

Calm is also committed to providing reasonable accommodations for qualified individuals with disabilities and disabled veterans in our job application procedures. Please inform Calm's Recruiting team if you need any assistance completing any forms or to otherwise participate in the application process.

Job Application for Behavioral Health Coach

Apply for this Job

* Required

First Name * SARA
 Last Name * CYR
 Email * SARA BENNETT CYR @ GMAIL . COM
 Phone * 617-827-9354

Resume/CV * Attach, Dropbox, Google Drive, Paste

<https://sparkyourhealing.com/resume>

To be considered for the role, all applicants must include a brief Video Cover Letter. *

1. Visit Loom.com and select 'Get Loom for Free'.
2. Once set up, please record a 2-3 minute video (please do not submit videos longer than 3 minutes).
3. When creating your video, please include the following:
 1. Introduce yourself
 2. Briefly describe why you're interested in the role
 3. Share how you would describe the role of a coach
 4. Tell us about a time where you had to adapt to a rapidly changing situation at work that was outside of your control
4. Once done recording, select 'Copy Link' and paste the link below:

<http://bit.ly/SaraCyr-BehavioralChangeCoach>
 (this will take you to my Loom Video Cover Letter)

How did you hear about this job opportunity? Please choose the option that is most accurate. *

Please select

If your answer to the question above was Other, LinkedIn / Facebook Group, or Referral, please share the name of the job board, group, or person who referred you.

INDEED.COM

Are you currently eligible to work within the United States? *

- YES

Will you now, or in the future require sponsorship in order for Calm to employ you? If so, please

explain. *

NO

Do you hold one of the following credentials: NBC-HWC, ACC, PCC, MCC and/or a coaching certification from an accredited NBC-HWC or ICF coach training program? *

- YES

Do you hold a MA degree in behavioral health, psychology or a related field within these? *

- NO

Do you hold an active professional license to practice in a clinical capacity and intend to keep this license active while in this role? (RNs, DOs, MDs, LMFT, LCSW, LPCC, PsyD/PhD, etc.) *

- No

How many hours of availability per week do you expect to have for this role? *

20 up to 40 Hours - FLEXIBLE

System requirements include a minimum internet speed of 50 Mbps. You can test your speed at <https://www.speedtest.net/> Are you able to meet these requirements? *

YES

(tested prior to job coming off INDEED.COM)

U.S. Equal Opportunity Employment Information (Completion is voluntary)

Individuals seeking employment at Calm are considered without regards to race, color, religion, national origin, age, sex, marital status, ancestry, physical or mental disability, veteran status, gender identity, or sexual orientation. You are being given the opportunity to provide the following information in order to help us comply with federal and state Equal Employment Opportunity/Affirmative Action record keeping, reporting, and other legal requirements.

Completion of the form is entirely **voluntary**. Whatever your decision, it will not be considered in the hiring process or thereafter. Any information that you do provide will be recorded and maintained in a confidential file.

Gender Please select FEMALE

Are you Hispanic/Latino? Please select No

Race & Ethnicity Definitions

If you believe you belong to any of the categories of protected veterans listed below, please indicate by making the appropriate selection. As a government contractor subject to Vietnam Era Veterans Readjustment Assistance Act (VEVRAA), we request this information in order to measure the effectiveness of the outreach and positive recruitment efforts we undertake pursuant to VEVRAA. Classification of protected categories is as follows:

A "disabled veteran" is one of the following: a veteran of the U.S. military, ground, naval or air service who is entitled to compensation (or who but for the receipt of military retired pay would be entitled to compensation) under laws administered by the Secretary of Veterans Affairs; or

a person who was discharged or released from active duty because of a service-connected disability.

A "recently separated veteran" means any veteran during the three-year period beginning on the date of such veteran's discharge or release from active duty in the U.S. military, ground, naval, or air service.

An "active duty wartime or campaign badge veteran" means a veteran who served on active duty in the U.S. military, ground, naval or air service during a war, or in a campaign or expedition for which a campaign badge has been authorized under the laws administered by the Department of Defense.

An "Armed forces service medal veteran" means a veteran who, while serving on active duty in the U.S. military, ground, naval or air service, participated in a United States military operation for which an Armed Forces service medal was awarded pursuant to Executive Order 12985.

Veteran Status Please select *NO*

Form CC-305
OMB Control Number 1250-0005
Expires 05/31/2023

Voluntary Self-Identification of Disability

Why are you being asked to complete this form?

We are a federal contractor or subcontractor required by law to provide equal employment opportunity to qualified people with disabilities. We are also required to measure our progress toward having at least 7% of our workforce be individuals with disabilities. To do this, we must ask applicants and employees if they have a disability or have ever had a disability. Because a person may become disabled at any time, we ask all of our employees to update their information at least every five years.

Identifying yourself as an individual with a disability is voluntary, and we hope that you will choose to do so. Your answer will be maintained confidentially and not be seen by selecting officials or anyone else involved in making personnel decisions. Completing the form will not negatively impact you in any way, regardless of whether you have self-identified in the past. For more information about this form or the equal employment obligations of federal contractors under Section 503 of the Rehabilitation Act, visit the U.S. Department of Labor's Office of Federal Contract Compliance Programs (OFCCP) website at www.dol.gov/ofccp.

How do you know if you have a disability?

