

MacKenzie Wolf

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PROFESSIONAL EXPERIENCE:

FabYOUiversity

2015 - Present

Founder/Dean

FABYOU is an evolution of the "Reshaping Success Approach". A total package which is designed to bring the physical, emotional, mental and spiritual aspects of one's self together. Now known as the "Dare To Be Fabulous Approach".

The curriculum was created with the individual woman in mind. As each woman is on her own personal journey, the individual chooses a course of study that best fits with creating her most fabulous self.

- Independent at home study courses in 7 core areas
- Membership in a community of fabulous women
- Personal VIP Day (one on one coaching, training and education)
- Individualized Coaching Programs

RESHAPING SUCCESS

1997 - 2015

Owner/Operator

Founder of the "Reshaping Success Approach" designed to connect all the pieces necessary for an individual to become the best ever and live a fabulous and fit life.

- Designs comprehensive programs based on the seven puzzle pieces which encompasses the physical, emotional, mental and spiritual. Works individually or in small groups.
- Workshop presenter
- Strong assessment skills
- Considered an excellent trainer with the ability to encourage, discipline and achieve results that build confidence and esteem in clients.
- Exceeds the expectations of clients

GOLD'S GYM

1996-97

Fitness Director

Supervised up to 5 trainers, provided continuous education, ensured high quality service, verified payroll. Responsible for hiring, evaluation and termination.

- As least senior trainer on staff, promoted to Fitness Supervisor in just 3 months due to superior performance.
- Championed leading edge professional development for members of training staff, which contributed to higher ratios of client satisfaction.
- Received *Top Trainer Award* for exceeding corporate expectations for performance.

Fitness Trainer

Planned and executed fitness programs to help clients achieve health and fitness goals.

LEUKEMIA FOUNDATION

Marathon Coach

- Designed and implemented training program
- Responsible for training schedule and nutrition planning

TEACHING EXPERIENCE:

PORTLAND PUBLIC SCHOOLS, Portland, OR

1990; 1992-96

NEWBERG PUBLIC SCHOOLS, Newberg, OR

1991-92

Held a number of elementary and secondary teaching positions during this 6-year period, on a long and short term basis. Substituted between temporary assignments.

CONNER MIDDLE SCHOOL, Hebron, KY

1989-90

Taught 6th Grade reading, language arts, science and health

GOODRIDGE ELEMENTARY, Hebron, KY	1980-89
Taught 6th Grade reading, math, science, health and values clarification	1986-89
Taught 2nd Grade in self-contained classroom	1983-86
Taught 6th Grade reading, social studies, and values clarification.	
Also member of the Faculty Advisory Committee and coordinator of basketball program for 5th Grade boys and girls.	1980-83

TEACHING ACCOMPLISHMENTS

Member of school based committee that developed and implemented school-wide discipline policy based on mutual respect and clear expectations. Policy resulted in measurable behavior and attitude improvements and an enriched learning environment for students and staff.

- Instrumental in design and implementation of a Values Clarification Program in 6th Grade, laying the ground work for values centered living and paving the way for more productive, better adjusted adults.
- Key member on Principal's Faculty Advisory Committee that reviewed and revised existing school policies and implemented new policies that met the changing needs of both students and staff.
- Member of committee that developed and implemented a Life Saving Skills Program in the Boone County School System.
- Represented Boone County (Kentucky) at a public relations conference presenting highlights of Chester Goodridge Days. This activity, commemorating the founder of the school, strengthened ties by bringing community members into the school environment.

EDUCATION:

18 Credit Hours, Portland Community College, Portland, OR

**Rank 1, Certificate in Administration, Northern Kentucky University
Highland Heights, KY**

M.A., Northern Kentucky University, Highland Heights, KY

B.A., Elementary Education, Northern Kentucky University, Highlands Heights, KY

CERTIFICATION CREDENTIALS:

State of Kentucky K-8

State of Oregon K-9

Rank 1, Certificate of Administration, Northern Kentucky University

Reading Specialist Endorsement, Northern Kentucky University

EMT Basic 1996-2007

Certified Fitness Professional, National Academy of Sports Medicine

Certified Nutrition Coach

Fitness Nutrition Specialist

Women's Fitness Specialist

Senior Fitness Specialist

Weight Loss Specialist

Behavior Change Specialist

Life Coach, Center For Coach Training

Parent/Teen Coach, Academy For Family Coach Training

NLP Practitioner

Thought Pattern Management Practitioner

Advanced Studies in Clinical Nutritional (Designs for Health Institute)

Pilates Instruction, mat and reformer (Stott Trained)

Reiki Practitioner, Level I

AFFILIATIONS:

IDEA (Association for Trainers)

World Wide Group, Professional Leadership Organization