

Caitlin Renz

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Professional Summary: I am a certified Recovery Coach who specializes in recovery-based life coaching for people seeking all aspects of well being: balance, clarity, focus, fulfillment, serenity, health and success.

Education:

Mindfulness Based Substance Abuse Treatment (MBSAT) Certification
October - November 2017

Shanti Yoga School
200-hour Yoga Certification through the Yoga Alliance
January 2014- January 2015

Idaho MODEL Recovery Coach Certification
September 2017
Certificate # RCTF17P00030

Boise State University Elementary Education/Bilingual Education/ESL
January 2010-December 2013
Major GPA: 3.51/4.0

Special Knowledge and Skills:

- Healthy lifestyle role model
- Collaborative
- Driven
- Lifelong learner
- Intuitive
- Creative

Work Experience:

Recovery Life Coach

June 2017- Current

I specialize in recovery-based life coaching for people seeking all aspects of well being: balance, clarity, focus, fulfillment, serenity, health and success. This means supports clients recovering from the disease of addiction by supporting them through important decision-making processes with heart-centered purpose.

Mindfulness Based Stress Reduction Trainer/ Mindfulness Based Substance Abuse Treatment Trainer

September 2017- Current

Flourish Foundation, Hailey, Idaho

Applied exploration of MBSR Fundamentals curriculum over 8 consecutive days, immersion in MBSR methodology and direct experience through teaching groups of adults and teens.

Yoga Instructor

January 2014-Current

Pure Body Bliss, Bigwood Fitness, Wood River Valley YMCA, Flourish Foundation, Gather Yoga Studio
Established an alignment based Vinyasa Flow yoga class for all skill levels, beginner to advanced.

Prepared classroom areas before each group arrived. Addressed incorrect movements using adjustments. Tracked class numbers and managed student payments.

Blaine County School District

ENL Teacher (2 years) Kindergarten Teacher (1 year)

August 2014-June 2017 Hailey, ID

Responsible for the language needs of students in grades 9-12 and K-5. Collaboratively worked with various content teachers to ensure success of all students. Coached educators on best practices and student engagement.