You are considered to have a disability if you have a physical or mental impairment or medical condition that substantially limits a major life activity, or if you have a history or record of such an impairment or medical condition.

Disabilities include, but are not limited to:

- Autism
- Autoimmune disorder, for example, lupus, fibromyalgia, rheumatoid arthritis, or HIV/AIDS
- Blind or low vision
- Cancer
- Cardiovascular or heart disease
- Celiac disease
- Cerebral palsy
- Deaf or hard of hearing
- Depression or anxiety

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2/21/2021, 1:52 PM

- Diabetes
- Epilepsy
- Gastrointestinal disorders, for example, Crohn's Disease, or irritable bowel syndrome
- Intellectual disability
- Missing limbs or partially missing limbs
- Nervous system condition for example, migraine headaches, Parkinson's disease, or Multiple sclerosis (MS)
- Psychiatric condition, for example, bipolar disorder, schizophrenia, PTSD, or major depression

Disability Status **RESOLVED:** Please select Migraine Headache + Anxiety

¹Section 503 of the Rehabilitation Act of 1973, as amended. For more information about this form or the equal employment obligations of Federal contractors, visit the U.S. Department of Labor's Office of Federal Contract Compliance Programs (OFCCP) website at www.dol.gov/ofccp.

PUBLIC BURDEN STATEMENT: According to the Paperwork Reduction Act of 1995 no persons are required to respond to a collection of information unless such collection displays a valid OMB control number. This survey should take about 5 minutes to complete.

Submit Application

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Sara Cyr: Impact Story

Working with Sara Cyr is a game changer. For more than a decade I have tried different healers and modalities. Many have been helpful. Sara has been more than helpful she has been life altering. Sara expertly helps you recognize thought patterns that bring unwanted results and helps you replace those with thoughts that manifest positive changes in your outlook and beautiful results in your life. This is more than the power of positive thinking, she offers real tools that bring real change.

I decided that a testimonial was in order after a call to her yesterday. I was faced with a stressful situation, the result of which would have a huge impact on my life, and I was spiraling downward thinking about the consequences. I reached out to Sara and it was as if she reached in and pulled me out of my downward spiral and set my feet on solid ground. After our phone call I was able to go to work physically and mentally, using the techniques I've learned from Sara, and my actions led to a resolution of that high stakes situation that was not only favorable, it was fantastic! Sara is an angel. She is a blessing in my life.

Debra Kerr
Mount Pleasant, South Carolina
2020
(Soon to be Encinitas, California)

Sara Cyr: Impact Story

My initial introduction to the Peggy Huddleston book, Prepare For Surgery Heal Faster, was 18 years ago and I was very impressed. I was employed in a hospital where it was being used. I was able to successfully introduce a friend to the program who was preparing for surgery. At that time the book included cassette tapes. Fast forward to 2018, and I was facing surgery. I was scheduled for bilateral mastectomy with reconstruction. I ordered the MP3 download to replace the cassettes. I was blessed to have the opportunity to actually have a conversation with Peggy at that time. Peggy made it possible for me to meet Sara Cyr, her practitioner.

Sara and I talked with each other by phone. The conversation came easy between us, at an extremely difficult time in my life. I didn't know what I needed. I didn't know how to face and get through what was ahead of me. I didn't even know where to start. Sara knew exactly what to do, and figuratively speaking, took me by the hand and led me on a path I will forever be grateful for.

I faithfully listened to the Huddleston tapes every day and sometimes twice a day. The tapes are relaxing and enhanced my ability to fall asleep, while planting some very important seeds in my subconscious. Sara sent me a questionnaire that helped me to identify what was important for me and would continue to have meaning in my life. Sara and I also continued to work with that material.

Peggy describes a Circle of Love which was one of the most important aspects for me. Peggy suggested that I should try to include at least 20 people in my Circle. I initially said I didn't know if I would be able to do that. Amazingly, I found myself opening my heart to Sara and before I knew it, my heart opened and I had more than 40 people in my Circle of Love.

Sara encouraged and directed me. Asked me questions when I didn't even know what the questions were, and then helped me find the answers. This was a time of shock, sadness, grief, and loss. My emotions surfaced and the tears came. With Sara's help and acceptance I was able to move toward understanding.

My personal situation was different from some because I have worked in surgery for 30 years. I was able to pick someone I knew for my nurse in the OR. She was familiar with the Huddleston program and supported me in it. My anesthesia provider was handpicked by a mutual friend. I felt very much cared for and at home in this operating room I had never been in before.

I was questioned later by my physicians and caregivers as a result of what seemed like a miraculously easy progression through the surgical experience. I was excited to share what I am sharing with you now. When I woke up in my hospital room, I did not have pain, and I was hungry. I was given pain medication immediately after surgery but I took my last narcotic pain reliever in the afternoon on the day of surgery. I switched to Tylenol and never needed more than that. My appetite was great and eating was just what I needed to do. I was discharged home the following day.

Sara also did a post operative session with me that was exactly what I needed. It is difficult to put into words all of the benefits I received from the Huddleston Program and working with Sara. Sara is a sensitive and intuitive practitioner who is well suited for the work she does. My surgery and postoperative healing was smooth without any complication. I know that Sara was one of the most important factors contributing to that. I will be forever grateful and indebted to Sara for coming into my life.

FROM:
P.L. (2019)
Nurse