Blue Athena

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Author, Speaker, Health Coach

Stockbridge, Georgia, United StatesHealth, Wellness and Fitness

Previous positions

Unit Shift Manager at The Emory Clinic

Registered Nurse at The Emory Clinic

Education

BioNaturally Colon Hydrotherapy Training Center, Foundation degree, Colon Hydrotherapy

Background

Summary

I love my life, spouse, children and people. I want to live up to my fullest potential by following my passion in health coaching.

I know the body can heal itself if given the proper nutrients, environment and support. I've seen it work! And it is most miraculous! As a result, I have a passion for helping others reach their health and nutritional goals using a synergistic approach to mind, body, and spirit health.

Experience

Business Owner

Kurejesha, LLC

2016 – Present

Regsitered Nurse - O.R STAFF

The Emory Clinic, Atlanta

February 2014 – Present(5 years 10 months)Atlanta

Provide specialized professional care & implementation of nursing care in the O.R. with 9 different specialty services.

Business Owner

Power of One Coaching

January 2013 – Present(6 years 11 months)Georgia, USA

My interest in health and nutrition was born from the challenges of being a caregiver for my spouse who battled cancer for 9 years. As a result, I became passionate about helping people restore their physical health and free themselves emotionally from past negative experiences. I found out that these 2 areas, health and, emotional wellbeing, are interconnected.

​Almost everyone has suffered some sort of bad/sad/negative or traumatic event in their lifetime. Most occur in childhood, the formative years, which leaves many subconscious negative programs running silently in the background of our minds, preventing us from reaching our true potential. When an individual experiences some sort of trauma, whether physical or emotional and left unresolved, it is packaged in their mental suitcase to be carried around with them everywhere they go in the form of baggage. Everyone has some form of baggage they’re carrying into all their relationships that affect every facet of his/her life.

My goal is to help people regain their physical health while also showing them how they can resolve emotional issues that prevent them from living their best life. The skills I teach my clients are designed for them to become self-sufficient in taking care of their physical and emotional needs and NOT to keep them as forever clients. Clients are always welcome to come back for refresher/maintenance sessions.

I’ve found that the key to finding happiness is to look within and ‘detox’ from past negative memories/programming so we can move forward and look to the future. The techniques I’ve learned, personally used on myself, and witnessed in others show positive results in reducing/relieving emotional trauma symptoms of any kind. The testimonials I’ve collected also attest that these techniques work!

Unit Shift Manager

The Emory Clinic

June 2005 – February 2014(8 years 8 months)Greater Atlanta Area

Manager - ensure patients/family members have as pleasant an experience as possible during their stay at our surgery center by facilitating the flow of the operating room schedule to reduce waits/delays & attending to their personal needs.

Registered Nurse

The Emory Clinic

February 1995 – July 2005(10 years 5 months)Atlanta

Provide specialized professional care & implementation of nursing care in the O.R. with 9 different specialty services.

Key Accomplishments

- Coordinate & document the planning, implementation & evaluation of pre-operative, peri-operative & post-operative nursing care. Assist anesthesia personnel as needed with patient induction.

- Preceptor for new RN hires to the unit.

Member of audit committee for quarterly chart reviews

- Proficient in the following surgical areas: endoscopy, laparoscopy, arthroscopy, orthopedics, general surgery, plastic & reconstructive surgery, GYN Sand ENT

Registered Nurse

Southeastern Regional Medical Ctr. Brunswick, Georgia

June 1994 – August 1995(1 year 2 months)Georgia

Professional peri-operative caregiver in 9 specialty service areas for patients undergoing surgical intervention in elective & emergency situations. Competent in patient assessment, planning, documentation, implementation & instruction in peri-operative nursing care. Assist anesthesiologists with patient induction & other interventions. Supervise the performance of O.R. surgical technicians during surgical procedures.

Registered Nurse

Gorgas Army Hospital, Panama City, Panama

June 1993 – August 1994(1 year 2 months)Panama

Specialized professional caregiver in the implementation of nursing care in 6 different specialty areas in a military medical facility. Assist anesthesiologists with patient induction and other interventions. Coordinate & document the planning, implementation & evaluation of peri-operative & post-operative nursing care.

Registered Nurse

PruCare of Atlanta, Atlanta, Georgia

April 1992 – May 1993(1 year 1 month)Georgia

Daily responsibilities included: telephone triage to document & direct over 100 calls daily. Coordinate & schedule routine & emergency appointments for patients with physicians. Counsel patients within scope of my profession regarding new O.B., abortions, STD’s & direct to appropriate services

Education

BioNaturally Colon Hydrotherapy Training Center

Foundation degree, Colon Hydrotherapy

2016

Certificate – Colon Hydrotherapist

John Maxwell University

John C. Maxwell Certification Program, Coach, Trainer, Teacher

2013 – 2015

Certificate – Coach, Speaker, Teacher and Trainer

Institute for Integrative Nutrition

Certificate, Health Coach, Health Coach

2013 – 2014

Certificate in Health Coach

Wellspring Rejuvenation Center

Level 1 & 2, Usui Reiki System of Natrual Healing

2014

Wellspring Rejuvenation Center Certificate – Reiki Certification (1st and 2nd degree)

Chamberlain College of Nursing-Columbus Campus

Bachelor's Science in Nursing, Nursing

2009 – 2012

Bachelor of Science in Nursing Degree

Coastal College of Georgia

Associate of Science in Nursing, Registered Nursing/Registered Nurse

1975 – 1977

Associate Degree of Science in Nursing (ADN)

Philadelphia High School for Girls

1970 – 1974

Mind Valley- Energy Healer's Course

Languages

English

Native or bilingual proficiency

Skills & Expertise

Event Planning

Nutraceuticals

Fitness

Lifestyle

Weight Loss Coaching

Weight Management

Health Promotion

Lifestyle Coaching

Mentoring

Public Speaking

Weight

Microsoft Office

Customer Service

Wellness

Wellness Coaching

Nutritional Counseling

Healthcare

Social Media

Nutrition Education

Stress Management

Health Education

Holistic Health

Stress

Certifications

Health Coach Certification

Institute for Integrative Nutrition, License

October 2012

Courses

BioNaturally Colon Hydrotherapy Training Center

I-ACT Certified Colon Hydrotherapist

John Maxwell University

Certified Coach, Speaker, Teacher, Trainer

Institute for Integrative Nutrition

Certified Health Coach

Wellspring Rejuvenation Center

Reiki Level 1 & 2 Certification

Organizations

International Association of Health Coaches

Member

January 2013 – Present

American Association of Drugless Practitioners

Member

2013 – Present

Unit Practice Council

Member, Education Commitee

2007 – Present

Georgia Organization of Nurse Leaders

Member

2010 – Present

International Association for Colon HydroTherapy

Member

2016 – Present

Volunteer Experience & Causes

Causes Blue cares about:

Children

Education

Environment

Health

Social Services