Alexandra M. O'Neill

• Alexandra.M.Oneill@gmail.com •

Naropa University **Boulder, CO** **2012-2015**

• Somatic Counseling Psychology

Loyola Marymount University **Los Angeles, CA** **2009**

• Bachelor Of Arts, B.A., Psychology

• Minor, Journalism (Media Emphasis)

SPECIAL SKILLS & INTERESTS

• Conversational in Spanish

• Athletic and able to guide/instruct: snowboarding, skiing, mountain biking, and hiking.

• Mentoring and tutoring

• Vinyasa and Hatha yoga

• Somatic Experiencing (SE)

• Non Violent Communication (NVC)

• Uses of Sensorimotor Psychotherapy and Nonverbal Communication in Treatment of Dissociative Disorders w/ Pat Ogden

WORK EXPERIENCE

Ontological Coach Boulder, CO Present

• Completed a 1 year training program through Newfield International Coaching Network

• Studied ontological philosophy, the generative power of language, cultural discourses, distinctions between emotions and moods, shifting perspectives and through alignment of body, emotion, and language.

• Participated in teleclasses on Ethics in Coaching, Body, Emotion and Language, Intro Coaching Agreements, etc.

• Mentored by professional Master coaches in Arizona and New England via phone once a week.

Yoga Instructor Vail, Beaver Creek, Edwards, CO 2011-2012

• Taught Hatha, Vinyasa, and Kundalini yoga styles.

• Studied yogic texts and conveyed their rich tradition of inquiry and exploration to students.

• Inspired students to take their yoga practice off the mat by living a more mindful integrated life in unity of body, mind and spirit.

• Adjusted alignment of the body using touch in an ethical and conscientious way to benefit students.

Broker's Assistant **D. O'NEILL ENT. HYATT RESIDENCE CLUB** Breckenridge, CO 2009-2012

• Represented agency professionally as the initial contact for upscale customers in fast-moving resort real estate market.

• Qualified potential buyers before forwarding leads on to Real Estate Broker.

• Organized communication between phone-in leads and walk-ins for Broker follow-up.

• Managed and organized marketing leads and client's information using Microsoft Excel.

Real Estate Broker's Assistant **ALAIN PINEL REALTORS** Marin, CA 2010

• Maintained client database using Microsoft Excel and Microsoft Word.

• Hosted weekly presentations to Hyatt owners regarding using their timeshare points to trade/upgrade to other properties.

• Guided tours of the property to clientele who were prospective buyers.

Private Ski Instructor Beaver Creek, CO & Vail, CO 2009-Present

• Gain experience teaching children (ranging from 4-17 years old)

• Learned how to modify my language to convey instructions to children of various developmental levels, cognitively and somatically
• Created games which simultaneously taught technical skills and increased confidence
• Improved ski ability and excelled them from beginners to intermediate/advanced.

Sales Representative • FRED SEGAL Santa Monica, CA 2010

• Provided exceptional customer service by utilizing my intimate knowledge of the latest fashion trends
• Tracked, recorded, and reconciled daily, monthly, and yearly sales figures.
• Represented the brand when traveling to trade shows to view product and facilitate buying decisions.
• Continuously built a strong clientele and maintained business relationships

Model • IMG MODELS Los Angeles, CA 2006-2009

• Modeled designer fashion for commercial print ads and runway shows.
• Developed a respected, punctual, working professionalism.
• Traveled internationally independently.

•Sales • SQUARE 1 CLOTHING Denver, CO 2006

• Provided exceptional customer service by utilizing my intimate knowledge of the latest fashion trends.
• Ensured all products are properly merchandised and available for purchase.
• Traveling to all trade shows to view product and facilitate buying decisions.

Personal Assistant • Beaver Creek, CO 2009-2010

• Provided families visiting the ski resort of Beaver Creek or Vail Colorado with child care services incorporated with ski/snowboard lessons.
• Organized family vacations to include a full experience of the Rocky Mountain lifestyle; moonlit snowshoe trips, sleigh rides, ski trips, sledding, restaurant/ bar reservations, transportation, etc.

•Mentor & Tutor • WESTCHESTER HIGH SCHOOL Los Angeles, CA 2007-2008

• Tutored high school students with all subjects during the after-school study hall.
• Inspired students who struggled to set long-term goals by educating them on the value of high school grades in attaining financial aid to get a college education.
• Edited drafts of college essays and provided support in completing college applications.
• Provided encouragement and support for students during difficult formative years of development.

Public Relations/Journalism

Journalist THE LOS ANGELES LOYOLAN NEWSPAPER Los Angeles, CA 2008-2009

• Voiced concerns of the student body.
• Gaged public interest of various topics in National news and conveyed the importance of knowledge of worldwide issue to student life.

Journalist METROMIX - THE LOS ANGELES TIMES Los Angeles, CA 2008

• Covered restaurant openings, premieres, and fashion shows happening in the LA area.
• Worked with Extrovert web programming to transfer print articles from the magazine to web format for website.

Publicist THE TRUTH ABOUT THE FACT *LITERARY JOURNAL* Los Angeles, CA 2008

• Created a meta-dialogue among diverse peoples by publishing work from South Africa to Sri-Lanka to Burma.
• Learned proper format for press releases for the international journal of literary nonfiction.
• Used press releases to publicize events that promoted intercultural dialogue.

Publicist/Journalist LA's THE PLACE- LOS ANGELES MAGAZINE Los Angeles, CA 2008

• Reported on upcoming events in the LA area.
• Worked side by side with CEO of LA's the Place to produce LA's The Place TV online.

Columnist VAIL DAILY NEWSPAPER Vail, CO 2007

• Wrote my own weekly column about Fashion and Trends.

- Contributed articles in News section by covering immigration, travel, and A&E.
- Conducted interviews with business owners, pro-athletes, and government officials.