

# ALLISON MILLER

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**Job Objective:** Lifestyle Director, Wellness Coordinator, Resort Fitness  
To be in a position to provide education, activities, and events that support and inspire active aging in an uplifting and joyful way.

## Summary of Qualifications:

Highly trained to develop and implement individual and group wellness programs, with an emphasis on lifestyle, prevention, and active aging. Huge amount of experience supporting people to reach their goals, while providing unconditional support and inspired action.

- ☉ 20 years of Education and Experience
- ☉ Certified Yoga & Fitness Instructor
- ☉ Stress Management Consultant
- ☉ Individual & Group Wellness Programs

## CLIENT QUOTES

*“Our sessions leave me energized and strengthened”*  
*“I am attracted to you as you are a symbol of wellness and positive energy”*  
*“Your fun and friendly approach demonstrates that being healthy and fit can be simple, fun, and incredibly rewarding”*

## Professional Experience:

**LiveSmart Coaching Services, Old Tappan, NJ** **2005 – Present**  
Health & Wellness Coach

- Provides innovative strategies to support client goals.
- Proven ability to build rapport while evoking insight and commitment to action
- Establishes a clear line of inquiry, generally formed in an empowering, insightful and well directed format
- Ability to manage progress and accountability, while focusing on measurable, attainable and specific goals.

**Pascack Valley Hospital Health Education Center, Westwood, NJ** **2003 – Present**  
Yoga Instructor

- Yoga classes designed to address injuries and medical conditions, while improving energy and well-being
- Demonstrates various restorative breathing techniques to improve cardio and pulmonary function
- Possesses enthusiastic teaching style which serves to encourage, motivate and uplift

**One on One Therapeutic Yoga, Old Tappan, NJ**  
Yoga Instructor

**1995 – Present**

- Developed a successful, individualized yoga practice for a broad client base
- Ability to build connection and rapport, while identifying client's agenda and desired outcome
- Excellent listening skills; understanding the client's concerns, goals, and values, while giving encouragement, acknowledgment, and validation

**Northern Valley Regional High School, Demarest, NJ**  
Stress Management Consultant

**2002 – 2005**

- Educates faculty on how to recognize and manage stress successfully
- Developed stress reduction techniques to reduce physical and mental tension address fatigue, improve mental function while enhancing clear decision making.

**Yoga Mountain Institute & Wellness Center, New City, NY**  
Manager/Instructor

**1992 -2002**

- Completed 250 hours of study in Hatha Yoga, Pranayama, Meditation, Anatomy, and Yoga Therapy
- Coordinated all aspects of newly-expanded center, including development of class schedules
- Taught a blend of Hatha Yoga, integrating various styles, teaching the benefits of each

**New York Sports Clubs, New York, NY**  
Group Fitness Instructor

**1987 - 1997**

- Ability to teach multi-level classes with safe modifications for beginners
- Proven ability to inspire, challenge, and motivate by increasing class participation

**Education & Training:**

State University of New York	B.S., Health Sciences
Katherine Roberts Yoga for Golfer's™	Certification
Institute for Professional Empowerment Coaching™ (IPEC)	Certification
Yoga Mountain Institute Teacher Training Program	Certification
Aerobics & Fitness Association of America (AFAA)	Certification
Kripalu Center for Yoga Teachers	Continuing Teacher Training
Omega Center for Holistic Studies	Continuing Teacher Training

**Professional Affiliations:**

Yoga Alliance	International Coach Federation
National Wellness Institute	United Hospice of Bergen County
International Council on Active Aging	