



Wayne Sarafin

Provider (Paraprofessional)

If you are reading this, please remember that you matter. You make a difference. You are loved. You do not have to walk alone. You are worthy of happiness.

I am so excited to start this journey with Rising Phoenix that will allow me to apply my personal and professional experiences to support others. Growing up was tricky in my home. I have an older sister, and a younger brother and sister. My mom is a Saint, so loving and the rock of our family. My father was a good man who battled many demons including alcoholism and a raging temper. In our home, there was no room for error, and consequences were... undesirable to say the least. My dad passed away 12 years ago, and I pray he found the peace his soul desired. Physically, I look a lot like my dad and unfortunately, I also developed many of his tendencies. For years I struggled with addiction to alcohol and drugs, and I had quite the temper. I wish I was joking when I say that it took me 16 weeks to complete a court-ordered 12-week anger management course. That course taught me so much about myself, the life I had been living, and the life waiting for me if I was willing to do the work.

Since November 14, 2007, I have been living a sober life that is filled with faith, health, and joy. Don't get me wrong, I have also experienced tremendous pain and loss in the past 15 years, but my work ethic, positive outlook, and faith have helped me to choose joy and to enjoy life to the fullest mind, body, and soul.

As for my professional experiences, I began my work in the restaurant industry in high school and have been in this field ever since. In 2002, I entered the field of life coaching and in 2012, I became a certified personal trainer through the National Exercise Trainers Association. I spend my days helping others to push through past trauma and to find empowerment by achieving their physical, spiritual, and emotional goals. I spend my evenings working as a server and make it a point to bring a smile to everyone I see.

In addition to serving, fitness training, and coaching, I also teach ZeSa classes and offer ZeSa bootcamps. ZeSa is ancient Sanskrit for balance and is the ultimate full body workout as it is done on unstable rotating activators and incorporates a combination of functional resistance training using free weights and your own body weight to boost metabolism and build lean muscle mass. My ZeSa clients experience a full body workout that not only challenges and improves balance and flexibility, but also builds strength and endurance, and stimulates the cardiovascular system to improve heart health and burn calories more quickly. In addition to the many physical benefits, clients have also reported an increase in positive mood, confidence, and self-worth.

Whether you are looking for increased physical health, mental health, or even just a patient listener, I am here for you.

CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

CLTS Service Arrays

Health and Wellness

Empowerment and Self-Determination

Counties Served

Chippewa, St. Croix, Barron, Polk, Pepin,

Dunn, Pierce, Burnett, and Washburn.

Speciality Areas

Physical Health and Wellness Coaching

Boxing, Martial Arts, and Self-Defense

Personal Training

Life Coaching

Chemical Dependency Recovery

