

**BILLIE FRANCES, M.A., LMFT**

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**EDUCATION**

M.A. Marriage, Family Therapy, United States International University, San Diego.

Licensed Marriage and Family Therapist - MFT #30354 (1993).

B.A. Combined Social Sciences, University of California, Santa Barbara.

Coach for Life coaching training program, San Diego (1996).

Certified Mindful Coach/Trainer, San Diego (2000)

**CAREER EXPERIENCE**

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|----------------|---|
| 2004-present   | Developed wellness coaching model for corporate employees; trained, screened, selected, supervised nation-wide team of wellness coaches   |
| 2001- present  | Developed and facilitated instructor certification programs for national/international coaching training program.   |
| 2000 - present | Developed and facilitated certification programs for human services professionals in the methods of personal and business coaching.   |
| 1996 – present | Personal and Professional Coach working with motivated business professionals and individuals seeking focus and accountability  |
| 1990 - present | Private therapy practice in San Diego working with individuals, families, couples, groups.  |
| 1985 - present | Licensed Spiritual Counselor.   |
| 1987 – 1999    | Taught accredited course for spiritual counselors. Developed and presented workshops based on a psychological approach to weight management. Developed and presented workshops on effective interpersonal communication after sobriety. Taught an 8-week course on Financial Freedom. |
| 1988 - 1990    | Founder/Program Coordinator, Holistic AIDS Response Program; Staff Counselor, AIDS Response Program, Center for Social Services, San Diego.   |
| 1975 - 1990    | Held positions in training industry as: instructor for a variety of programs ranging from aerobic training to staff development; sales and marketing representative for travel, church-related seminars and health programs.  |

## **PUBLICATIONS**

Wise Women Speak – Released November 2001

Mindful Coach Certification Manual – Released January 2000, Revised 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009

Awareness to Action Participant Guidebook – 2007

Awareness to Action Facilitator Manual – 2007

Employee Wellness Coaching Coach Training Manual – 2008, 2009

Ready, Set, COACH Curriculum - 2009

## **TEACHING, TRAINING, SPEAKING**

- Developed Mindful Coach Certification a national and international coaching certification program for professionals seeking new structures and techniques to implement change and improve the lives of their associates and clients.
- Developed Employee Wellness Coaching a worksite wellness telephone coaching program for Fortune 100 corporations and other progressive companies
- Developed Awareness to Action a dynamic coaching group for discovery and mindful change
- Presenter at the National Wellness Conference 2005, 2006, 2007, 2009
- Teaching assistant for USIU Human Psychotherapeutic Communication video lab.
- Facilitate team building for businesses, non-profit organizations and boards of directors.
- Consultant and facilitator for the YMCA on effective communication and stress management.
- Developed and led seminars on couples' communication.
- Facilitate couple's therapy groups.
- Facilitate ongoing therapy groups for individuals focused on relationship needs and concerns.
- Facilitate focus groups for single people over age 35.
- Presenter for Strength for the Journey annual conferences for people living with AIDS (1995-2000).
- Presenter for CAMFT conference on Strengthening Families: Creative Paths (1998).
- Presenter on Mindful Coaching: A Process of Fulfillment: Asilomar, CA (2002, 2008).
- Presenter for CAMFT Continuing Education Workshops: San Diego (2002) Orange (2002); San Francisco (2004) Counties.
- Presenter SCORE Women's Business Roundtable Presentation May and September, 2004
- Continued Education Provider for the Board of Behavioral Sciences (2000-2009)

## **PROFESSIONAL AFFILIATIONS**

1993 - 2004	Member California Association of Marriage and Family Therapists
2000 - 2002	Board Member California Association of Marriage and Family Therapists.
2002 - 2005	Member American Association of Marriage and Family Therapists
2000 - present	Member and presenter for the San Diego Professional Coaches Association (San Diego Chapter of the International Coach Federation).
2004, 2006, 2007	Member International Coach Federation (ICF)
2004 - 2009	Member National Wellness Institute
2003, 2006-08	Board Member San Diego Chapter of International Coach Federation including 2007 Chapter President
1995 - present	Member and past president, League of Practitioners

## **PERSONAL**

Excellent written and verbal communication skills, enjoy speaking and presenting information to groups. Recognized for performance and interactive teaching skills throughout career.