


Angelique Foss, RYT200, MS, MT-BC

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 440-774-1349

 19287 Dorothy Ave
Rocky River, OH 44116

COMPETENCIES

- Creating, implementing, and providing integrative wellness programming for a variety of ages, populations, and abilities
- Designing and implementing programming for hospital inpatient, outpatient, community, and staff wellness programs
- Conducting community outreach for wellness programming
- Designing and implementing programs for outpatient cardiac rehab program, meditations series, and cardio drumming for staff wellness
- Educating and recruiting participants for program offerings through presentations to local facilities, community, and internal staff
- Creating rapport and maintaining relationships with clients and community participants
- Creating and implementing staff relaxation rooms and sessions, in-person and virtual
- Conducting assessments and treatment plans for individuals and groups with diverse backgrounds; with continuous reassessment
- Analyzing data to determine effectiveness of specific treatments, therapeutic approaches, and programs and making proactive adjustments to intervention plans
- Evaluating of programs and reporting outcomes
- Facilitating individual and group sessions, both in-person and virtually through "tele sessions" or Zoom
- Collaborating as part of a core interdisciplinary clinical care team to provide the best possible outcomes for clients
- Hiring and training staff
- Supervising and managing staff
- Managing enrollment of program participants
- Attending and supervising booths at health fairs
- Managing sales of services and programs
- Providing service to customers concerning health and wellness products
- Preparing and cooking of healthy meals for café lunches

EDUCATION

Expected October 2022

Certified Health and Wellness Coach (NBC-HWC) through the National Board for Health and Wellness Coaching
Cuyahoga Community College

August 2022

Master of Science Health Education and Promotion
Maryland University Of Integrative Health

January 2014

Bachelor Equivalency Program for National Board Certification in Music Therapy
Baldwin Wallace University

July 2011

Master of Science Nutrition and Wellness
Clayton College Of Natural Health

December 1995

Bachelor of Music and Business
Heidelberg University

WORK HISTORY

2018 to Current

Clinical Music Therapist and Staff Wellness Coordinator
University Hospitals Connor Whole Health

2017 to 2018

Recreational Therapy Director
Clear Vista Health and Wellness Hospital

2014 to 2017

Associate Director of Creative Arts Therapies
Beck Center for the Arts

2012 to 2014

Freelance Music Group Leader, Instructor, and
Musician

January 2010 to January 2012

Wellness Attendant and Cook
Oberlin Market

ADDITIONAL SKILLS

- Motivational Interviewing
- Healthy Lifestyle Behaviors
- Health and Wellness Education
- Meditation Facilitating
- Cardio Drumming Facilitating
- Former Collegiate Athletics
- Proficient in Virtual Platforms
- Professional Presenting
- Community Educating
- Program Creating and Developing
- Inclusion Promoting
- Relationship-Building

OTHER EXPERTISE

- Registered Yoga Teacher (RYT200)
- Certified Cardio Drumming instructor
- Certified Holistic Nutritionist
- Board-Certified Music Therapist
- Certified Vibrational Sound Therapist
- Reiki I Certified