
VALENA SPENCER, PhD

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WORK EXPERIENCE

ANDARA, LLC / A NATURAL SOLUTION

01/2008- Present

Family Health & Wellness Consultant / Business Operations Director

Decatur, GA

- Provides programs, health assessments, analysis, to administer a comprehensive plan for improving stress & wellness client request, including nutrition, exercise, meditation, qigong, & visualization
- Consults, writes and advises on prevention, intervention, and public health matters
- Plans and presents teaching programs, speeches, workshops to educate clients, families, students & healthcare providers on natural health care solutions to reduce stress & behavior problems
- Designed and implemented successful Internship program and human resources hiring
- Supervised, educated and evaluated youth interns from Troy State University and Tucker High
- Managed special projects such as successful internship training program, human resources hiring & business marketing
- Developed operations policies and procedures for proper maintenance of daily center functions
- Published articles and draft reports utilizing a variety of media to diverse and marginalized communities with targeted public health concerns
- Prepare lessons for clients to gain insights on the scientific applications of wellness and anatomy
- Leadership role in business plan creation, incorporation, documents and website preparation

TAYLOR MADE FITNESS

8/2014-8/2018

Exercise Scientist / Kinesiology

Atlanta, GA

- Compile and present data to brief superiors and leadership
- Serves as Instructor focusing on proper body mechanics, lifting technique & health education training
- Conducts Pre-work screens of transportation specialist candidates to mitigate risk for company
- Provides assessments of vital statistics and safety performance of truck driving functions with medical teams at Schneider National & Roehl Transport
- Provides nutritional, exercise, and weight loss advice for health improvement

SOLUTIONS CONSULTING

1/2012-10/2013

Director of Internships / Business Operations

GA / Canada

- Created, coordinated and managed student Internship program for University students
- Managed student welfare, personal development and training
- Collaborate during strategic planning sessions to increase sales by 50%

ORGANIZING FOR AMERICA

Jacksonville, FL

Deputy Field Organizer, SE Border States

09/2012-11/2012

- Trained and coordinated volunteers for canvassing neighborhood to compile data for voting
- Recruited and managed travel & housing arrangements for diverse groups of out-of-state volunteers
- Promoted from Organizing Fellowship in Atlanta, GA to DFO in Jacksonville, FL
- Exceeded volunteer and recruitment goals by more than 25% and up to 250 in a weekend
- Assisted in efforts to re-elect U.S. President by increasing voter contacts in region 4000%

AHIMKI CENTER FOR WHOLENESS, INC.

1/1998- 5/2012

Instructor/Professor (Interim)

Roswell, GA

- Designed and implemented targeted curriculum for groups of 7 students/allied health professionals
- Utilized principles of learning and didactic education to train students in natural sciences
- Consulted with administration to effectively plan, develop, implement & evaluate training & education
- Developed competency based curriculum to train, implement and evaluate

EDUCATION

Acupuncture, Nutrition and Homeopathic Medicine, Ph.D., D.C.M., N.D.

- Highest Honored Graduate in schools history
- Clinical experience and apprenticeship at three Natural Medicine Centers abroad

International Studies

- Sri Lanka and Israel – Gained organizational management skills by working in several health clinics
- Mexico – Flourished in basic Spanish speaking, reading and writing skills

Georgia Southern University

Health Science (B.S.) Health and Fitness Promotion

- Internship and Physical Therapy & Occupational Therapy Tech at Piedmont Hospital, Atlanta

Hiwassee College, Tennessee

Associate in Arts -Aerospace Technology (A.A.)

Cum Laude

- Women's Basketball Tigerettes - Student Athlete -1991 NJCCAA Region 7 Champions
- Student Council Secretary
- Phi Theta Kappa Honor Society

VOLUNTEER WORK

- Board Member – Wholistic Stress Control Institute (Public Health & Prevention Programs) 2015-Present
 - WSCI provides a variety of community prevention programs related to public health
 - Help plan for the future, to provide evidence about the direction of organization
 - Raise funds, awareness, provide education and prevention of public health issues
 - Internal assessment of organizations financial, marketing, & environment projections scans
- Lions Club Board Member - Atlanta Peachtree LCIF Chairperson & Charter Member – 2013-14
 - Fund Raising Campaigns and Volunteer Support
- Aviation Career Enrichment –(ACE Academy) Ground Instructor of Youth Saturday Academy 2018 - Present
 - 2 Years teaching STEM in community classroom setting

PROFESSIONAL AFFILIATIONS/COURSES

- Meditation & Qigong (Chi-gong) – Level 1, 2, 3 - Spring Forest Qigong
- Yoga Instructor Certification
- Qigong (Chi-gong) & Meditation - Level 1, 2, 3 - Supreme Science Qigong
- Da Dao Chan Gong Qigong Instructor
- Mind Management Trainer – Meditation, Qigong, Tai-Chi, & Yoga Instructor
- IDEA Member - Health & Fitness Association
- Digital School E-Commerce & Social Media Marketing – Georgia Tech ATDC 2014-16
- Board Certified in Integrative Health (BCIH)
 - Diplomate of College of Whole Medical Systems (DWMS)
 - American Association of Integrative Medicine
- Speaking Empire – Speaking & Marketing Academy 2015
- ACE Certified Personal Trainer-1995
- CPR, AED, First Aid Certification
- Author - Magazine Article, Website Articles, Book Manuscripts