

**ROBERTA HARRIS**

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**OBJECTIVE- To Facilitate Discovering Your Strengths Workshops for Youth/Adults and Youth/Adults Life Coaching,****HIGHLIGHTS****Youth**

- Life Coach with a specialty in youth
- 7+ years created and facilitate "Discovering Your Strengths" character strength coaching workshop for empowering youth
- 7+ years Facilitator in outdoor education program, The Pine Project, for youth
- 3 years Girl's empowerment group leader and program designer at Power4teens
- 2+ years nanny for busy neighborhood family
- 12+ years creating and implementing neighborhood youth club for youth values development and community involvement
- 10+ years guiding youth in Big Sister program
- 12+ years camp counselor and camp coordinator for youth, ages 7-16, implementing projects with youth including survival skills, dance, nature appreciation, crafts, camping, water safety and boating skills

**Business**

- 20+ years CEO, founder and owner of a medical business
- 20+ years experience managing production and office team of 7+ staff
- Excellent organizational skills- created and implemented scheduling, data entry, ordering, and production systems for team of 7+ staff
- Research coordinator- Awarded 3 Canadian grants- lead team of 4-6 researchers in developing and implementing grant projects
- 20+ years experience and knowledge of MAC, office- powerpoint, word and excel
- Authored 50 page manual and training program for learning and developing self-developed medical technique for treated severe skin trauma
- Ontario exclusive trainer for Occupational Therapists and Physiotherapists in self-designed medical technique
- 20+ years; Customer service expert, managing and training team members in unique personalized customer service approach
- Developed worldwide medical supply charity program to equip 3<sup>rd</sup> world countries for trauma care in youth and adults
- 15+ years as shareholder, chef, night manager and waitress for busy restaurant
- Vehicle owner with excellent driving record

**Health**

- 3+ years Certified Dance Instructor
- 10+ years dance training and performing in renowned dance school
- 20+ years practicing dance techniques, ballroom, salsa, hip hop, broadway, jazz, folk, contact improvisation via formal and informal dance practice
- 15+ experience practicing yoga, (hatha, vinyasa flow, restorative)
- 15+ years practicing pilates
- 25+ years practicing mindfulness meditation
- 15+ years competing in triathlons and duathlons throughout Ontario

- 15+ years experience as shareholder, vegetarian chef, night manager, short order cook and waitress, for award winning busy Toronto Vegetarian restaurant

### **Other**

- Song leader and organizer- Toronto Community Singing Choir
- President- JCP cooperative housing living community (where I live)

### **RELEVANT EXPERIENCE**

Founded RGC, a medical device company 20+ years ago and ran the company creating a well-established, respected and successful corporation and selling it in 2014. RGC treats severe burn trauma and other conditions in the youth and adult populations. I spent many years encouraging, mentoring and motivating traumatized youth in this capacity.

Currently I remain a consultant to the company.

As a Youth Life Coach, I've learned about how our kids share all the same emotions, ups and downs that we adults experience. Their experiences are equal to ours and they deserve to be acknowledged, listened to and understood. Working for many years with trauma, I saw that kids process through issues more naturally, simply and clearly than many adults. Kids have a lot to teach us.

Child Caregiver- Over-seeing all daily activities for a busy household with 3 children, ages 2-8. The father is my former youth club member so we are coming full circle and I was able to mentor his kids in the values I mentored him.

My primary responsibility as an outdoor education program facilitator is teaching nature awareness, life skills and resilience. The program is designed to mentor youth via experiential education techniques, teaching, crafts, nature Id, music, and survival skills.

One of my talents is listening to youth, helping them find the best in them and feeling the satisfaction of having steered them in the right direction. Being a big sister for 10+ years enabled me to understand my little sister and inspire her as she navigated life challenges.

As one of 5-7 leaders running a kids camp for 10+ years, I developed and implemented outdoor activities, crafts, cooperative games, and dance lessons. We lead groups on canoe excursions and hiking, always incorporating lessons in good values to our activities and fun!!!

Co-leading a private youth club in my neighborhood for 12+ years, ages 8-15. Our activities ranged from; community service to dance lessons, cultural experiences to nature activities and crafts. All these activities were a means to instill good values and empower the youth to make a difference in their world.

### **EDUCATION-**

**Groove Dance method School- Dance Instructor**

**Kids Coaching Connection- Life Coach (specialty youth)**

**Basic rescue- White Squall Paddling Centre**

**First Aid and CPR and Wilderness first Aid Certifications**

**George Brown College- Clothing construction & Design**

**Lawrence University- Liberal Arts**

**Scholarship Exchange Student- AFS**

**EMPLOYMENT-**

**Life Coach (Specialty in youth)-** 7+ years  
Self-employed, TO

**The Pine Project**  
Outdoor Education Facilitator 7+ years

**Power4teens-**  
Girls empowerment Groups Leader 3 years  
and Programme Designer

**Child Caregiver-** 2 years  
Private Home, TO

**Self-Employed/ CEO-** 20+ years  
RGC Inc., TO Current- Consultant

**AWARDS**

Nominee- Order of Ontario  
Award Recipient- Function in the Junction Community Fund Award

**PERSONAL- HOBBIES**

Hobbies- songwriting, singing, OW swimming, being in nature, mindfulness health and wellness practices, duathlons, dancing, cycling, kayaking, yoga, pilates, gardening, playing ukulele, reading, cooking and crafts

**VOLUNTEER-**

The Pine Project, Future Possibilities for Kids, Kid coach, Neighborhood BIA, Big Sister, Camp Counselor, Youth Club Leader, WWF, Toronto Community Singing