




# Nicole N. Woods, PhD, DNM, LMT

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 hls.solutions | nicolenwoodsphddnmlmt.com

 (404) 822-9119 | (888) 778-9351

 nwoodsnd@gmail.com

## Career Objective

To leverage my expertise in natural medicine and holistic wellness to secure professional speaking engagements that educate, inspire, and empower diverse audiences to take control of their health and well-being.

## Noteworthy Achievements

- Published Author – Auto-Regulated Stress Management | 2025
- Guest Speaker – Real Chicks Rock Health, Healing & Wellness Podcast | 2024
- Guest Speaker – Spelman College: Virtual Wellness Lunch & Learn | 2020
- Graduate Participant – World Congress of Quantum Medicine | 2013
- Published Author – Deep Within These Eyes | 2012
- Guest Speaker – WAEC 860AM, Holistic Health | 2008
- Board of Directors – One Destiny Publishing | 2008
- Leadership Award Recipient– Xavier University School of Medicine | 2007
- Master of Ceremonies – Xavier University SOM White Coat Ceremony | 2006
- Ordained Minister – Rose Ministries | 2006
- Outstanding Academics Award Recipient – Sanford Brown College | 2004

## Professional Certifications & Licensures

- American Alternative Medical Association – Alternative Medical Practitioner
- American Association of Drugless Practitioners – Holistic Health Practitioner
- Georgia Board of Massage Therapy – MT011346
- Florida Board of Massage Therapy – MA96882
- National CPR Foundation – CPR/AED/First Aid

## Professional Experience

- Healthy Lifestyle Solutions, LLC – CEO, LMT & Holistic Health Practitioner | Atlanta, GA | Mar 2017–Present

- Oversee business development, brand strategy, and marketing initiatives for a holistic wellness company.
  - Secure and execute corporate wellness events, resort/retreat bookings, and private spa parties.
  - Provide biometric testing, wellness consulting, therapeutic massage, detox programs, and holistic health services.
  - Manage client relations, educational outreach, and team leadership, coordinating staff of up to 20 for events/functions.
  - Built company infrastructure including website, accounting, scheduling, and client data systems.
  - Ensure operational excellence through budgeting, quality control, and client experience management.
- SOOTHE, Inc. – Massage Therapist (Independent Contractor) | Atlanta, GA | 2017–Present
    - Deliver on-demand therapeutic massage in client homes.
    - Assess musculoskeletal conditions and administer customized treatments.
    - Maintain treatment documentation and supply inventory.
- Longevity Health Center – Lead Patient Coordinator | Atlanta, GA | 2015–2016
    - Conducted bioenergetic evaluations for chronically ill patients.
    - Administered laser therapy, GENIE, RIFE frequencies, and energy-based protocols.
    - Recommended natural remedies and supplements.
    - Supported patient education and follow-up care.
- MetaGen, LLC – Account Manager & Health Writer | Atlanta, GA | 2014–2015
    - Assisted in supplement formulation and labeling.
    - Sold private-label services to holistic practitioners.
    - Provided nutritional and lifestyle recommendations.
- Windermere Living Hope – Assistant Director | Cleveland, OH | 2010–2014
    - Directed mentorship and holistic health education initiatives.
    - Developed curricula on preventative health and wellness.
    - Conducted workshops and seminars for community outreach.
- Institute for Women’s & Children’s Health – Clinical Coordinator | 2009–2010
  - Malcolm Sims Basketball Network – Health Educator | 2007–2009
  - Moton Developments, LLC – Executive Assistant | 1999–2004
  - Heidrick & Struggles International, Inc. – Research Associate | 1997–1999

## Academic Profile

- Maestro – The AI University, Dallas, TX | 2025–Present – AAS in AI Software Engineering
- Gwinnett Community College, Sandy Springs, GA | 2015–2016 – Massage & Neuromuscular Certification Program
- International Quantum University for Integrative Medicine, Honolulu, HI | 2012–2014 – Doctorate & PhD in Natural Medicine
- Xavier University School of Medicine, Aruba, Netherlands Antilles | 2004–2007 – Completed basic science coursework for MD degree

## Postgraduate Educational Seminars

- Stone Medicine, Healing Hands – 2018
- Oleg Bouimer, Pre & Post Event Sports Massage – 2018
- Douglas Laboratories, Neuroendocrine Weight Management – 2016
- Ortho Molecular Products, Stress Symposium – 2015
- Designs for Health, PCOS & Autoimmune – 2015
- Transformation Enzymes, Neuroimmune Disorders – 2015

## Community Service

- Guest Speaker / Hiking Guide – W.A.I.H. Walk With A Doc (2024)
- Volunteer – American Cancer Society (2002, 2014)
- President – American Medical Student Association (2005)
- Director – Xavier University SOM Community Health Fair (2005)
- Volunteer – American Heart Association (2003)

## Personal Attributes

- Creative visionary with the ability to inspire and motivate
- Strong communicator with ability to connect across diverse audiences
- Performs well under pressure and consistently exceeds expectations
- Analytical thinker who maintains focus during crisis situations

## Technical Skills

- Microsoft Word, PowerPoint, Excel | Adobe Illustrator & Photoshop
- Website Development | QuickBooks | ACT | MediSoft
- Advanced Internet Research

References available upon request