career/ Business Coach/ Educator/ Housing and Credit Counselor

Mature, honest, reliable, well-seasoned, Counselor/ Life, Relationship, Business/Career Coach/ Family and Addiction Therapist/Vets PTSD Coach/ Housing Foreclosure Prevention/Credit Counselor, Educator/ Project Innovator/ Developer with highly-diverse background in a variety of homogeneous and multi-cultural environments working with children, adolescents, and adults of both genders, all ages in private home, agency, penal institution, academic, business, career, and medical settings pursuing unusually-challenging and diverse counseling, coaching, educating, consulting, program developing, management, and/or family counseling positions working with individuals, families, businesses in need of proactive/reactive support/guidance for enrichment, growth, balance, and stability.

### Professional Qualifications

#### **COUNSELING/ LIFE AND RELATIONSHIP COACHING AND DISASTER CRISIS COUNSELING –**

- Administered Therapy and/or Coaching for: Self-esteem, Self-confidence, Anxiety/Stress Control, Fear Control, Anger Management, Defiant and Oppositional Behavior, Relationship Dysfunction, Addictions, Substance Abuse, Relationship Miscommunications, and Self-Actualization.
- Crisis Intervention and Management, Time Management, Organization and Structure, and Decision-Making Strategies.
- Personality Assessment and Development for Personal Enrichment, Relationship Negotiation, and improved Employer/Employee Relationships.
- Write and delivered lectures, workshops, and discussion support groups for adults and families on many topics.
- Fostered self-sufficiency and independence in children, adolescent, and adult handicapped individuals.
- Mentored adults and adolescents in crisis and transition related to personal, academic, and career goals.
- Worked with court-ordered children and adolescents to achieve personal growth and discontinue antisocial behaviors.
- Special interest in working with and supporting children and adult survivors of Childhood Sexual Abuse (CSA).
- Academic and Life Skills Coaching specialized in training and supporting clients of all ages through Personality.
- Developed and administered Substance Abuse Program to inmates in St. Lucie County and Indian River County jails.
- Personal Enrichment workshops for self-esteem, self-confidence, communications, and relationship skills.
- Renegotiated dysfunctional relationships for partners, parent and child, siblings, friends, alternative gender orientation couples and their children, families, intervened in family crisis, and resolved the crisis to restored peace and harmony.
- Premarital Coaching to guide partners to better understandings of self and other and then negotiated the relationship.
- Certified Housing Foreclosure Prevention and Credit Counseling to those in mortgage and financial crisis.
- Military Veterans and First Responder PTSD Coaching and Support from Vietnam era to current wars.

#### **EDUCATION – (Adult Community College, Private, Institutional, and Elementary Education Levels)**

- Administered exams; supported handicapped adult students with class notes, tutoring, essay exams, and resources.
- Initiated, developed, and directed new adult basic skills testing department (T.A.B.E.).
- Tested and remediated candidates for Police and Fire Academies and Fire, Police, and Sheriff's Departments.
- Research projects: to reduce test anxiety and allow test takers to achieve the highest possible test scores .
- Trained and supervised test administrators and instructional assistants and lectured in cross-cultural sensitivity.
- Co-developed *English as a Second Language* program for Federally-eligible Mexican migrant workers and Haitians.
- Tutored adult students (one-on-one) in all academic skills areas in a learning lab environment.
- Taught Study Skills, Overcoming Test Anxiety, Overcoming Irrational Fears, Special Basic Math and Algebra.
- Initiated, developed, implemented *English for Speakers of Other Languages* program for non-American K-5<sup>th</sup> grades.
- Developed *whole language* and *student-centered* approaches and activities for all levels of non-English children.
- Fostered a *safe space* and sense of belonging and acculturation within cross-cultural groups of K-5<sup>th</sup> students.
- Tutored high school subjects for hospital/home-bound adolescents with behavioral problems in homes and hospitals.
- Worked closely with the Women's Program to aid women and men in transition back to school.
- Organized and taught the Florida Work Certification program to clients of the One Stop Center, Stuart, Florida.
- Have written two books – On how to start a small business and how to cope with PTSD for Veterans.
- Have written many articles for self-help in Web-based Entrepreneurial forums.
- Have written a self-help book on how to do Math and Algebra and overcome the anxiety related to them.

