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**CONTACT**

**La Shaun Aaron**



(805) 380-5619

CURRICULUM VITAE

git.lifecoach@gmail.com



**Personal statement**

 Hello! I’m La Shaun Aaron a Certified Life and Wellness Coach & Consultant.. I have served my community of Ventura County for over 22 years in the mental health and social services field. In my career I have served in various roles from direct leadership, active member of leadership and policy steering committees as well as working in community based in home programs with youth and families in crisis. I’ve had the privilege of guiding and supporting hundreds of people from diverse backgrounds to their version of success with the services I provide as a professional.

My passion is to strengthen, empower and motivate all who are committed to breaking toxic thought and behavioral patterns obstructing one’s personal successes. Using humor, compassion and at times tough love I challenge and guide others to cultivate their natural gifts and talents to achieve a higher level of self-awareness and accomplishments of personal goals and leads them from comfort zone to triumphs! Most importantly of all the roles I play I’m a single adoptive parent of a very active 15 year old boy.

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www.lashaunaaron.com

Thousand Oaks,

CA, 91362



**SOCIAL**



La Shaun Aaron



@coach\_la

**WORK EXPERIENCE**

**Parent Partner: Aspiranet: COEDS**

 **10/15-9/17**

* Educate and coach parents to cope with mental health and substance abuse challenges
* Attend weekly individual sessions as well as weekly and monthly team meetings
* Educate parents on educational system and IEP’s (individualized educational plans)
* Document daily progress and resources provided to family members
* Collaborate and communicate with referring agencies and community partners
* Train incoming staff members
* Facilitate positive work environment by implementing motivational outreach

**Parent Partner: United Parents 04/12- 1-0/15**

* Support and guide parents through mental health/social services system
* Facilitate community support groups
* Case Management
* Refer family to appropriate community resource
* Collaborate services with referring parties/community service
* Document status of case in weekly progress notes
* **Parent Partner: Casa Pacifica**

 **10/08-03/12**

* Refer family to appropriate community resources
* Support parents of residents receiving services through Casa Pacifica
* Case Management
* Coaching parents in positive parenting
* Promote and “Family Night” dinners/activities
* Attend monthly treatment team meetings for youth

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@Coach\_LAaron



gitlifecoaching

Key achievement

After serving the public in the Non - Profit Sector for over twenty two years it brings me great pleaseure and pride to own my own company established in 2012.

Getting It Together

Coachng & Consulting, LLC

My mission is to guide you towards letting go of unhealthy thought patterns, toxic relationships and maladaptive behvaiors that undermind your progress and keep you stuck in dysfunction.

Experience Healing, Restoration and Transformation through my guidence.

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**WORK EXPERIENCE** (continued)

**SKILLS**

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| Family Specialist: Casa Pacifica: Wraparound Program |  |  |

 **8/04- 9/08**

* Engage youth and family in treatment
* Assist family and referring agency with developing “success plan”
* Access and respond to stabilization and safety needs of youth
* Coach youth on goals determined by “success plan”
* Collaborate services with referring agency and community partners
* Assist family in meeting mandated goals

**Assistant Supervisor: Casa Pacifica: Angel’s Cottage 4/01- 8/04**

* Supervise youth and staff in residential treatment center
* Crisis intervention w/ youth and families ; assisting youth and families in crisis
* Assist in designing and implementing individualized treatment plans
* Facilitate staff meetings and trainings
* Coordinate staff schedules
* Facilitate and train outside agencies on services provided, community outreach

**Assistant Supervisor: Casa Pacifica: Angel’s Cottage 4/01- 8/04**

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* Strong leadership skills
* Effective active listener
* Ability to keep calm during stressful and crisis situations
* Reliable, dependable
* Authentic

**REFERENCES**

Carmen Reyes

Adoption Social Worker

Bethany Christian Services

(805) 758-1748

carmenreyes08@gmail.com



Nancy Connelly Cummings

Parent Partner

Aspiranet/ COEDS

(805) 822-7420

nancy.connellycumming@yahoo.com



**EDUCATION**

Certified Integrative & Wellness Coach through IWA ( Integrative Wellness Academy )

Life Space Crisis Intervention

Cognitive Behavior Therapy

 Mindfulness

Understanding Trauma

ADHD and The Brain

Using Core Gifts a Foundational Tool in The Helping profession

Resilience

Foster Parent Training

Child Development

Developing Healthy Relationships

Behavior Management

Reporting Child Abuse

Suicide Prevention and Awareness

Mental Health First Aide

The Collaborative Problem Solving Approach

Concurrent treatment of PTSD & Substance Abuse Disorders

Commercial Sexual Exploitation of Children: Awareness & Identification

The 5 Protective Factors

***La Shaun has many talents and is very blessed. She is also encouraging, inspiring and compassionate!! ~M.M.~***

***La Shaun is an amazing person and incredibly inspiring!***

***~ M. F.~***

***I cannot say enough about La Shaun Aaron! She is one of the best Life Coaches I have been coached by (and I've been coached by several) and the reason I say La Shaun is the BEST is due to the fact that she practices what she teaches and lives how she coaches us how to be.  The lessons I have learned from her are helping me daily to overcome some horrible tragedies in my life lately.  The most important reason I trust La Shaun is because she is a Christian woman who lives exactly how she works.  I have been able to break through the things holding me back in my life.  I have gained a clear new perspective thanks to La Shaun.***

***~D.B.~.***

* Spending time with loved ones
* Blogging (writing)
* Writing poetry
* Nature walks

**HOBBIES & INTERESTS**

* Going to the gym
* Cooking
* Music
* Art