

SC / SARA CYR, CHC

E: SaraBennettCyr@gmail.com | (617) 827-9354 | A: Hopedale, MA 01747

LINKS

- SparkYourHealing.com
- Listen To Sara: <http://bit.ly/ListenToSara>

PROFESSIONAL SUMMARY

Passionate, results-oriented, mindful transformation coach ready to multiply impact on larger stage. Highly skilled in rapport building, empathy and power-questions to **help clients go beyond change** - to transform - in areas of sleep, stress reduction and healing. 20 years sparking happiness and health.

WORK HISTORY

Root Family Medicine - Behavior Change Health Coach

Norwood, MA

04/2019 - Current

- Revolutionizing health care with with S. Byrne, MD with our co-created mindfulness based program
- Co-created & lead w/ Byrne, MD our Health Transformation Group Medical Visits promoting behavior change to health across all diseases
- **40% of clients returned month after month**, changing course of program from short term 3-4 mo to 1.5 years
- Guided clients in effective therapeutic exercises integrated from Cognitive Behavior Therapy (CBT) and Mind-Body Techniques, such as relaxation, visualization, body scan, mirror work, I am statements
- Co-created & led **Improving Your Sleep** workshops
- Co-created & led **Reducing Stress and Increasing Calm** with MBSR
- Community and Brand Ambassador promoting Root Family and cultivating bonds across patients

Spark Your Healing - Owner, Health Coach & Heal Faster(TM) Facilitator

SKILLS

- **Compassion** -based coaching techniques
- **CBT** (Cognitive Behavior Therapy)
- **MBSR** (Mind Body Stress Reduction)
- **SDT** (Self Determination Theory)
- **MI** (Motivational Interviewing)
- Custom visualizations for transformation
- Video, Phone, In-person
- 1:1 and groups
- Digital Health and HIPAA

EDUCATION

Vanderbilt University

Bachelor of Arts

Psychology With Honors

- Graduated magna cum laude

CERTIFICATIONS

- Dr. Sears Wellness Institute, Health Coach (DSWI is IFC accredited and NBHWC approved)
- American College of Sports Medicine, Personal Trainer

IMPACT

- SM: "I'm so **HAPPY** . Thanks to you for **helping me heal**, and **sleep better** and be more positive..."
- MR: **4 mo ahead in healing** from

05/2018 - Current

- **Teach clients to shift out of stress** into calm with one hour session using research backed methodology
- Help clients attain results and shore up their foundations in **sleep, mood**, food, movement
- Attract, convert, retain clients into long-term partnerships
- Facilitate **Lessen Anxiety** and **Insomnia workshops**
- Routinize wake and sleep cycles
- **Decrease anxiety by 30-100%** in just one session
- Reduce use of pain meds by 50% using Mind-body techniques
- Utilize negative thought repatterning with custom visualization, breath & reframes
- **"Sara I love your understanding...it really helps to know you're not alone in this (anxiety) and start to gain a better understanding of what our thoughts do to create anxiety" JK**

Stay At Home Mom - Building and Healing Family

01/2006 - 02/2018

- Raised preemie triplets to thriving children
- Substitute teacher for K-6, Health & PE Teacher
- Board Member, GetREAL, help schools with real food

PRIM&R, IT Coordinator promoted to IT Manager

Boston, MA, 09/2002 - 01/2006

BodyScapes & ForeverFit, Personal Trainer

Wellesley Hills, MA, 01/2000 - 08/2002

FITCORP, Customer Service Rep & Health Instructor

Boston, MA, 01/1998 - 01/2000

kidney transplant

- SE: "You do **amazing work guiding** people with meditation"
- DK: " **Sara Cyr**, working with you is a **GAME CHANGER** "

ACCOMPLISHMENTS

Passion Project: Love is Rising (Spring 2020)

During the start of Covid, as hospitals overflowed and nurses wore rain ponchos from the Dollar Store as PPE, I launched a virtual **91 day Lovingkindness** practice free to the public to help us all **shift out of stress and fear** into love, hope and visions of health for ourselves, our hospitals and our world. **"Your meditations were beautifully written. Thank you for providing me a beautiful space to help our planet."** BB