## Judith L. Stifel

### **BUSINESS and COMPUTERS—**

- Professional Web Developer, E-commerce, Graphics, User Interface Specialist, Search Engine Optimizer, Writer.
- Professional competence with PC computers, word processing, database, spread sheet, desktop publishing, digital graphics, digital photography, training, developing courses, and writing training manuals.
- Initiated computer training programs for a major, 600-plus member computer user group and for the staff of Columbia Lawnwood Regional Medical Center and liaison between Information Technology and Educational Services.
- Trained and supported nursing staff on Meditech hospital software for Lawnwood Regional Medical Center. (HCA)
- Trained “Introduction to PCs” to MCSE students for Keiser University, Port St. Lucie, Florida.
- Pre-Employment Testing, Workplace Conflict Resolution and Efficiency, Business Workshops written and taught.

### **Employment History**

**Judi Stifel, Consultant** — Life and Relationship Coaching, Counseling, Personality/Self-Enrichment, Relationship Negotiating, Business Pre/Post Hiring Testing and Profiling, Web Development, Graphics, PC Training, Writing, Lectures, Workshops, Groups, PTSD Coaching.  
1991 to Present

Judi Stifel, Consultant  
Port St. Lucie, Florida

**Housing Foreclosure Prevention and Credit Counselor** — Counsel Clients in jeopardy of losing their homes to foreclosure.  
10/15/07 to 3/26/11 (Office Closed)

Consumer Credit Counseling Service  
Port St. Lucie, Florida

**Work Certification Trainer — Train Work Certification Requirements**  
3/2007 to 9/2007

Indian River Community College  
Ft. Pierce, Florida

**Disaster Crisis Counselor**— Counsel and Support Hurricane Survivors.  
10/2004 to 12/29/05

Miami Behavioral/ Project HOPE  
West Palm Beach, Florida

**Clinical Psychotherapist**—Individual and Family Therapy for Children and Families covering any and all problems.  
7/2003 to 12/2003

Suncoast Mental Health Center, Inc.  
Ft. Pierce, Florida

**Addiction Professional** — Created and facilitated Substance Abuse Programs for St. Lucie County and Indian River County Jails TASC.  
3/2003 to 8/2003

New Horizons of the Treasure Coast  
Ft. Pierce, Florida

**Youth and Family Therapist**  
1996 to 1998 (Agency closed.)

Intervention Services  
Port St. Lucie, Florida

**Staff Development Educator & Computer Trainer/Liaison**  
1993 to 1998 (Department closed.)

Columbia–Lawnwood Medical Center  
Ft. Pierce, Florida

**CO-DEVELOPER E.S.L./ T.A.B.E. TESTING/**  
Individualized Instructor—Youth to Adult  
1984 to 1991

Indian River Community College  
Ft. Pierce, Florida

### **Educational Background, Honors, and Certificates**

**M. Ed. MENTAL HEALTH COUNSELING IN PROGRESS**  
1991 to 1993  
GPA – 4.0, Lack non-available courses for completion.  
Elected to Phi Kappa Phi Academic Honors Society—1992

Florida Atlantic University  
Boca Raton, Florida

**B. A. PSYCHOLOGY—Minor in Social Psychology—1989**  
GPA – 3.89 B. A.  
Academic Scholarships: 1986, 1987, 1988  
A. A. Degree – Graduated Valedictorian/ Highest Honors  
Nominated 1990 National Outstanding Adult Learner Award

State University of New York  
Albany, New York

Certified Adult-Developmental Education Instructor–Indian River Community College Cert. # 1870  
Certified Work Certification Instructor and Employability Skills– Indian River Community College Cert. # 01870  
Certified Work Certification Instructor – Florida Workforce Board #FLWDBTC-044-0307  
Certified Housing Counselor 12/08, Certified Credit Counselor 12/08, Neighborhood Works Foreclosure Prevention  
**Web sites:** <http://www.coachjudi.com> <http://www.ecninstitute.com>