

Michael D Barrett, M.DIV, CHC, CLC

Contact:

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Personal Statement:

As an accomplished professional, serving in Pastoral Ministry for several years, including training as a Spiritual Care Health Care consultant, the decision to become a certified health and life coach has empowered me to continue to serve others in a loving and caring way. In a spirit of joy and gratitude, I would be honored to assist and empower you as a client, with the ability to accomplish a fuller and powerful integration of your physical needs and goals which would include nutrition, body movement, Mind, Spirit, and transitional choices.

As your health and life coach, I will provide you with all the tools and resources you need to achieve 'transformational' life-changing habits to assist you in realizing your life goals and accomplishments, empowering you to pursue and embrace a life of abundant living!

To see if we are a fit: I would invite you to consider a free thirty-minute – discovery session.

I look forward to hearing from you!

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<https://clarityhealthcoach.com>

Skills:

- Enthusiastic, certified Life and Health Coach with 10+ years of experience supporting clients seeking transformational lifestyle changes.

- As a Spiritual Care Healthcare Consultant at Presbyterian Medical Center, in New Mexico: I have been proactive in partnering with clients, patients, families, staff, in discerning and implementing potential life-changing decisions.
- Provided team leadership while working at healthcare conferences furnishing providers the opportunity to earn credits towards continuing education.
- As a certified Health and Life Coach: I engage in powerful and effective communication that incorporates empathetic listening with constructive feedback, resulting in a client's pursuit to achieve attainable goals.

Experience:

Life Coach / Health Coach: 6/2020 - Present

- Provide clients with strategic health and transformational lifestyle choices.
- Make recommendations addressing nutrition, exercise, and mental clarity to achieve goals resulting in an integrated and holistic lifestyle.
- Administer emotional and spiritual support when needed.

Presbyterian Healthcare Services: 8/2012 - 6/2020

- Spiritual Care Healthcare Consultant
 - Administered spiritual & emotional support for patients, families, and staff.
 - Provided team leadership in program development, marketing strategies, budgets, and promotional materials for spirituality & health conferences.
 - Created music therapy activities for patients in the rehabilitation unit.
 - Created a local Schwartz rounds chapter, which is a forum for medical providers to share their feelings and emotions with regards to patient care.

Media, Marketing & Sales: 9/2003 - 7/2012

- Marketed and sold health and wellness products online utilizing social media.
- Composed, recorded, produced, and sold Inspirational music on a private record label.
- Music and media products were distributed to several hundred retail outlets in the USA and Canada.

Education:

- Life Coach & Health Coach certificate: International Coaching Federation (ICF)

- Clinical Pastoral Education (CPE): Presbyterian Healthcare Services, Albuquerque, NM
- Master of Divinity: Mount Saint Mary's, Emmitsburg, MD
- Bachelor of Arts: Boston College Chestnut Hill, MA

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