

Deborah L. Kern, Ph.D.
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ACADEMIC TRAINING

Doctor of Philosophy

Texas Woman's University
Denton, Texas
August 1994
Health Studies
GPA 4.0/4.0

Master of Business Administration

The University of Texas at Austin
Austin, Texas
August 1984
Marketing/Finance
GPA 3.63/4.0

Bachelor of Arts

The University of Texas at Austin

Austin, Texas
December 1980
Spanish/French
GPA 3.7/4.0

Studies in Nursing

Vanderbilt University School
of Nursing
Nashville, Tennessee
September 1976 - May 1978
Nursing
GPA 3.65/4.0

HEALTH PROMOTION WORK EXPERIENCE

Owner

April 1992 – Present
Deborah Kern, LLC
Keynote addresses, workshops, retreats, coaching
and staff training for corporations, associations,
hospitals, universities, fitness centers and spas.

Director

September 2003 – March 2006
Lake Austin Spa Resort, Austin TX

Director

November 1995 - January 1998
The Mind/Body Wellness Center at the
Spa at the Crescent Court Hotel
Dallas, Texas

Wellness Program Coordinator July 1991 - August 1992
Texas Woman's University Wellness Center
Denton, Texas

Departmental Director February 1990 - June 1991
The Women's Health Connection
Arlington Hospital, Arlington, Virginia

Program Coordinator September 1989 - February 1990
The Women's Health Connection

Corporate Wellness Consultant July 1988 - May 1989
Self-Employed, Dallas, Texas

Associate Director July 1984 - July 1986
Las Colinas Preventive Medicine Center, Irving, Texas

Personal Trainer and Group Exercise Instructor November 1995 – December 1997
The Spa at the Crescent Court Hotel

September 1984 - August 2000
The Sports Club at the Four Seasons, Las Colinas, Texas

June 1993 - 1997
Dallas Country Club, Dallas, Texas

May 1989 - June 1991
Body Business, Inc., Washington, D.C.

May 1989 - June 1991
The White House Athletic Center, Washington, D.C.

January 1982 - August 1984
Northwest Athletic Center, Austin, Texas

ACADEMIC WORK EXPERIENCE

Instructor September 1992 - June 1994
Texas Woman's University, Denton, Texas

Department of Health Studies

Teacher

August 1986 - June 1988
The Greenhill School
Dallas, Texas

Teaching Assistant II

September 1982 - January 1984
The University of Texas at Austin, Austin, Texas

PROFESSIONAL ASSOCIATIONS

National Wellness Association- Board of Advisors

International Dance Exercise Association

CERTIFICATIONS

Certified Health Education Specialist (CHES)	October 1995
Integral Yoga Institute Certified Hatha Yoga Instructor	November 1994
Certified Phoenix Rising Yoga Therapist	July 2000
American Council on Exercise – Group Exercise Instructor	June 1986
Neuromuscular Integrative Action	May 1991
Adult Cardio-Pulmonary Resuscitation	January 2000
Four Seasons Resort and Club Personal Training	March 1993
Healing Touch Levels I, IIA, IIB	1992 - 1994

MANUSCRIPTS

Cox, T., & Kern, D. (1994). Use of the Delphi Technique in defining the role of worksite health promotion in health care reform. Worksite Health.

Kern, D. and Curtis, H. (2000). *Mind/Body Fitness Guidelines*. IDEA Health and Fitness Source.

Kern, D. (2000). *The Power of Music*. IDEA Health and Fitness Source.

Kern, D. (1999). *In the Realm of the Spirit*. IDEA Health and Fitness Source.

Kern, D. & Baker, J. (1997). *The Effects of an Internally Directed Teaching Approach in Aerobic Dance*. Women's Health Issues.

Kern, D. (1994). *Walk it off: A self-efficacy-based walking program for non-insulin dependent diabetes mellitus patients*. Patient Education Material.

Books

Kern, D. (1999) *Everyday Wellness for Women*

Kern, D. and Wolfe, K (2003) *Create the Body Your Soul Desires*