

Cindy Pavell

Website: eightfoundations.org

Email: Cindy@eightfoundations.org

My great passion as an Educator, a Writer, and a Coach is to invite others to move toward their highest personal vision of themselves and to be free from behaviors which hold them in bondage.

EDUCATION:

- 1998 **Master of Science, Exercise Science and Health. George Mason University,**
Fairfax, Virginia.
- 1993 **Studies in functional anatomy. California State at Hayward,** Hayward, California.
- 1992 **Studies in anatomy and physiology. Laney College,** Oakland, California.
- 1985 **Bachelor of Arts, English. University of New Haven,** West Haven, Connecticut.
G.P.A. 3.47; Dean's List, 1983-84.
- 1981 - 1982 **English studies. University of Texas at San Antonio,** San Antonio, Texas.
- 1979 - 1981 **General studies. Brevard Community College,** Melbourne, Florida.

WORK EXPERIENCE:

- 2015 - Present **The George Washington University,** Washington, DC.
Part-Time Faculty:
**Personal Health and Wellness*
**Relationships and Your Health* (I designed this course)
**Lifetime Fitness*
**Stress Management*
- Consultant:
Executive Leadership Department; "Self-Care in Leadership"- Full-day
Workshop Presenter; Executive Leadership Coaching.
- 2008 – 2016 **Fitness + Wellness,** Owner, Washington, D.C. Metropolitan Area;
Corporate Motivational Seminars; Posture Alignment Specialist;
Health & Wellness Coaching; Core/Fitness Training.
- 2008 **Published Writer/Contributor for American College of Sports Medicine,**
et al. ACSM Personal Training Manual, 3rd edition, 2009; wrote Chapter 9,
Client Relationship-Partnership for Growth.
- 2008 – 2015 **Health & Fitness Writer/Column** for *Viva Tyson's Magazine.*
- 2006– 2012 **George Mason University.** Fairfax, VA
Adjunct Professor:

- * *Nutrition*
- * *Women's Health*
- * *Personal Health*
- * *Health & Wellness Choices*
- * *Relationship Health*

- 2003 **The George Washington University**, Washington D.C. Part-Time Faculty. *Personal Health and Wellness.*
- 2011 – 2017 **National Credit Union Administration**. Alexandria, VA. Consultant for Wellness and Fitness. *Health & Wellness Seminars* (wide range of topics) and classes for staff and employees.
- 2005 – 2014 **United States Chamber of Commerce**. Washington, D.C. Fitness & Wellness Consultant. *Health & Wellness Seminars*; weekly Coaching sessions with employees on their health, fitness, and posture.
- 1994 – 2016 **Every Body Fitness Center**, Springfield, VA 22152. Personal Training Director.
Responsibilities: Sales and operations for personal training staff. Hiring personal training staff, establishing training guidelines and standards.
- 1988 - 2007 **Step by Step Personalized Fitness**, Springfield, VA 22152. Owner and Personal Fitness Trainer.
Responsibilities: Manage and develop in-home personal training business. Perform client health history and fitness assessment. Develop realistic goals and client-appropriate exercise programs. Educate and motivate individuals in order to promote health and fitness.
- 1990 - 1994 **Courthouse Athletic Club**, Oakland, California. Personal Trainer, Exercise Instructor and Workshop Presenter.
Responsibilities: Performed client health history and fitness assessment. Developed realistic goals and client-appropriate exercise programs. Taught group circuit training and body toning classes. Presented workshops on back care/trunk stabilization and strength training techniques.

CERTIFICATIONS

Certificate in Applied Positive Psychology (CAPP) - A nine-month (240 hours) course which focuses equally rigorously on theory and practical application. June, 2020

MBSR-T Certificate – Mindfulness Based Stress Reduction for Teens, Gina Biegel, 2018

Certified Health & Wellness Coach – Wellcoaches; partnered with ACSM, 2007 & 2016

Leadership Circle Profile Certification - 2017

Leadership Embodiment, Level 1 & 2 - 2017

Corporate Wellness Specialist – Corporate Health & Wellness Association, 2012

PAS – Posture Alignment Specialist – Egoscue University, 2010

Certified ACSM Health Fitness Specialist – Concentration in exercise testing and prescription. American College of Sports Medicine, 1990

Certified Resistance Training Specialist (RTS –1 & 2) – Concentration on biomechanics and applying physics principles to exercise and various types of equipment, 2002

Certified Conditioning Specialist – Concentration in various modes of training and principles of programming. National Sports Performance Association, 1996

Certified Cardiopulmonary Resuscitation. American Heart Association, current

HEALTH & WELLNESS SEMINARS PRESENTED for: U.S. Chamber of Commerce, National Credit Union Administration, Federal Courts, Executive Leadership Department George Washington University, International Women’s Leadership Association Conference, Emerging Leaders Program for Edu-Futuro (***topic list is not exhaustive and are research-based***):

- Self-Care in Leadership - **Full day workshop.**
- Putting It All Together – Tools, Strategies, & Practices for Transformational Learning & Positive Behavior Change.
- Growth Mindset & Mindfulness – Foundations for Personal & Professional Well-Being.
- Limiting Beliefs & Cognitive Distortions – Roadblocks to Growth!
- Sugar – The Lies We Are Told & Sold!
- Posture & Performance
- Effective & Focused Communication – Primary Ingredient for Health Relationships
- Self-Management – Stress is Not Real!
- Healthy Weight Loss – The Big Goliath!
- Relationships & Your Health
- Heart Healthy & Diabetes Prevention
- Getting Started - Guidelines for Beginner Exercisers

- Sitting: Damaging Effects to Your Health
- Back Care & Strengthening - Lowering Your Risk

AWARDS:

**Who's Who in American Colleges and Universities
Award Winning & Nationally Ranked Collegiate Basketball Player
Award Winning Triathlete**

REFERENCES:

Patti Plaza, M.S.

Director, Health Education and Physical Activity Programs
The Milken Institute School of Public Health
Department of Exercise and Nutrition Sciences
950 New Hampshire Ave., NW, 2nd Floor
Washington, DC 20052
202-994-6280
pplaza@gwu.edu

Silvia Murphy

Owner/Head Coach Body By Silvia Lifestyle Fitness
8000 Orange Plank Road
Springfield, VA 22153
703-888-7037
Silviamurphyusa@yahoo.com

Ina Gjikondi

Director, Executive Education & Leadership Coaching Services
Center for Excellence in Public Leadership
The George Washington University
2033 K Street NW, Suite 240
Washington, DC 20052
202-994-5313
Gjikondi@gwu.edu