

## *Transforming Lives Through Language, Story and Art*

**Mindworks Coaching** offers innovative workshops and one on one coaching to individuals, leaders, and groups to inspire imagination and harness creative energy. Our integrated learning method activates right and left brain thinking to ensure increased awareness of creative potential and enhanced ability to move forward to a new vision of success.

Life Coach Susan de Wardt brings over twenty years of experience in strategic planning, workshop facilitation, success coaching, and human development training to the process of creating extraordinary results.

### **Mindworks Corporate and Educational Clients:**

- Corporate: Executive and team support, stress management, communication
- Education: University administrative planning retreats, administrative and staff development, faculty training on special topics, lifelong learning programs, at-risk student development programs
- Health Care: Nursing/staff development, hospice, adult wellness programming, cancer and chronic illness support groups, senior center programming
- Churches: Congregational communication and outreach
- Non-Profits: Museums, historical societies, art councils, crisis volunteer staff development, teen advocacy team development, entrepreneurial support groups
- State Department of Corrections-Texas: Women's half-way house/detention center
- Libraries: community programming

### **Selected Conference Presentations:**

- *Playing with Words and What's In Your Journal*, 2010 DCL Author's Extravaganza
- *Write From Your Heart*, Sisters in Steamboat/American Heart Association,
- *LifeLines-Capturing Life's Precious Moments*, 2<sup>nd</sup> Annual All Arts Festival,
- *Poetry as a Tool for Personal Growth*, 2010 NAPT Conference, Washington, DC.
- *Celebrating Our Selves*, Sisters in Steamboat
- *Write Way to Healthful Living*, 2009 Colorado MS Society Wellness Retreat
- *Writing Around the Block and Permission to Create*, 2009 DCL Author's Extravaganza
- *Beyond the Artist's Way and A Sense of Place*, 2009 All Arts Festival,
- *Beyond Words*, Journal Conference 2008, Denver, Colorado
- *Writing Around the Block*, 2008 'Day for Writers' pre-conference

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- *The Art of the Journal*, First Friday Art Walk, Steamboat Springs, CO
- *Visual Journaling*, 2007 NAPT conference, Portland, Oregon
- *From Memories to Memoirs*, Tread of Pioneers
- *The Journal Process for Writers*, 2007 Day for Writers pre-conference
- *Writing in Nature*, 2007 Day for Writers post-conference
- *A Day for Writers*, moderator 2005, 2006, 2007, 2008, 2010 Steamboat Springs, Colorado
- *The Power of Language*, 2007 Arts for the Soul
- *Conversations on Creativity*, conference welcoming panel 2004, 2005, 2006, 2007, Arts for the Soul
- *Girls to Women*, 2004 keynote speech, Colorado Frontiers for Women
- *Calling the Circle*, 2000 Women's Day keynote speech, Yampa Valley Medical Center/ Colorado Mountain College

### **Post-Graduate Training and Experience**

2010	Faculty, Therapeutic Writing Institute, Center for Journal Therapy
2009-2010	President, National Federation for Biblio-Poetry Therapy Board of Directors
2008	NFB/PT Board Member, Credentials Committee
2008	Certified Journal Facilitator/Certified Applied Poetry Facilitator, NFB/PT
2005-2006	Adjunct Instructor, Creative Writing/Psychology, Colorado Mtn. College
2002	Coach U, 2 year coach training program
1995	Instructor Certification, Journal to the Self® educational writing workshop
1991	4-year Internship, Holistic Psychotherapy, The Netherlands
1983	Instructor/Development Chair, Petroleum Engineering, Chulalongkorn University, Bangkok, Thailand

### **Education**

1978	BSME cum laude, Thermomechanics and Energy Conversion University of Illinois at Chicago Circle, Chicago, Illinois
1973	BA cum laude, Social Science, George Williams College, Downers Grove, Illinois

### **Contact Information:**

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