

STEPHANIE JAMES

stephaniesheriejames@gmail.com || 337.277.1962 || Acadiana Region

DIVERSITY || CAREER COACH || CERTIFIED TEACHER & FACILITATOR || HR

25 years of combined results in human resource training, facilitator, career coaching, teaching and performance.

Diversity: Champion diverse communities with listening ear and active solutions that bring all together. **Career**

Coach: Develop career coaching private practice culture from ground zero + long-term strategic plan with proven

results. **Industry Reputation:** Create and maintain supportive and respectful work environment, designing and implementing programs to improve client performance on the job and in life. Certified Teacher, Credentialed Trainer, using Mindset + Health & Wellness techniques for success and extensive human behavior training.

Authored: "90 Days into You: From Pain to Wisdom (*sold through Amazon digital.*)

Analytical Soft Skills: Able to diffuse angry tempers. Accurate with details; conscientious and serious about doing things correctly. Articulate, optimistic, and friendly coach with good sense of humor. Consistent, stable, predictable and tireless work ethic to complete complex projects. Logical negotiator due to people skills, patience, and objective reasoning. Strong people and technical skills. Well-prepared for meetings.

HR Competencies: Arbitration | Career Coaching | Change Management | Confidence | Diversity | Job Frustration | Leadership Development | Management Training & Development | Metacognitive Strategies | Morale & Welfare | Multimedia Training & Instruction | Online Recruitment | Performance Appraisal & Reengineering | Personnel Relations | Policies & Procedures | Professional Growth Plans | Recordkeeping | Recruitment | Retention | Social Media Training (*Instagram*) | Staffing | Student Annotation Strategy – Linking Color Coding to Learning Notes | Talent Management | Team Building & Leadership | Train-the-Trainer | Wellness Program

Awarded: Court Appointed State Advocate (*CASA*) Volunteer of the Year.

PROFESSIONAL EXPERIENCE

DIVERSITY COACH || MUSIC RELATIONSHIP COACH

St. Charles Borromeo | Virtual | 2020 to Present

- **Diversity Coordinator:** Chosen to manage all diversity issues for specially-created position. Superior results.
- **Relationships:** Engage local parish by cultivating strong relationships that garner results for all parishioners.

HUMAN RESOURCES CAREER COACH

Private Practice | Virtual | 2015 to Present

- **Private Coach:** Job Frustration, Confidence, Grief, Peaceful Weight Loss, etc.
- **Program:** Calls, eJournal accountability, networking, book study, resources, worksheets, and encouragement.
- **Reputation:** Exemplary testimonials and reviews, developing deep and meaningful relationships with clients.
- **Website:** 90 Days into You: *From Pain to Wisdom Signature Program:* www.stephaniesheriejames.com

LITURGICAL AND MEMORIAL SERVICE MUSICIAN

Various Catholic Churches | Multiple Parishes of Acadiana | 2010 to Present

- **Cantor:** Self-accompany on piano, providing weekly selections (*11-24 services/month*).
- **Administration:** Provide strategic vision, planning, and leadership through working with administration.
- **Relationships:** Engage community and local institutions by cultivating strong relationships.
- **Genres:** Traditional, contemporary, blended, instrumental, and choral music.

CERTIFIED MUSIC TEACHER – KINDERGARTEN THROUGH 12TH GRADE

Various Acadiana Schools | Multiple Parishes of Acadiana | 1994 to 2014

- **Teaching:** Developed/implemented interactive and individualized learning experiences in music, increasing student engagement and understanding of music lessons.
- **Assessments:** Analyzed data using student assessments and progress monitoring to shape yearly curricula.
- **Involvement:** School community with concerts, recitals, practices, and extracurricular activities.

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CERTIFIED DEMARTINI FACILITATOR - 2020

Dr. John DeMartini | www.demartini.com

CERTIFICATION COURSES:

Values Determination | The Breakthrough Experience | Insight Meditation Training | Intensive on Self-Love

Donna Vail – More for Mom | *Education, Coaching and Mentor Program*

Louisiana Board of Ethics | *Ethics Training for Public Servants*

Lafayette Parish School Systems | *Bullying Training for Personnel*

MINDSET TRAINING

Verne Varona | *Macrobiotic Advanced Study*

Geneen Roth | *“Women, Food, and God” (Kripalu)*

Gabrielle Bernstein | *“Finally Full Course – Bring your quinoa and God.” (spiritual practices)*

Dr. Kelly Bogan, M.D., author | *“A Mind of Your Own” - Vital Mind Reset Program*

Julie Christenson | *Protective Diet Education*

HEALTH AND WELLNESS CERTIFICATIONS

AFAA Step Aerobics

Heart Health by e-Cornell

Food Over Medicine Instructor

Anatomy 4 Fitness Certified

National Academy of Sports Medicine + Athletics & Fitness Association of America (continuing education provider.)

TEACHING CERTIFICATIONS

Teaching Certificate: Vocal Music K-12 (Level 1 #440729) | Louisiana State Department of Education

Certified Teacher of Piano | Louisiana Music Teachers Association

Nationally Certified Teacher of Music in Piano (#10736) | Louisiana Music Teachers National Association

EDUCATION

Bachelor of Arts: Arts and Humanities, Music and Psychology

University of Louisiana at Lafayette | Lafayette, LA