

REGINA STEELE

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CREATIVE DIRECTOR OF FASHION AND WELLNESS

Designing transformative fashion experiences that inspire wellness and confidence

Leading and developing innovative programs and creative initiatives where fashion meets emotional wellness, through workshops, supportive engagement groups, and personalized sessions, clients embark on transformative journeys that integrate personal style, emotional well-being, and Life, Family, and Career Coaching, utilizing mindful strategies, creative expression, and holistic guidance, partnering with individuals and communities to build the confidence that aligns with their authentic selves as they thrive personally and professionally, within their communities.

Areas of expertise include:

**Consulting and Advisory Services | Community Care & Development
Life & Family Coaching | Fashion Art Direction | Nonviolent Communication
| Project Development & Management
Conflict Resolution | Wellness & Education Services**

PROFESSIONAL EXPERIENCE

Eagle Eye Consultants, Huntersville, North Carolina

2025-Present

President/Creative Director of Fashion Wellness

- Utilizes fashion and personal style as tools for enhancing self-esteem, self-awareness, and personal discovery. Incorporating fashion effects on moods, confidence, and behaviors, using color theory analysis and body theory analysis. Manages budgets and spending.
- Develops mindful wardrobe and closet audits, engages in conscious and intentional shopping, and offers fashion consulting and styling. Partners with clients and communities in determining the correlation between the inner self and how one presents themselves externally.
- Provides high-quality Life, family & wellness coaching. Offering individual and group life and wellness coaching, parenting and family coaching, classes, supportive engagement groups, community facilitated outreach and development, conflict resolution, and nonviolent communication. Utilizes advisory skillsets with personalized assessments, lifestyle changes, and goal setting, developing holistic support.
- Designs and implements workshops that foster comprehensive wellness programs tailored for individuals and communities, and forge partnerships with various creatives to formulate collaborations.

President

- Developed and coordinated high-quality life/career & wellness coaching to a diverse client base. Provides a holistic approach through collaborations with counselors, supportive engagement groups, mental health professionals, educational communities, massage therapists, hairstylists, nail technicians, and creatives to address the needs of the individual from the inside out.
- Established partnerships with various nonprofit agencies to facilitate Life & career coaching Groups
- Individualized curriculum to foster growth and development, mind, body, soul, and spirit.
- Provided one-on-one and group Life, Family, and Wellness Coaching

Director of Community & Family Services

2019-Present

- Develop and implement programs that address community needs, such as workforce development or health and wellness initiatives.
- Cultivate and maintain positive relationships with community leaders, partners, and key stakeholders to advance the organization's goals.
- Assists with scheduling, preparing reports, managing volunteers, and sometimes overseeing the allocation of financial resources.
- Organizes and executes community events, activities, and programs, including educational meetings, workshops, and large-scale projects.
- Help to resolve disputes or conflicts within the community and facilitate through supportive engagement groups and round table discussions.
- Manage and create content and serve as a public spokesperson for the organization.

Therapeutic Style Director

2021-Present

Freelance (Regina Steele)

- Develop Community Partnerships, manage budgets, and organize creative teams for various photo shoots and video scripts. Research, develop concepts, and author video scripts.
- Forged partnerships with diverse creatives and brands to enhance upcoming shoots. Direct and produce photo shoots and videos, showcasing signature styling and typography skills while ensuring successful project development, management, and implementation.
- Develop an all-inclusive fashion concept from the inside out, utilizing color theory analysis, body theory analysis, and human developmental supportive services.
- Foster safe spaces for creatives to collaborate and further develop their skill sets.

ST. STEPHENS COMMUNITY HOUSE, Columbus, OH

2017 – 2021

Family to Family Site Coordinator / Case Manager

- Coordinated the Family-to-Family program servicing the North-East region of Franklin County. Provide oversight of daily program operations, supervision of departmental staff, case management, and completion of program reporting. Implemented and innovated programming that ensures the development of the program goals and individual staff.
- Developed and maintained collaborative partnerships between the clients served, staff, and Franklin County Children's Services.
- Launched innovative one-on-one Life Coaching programs. Completed over 70 hours of Life Coaching, which includes wrap-around services resulting in referrals to counseling, educational programming, job training and placement, domestic violence, support groups, and housing. Responsible for facilitating Life Coaching Groups, Parenting Classes, and Support Groups that provide Holistic Care.
- Established New Launch Program provided at-risk families with needed support, development, and empowerment through small groups and classes, which resulted in over 100 families successfully moving towards stability.
- Served as a Community Consultant/Advisor for a community development partnership with The Ohio State University.

ACTION FOR CHILDREN SPARK OF OHIO, Columbus, OH

2015 - 2017

Project Manager

- Directed a pilot program that partnered with families and providers through the SPARK of Ohio Initiative. Led family-focused interventions using structured lesson plans and activities aligned with Ohio's Early Learning Content Standards.
- Oversaw monthly reviews and quarterly reports to ODJFS, SPARK of Ohio, and Action for Children Board Members.
- Conducted weekly face-to-face sessions with families through Developmental Coaching and Mentoring opportunities, which resulted in serving over 40 families.

KINDER CARE, Columbus, OH

2014 - 2015

Assistant Director

- Coordinated staff meetings, center events, and parent-teacher meetings. Observed and supervised teaching staff, along with managing the USDA food program. Ensured compliance with all state and governmental regulations regarding childcare.
- Maintained enrollment levels through family engagement and provided opportunities for language and literacy coaching, which increased enrollment by 15 percent.

Administrative Assistant III

- Collaborated with social workers and the administrative team in providing family services and support to over 20 undergraduate and graduate students with young children. Aided family counselors with the facilitation of weekly group therapy sessions for young mothers.
- Partnered with the Program Director in facilitating the Mentor/Mentee programming; developed new partnerships with local high schools in recruiting young mothers to the Access Collaborative Program at The Ohio State University.

EDUCATION

Master of Arts (MA), Fashion Art Direction,
Academy of Art University, San Francisco, CA

Master of Arts (MA), Pastoral Care & Counseling,
Ohio Christian University, Circleville, OH

Bachelor of Science (BS), Human Ecology (Human Development Family Studies),
The Ohio State University, Columbus, OH

Associate of Applied Science (AAS), Early Childhood Development,
Columbus State Community College, Columbus, OH

PROFESSIONAL DEVELOPMENT

- Certified Professional Life Coach
- Mental Health First Aid USA
- Nonviolent Communication (NVC)
- Trauma-Informed Approaches
- Domestic Violence Training