

Lisa K. Story, MA

Functional Health Coach & Women's Wellness Educator

MISSION

To support women's holistic health in collaboration with their medical doctors by providing education, coaching, and mentorship on the aspects of physical, mental, emotional and spiritual health.

EDUCATION

M.A. | August 2010 | University of Santa Monica
Spiritual Psychology

B.S. | August 1990 | California State University of Fresno
Health Science, Community Health

SKILLS & ABILITIES

HEALTH EDUCATOR/SPEAKER/WRITER

30 years' experience teaching and writing for many organizations, groups and publications on a wide array of health-related topics. Examples include: increasing energy, women's health, healthy digestion, food sensitivities/allergies, whole foods diet, kitchen mastery, cooking w/whole foods, blending and juicing for vitality, overcoming sugar cravings, stress reduction, aging gracefully, conscious menu planning, budget-friendly grocery shopping, and detoxification. Have created and led more than 15 clean eating, whole foods-based group programs.

HEALTH COACH

9 years successful private practice compassionately supporting hundreds of clients with digestive disorders (Crohn's, IBS, Gastroparesis), weight challenges, energy and sleep issues, migraines, hormonal imbalances, adrenal fatigue, chronic pain, cancer, food addiction, depression, and anxiety (1:1 and in group programs). Services include: weekly education sessions, meal planning, and cooking instruction.

YOGA INSTRUCTION

Restorative, Yin, Hatha, Vinyasa, Gentle & Beginning Yoga classes focusing on breathwork, connecting to the spiritual heart and safe alignment.

LEADERSHIP

28 years' experience in healthcare management for successful physical therapy practice, non-profit women's healthcare center and hospital education departments

EXPERIENCE

Functional Health Coach/Owner | The Conscious Health Coach, Pismo Beach, CA | 2010-Current

Business Manager | Sports & Wellness Physical Therapy, Santa Maria & SLO, CA | 1999-Current

Health Educator/Owner | Heart Connections, Pismo Beach, CA | 1998-1999

Center Director | Planned Parenthood, San Luis Obispo, CA | 1996-1998

Education Coordinator | Valley Community Hospital, Santa Maria, CA | 1994-1996

Birth Assistant | Brenda Ramler, Home Birth Midwife, San Luis Obispo, CA | 1995-1996

Childbirth Educator | Martin Luther Hospital, Anaheim, CA | 1994

Community Health Educator | Sierra View District Hospital, Porterville, CA | 1991-1993

Weight Loss Counselor/Lifestyle Instructor | Jenny Craig Weight Loss Center, Fresno, CA | 1989-1990

CONTINUING EDUCATION

Functional & Integrative Medicine Professional Training Program | Graduated December 2019
Dr. Aviva Romm

Living from Your Spiritual Heart Yoga Teacher Training | Completed October 2015
Harmony House Yoga | 200-RYT

Holistic Nutrition Lab: Digestion Intensive | Certificate of Completion November 2014
Andrea Nakayama, CNE, CNC, CHHC

Institute of Integrative Nutrition, New York, NY | State University of New York Purchase College
Health Coach Certification Program | Completion December 2011

Gyrokinesis Level 1 Teacher Training Course | Completion August 2010

Gyrotonic Level 1 Teacher Training Course | Completion June 2006

Louise L Hay *You Can Heal Your Life* Teacher Trainer Course | Completion October 1997

Skills for an Empowered Workforce Instructor Certification | Completion 1994

International Childbirth Educator Association | International Certified Childbirth Educator | 1993

American Heart Association BLS Instructor's Course | 1993 & 1995

Lactation & Nutrition for Childbirth Educators | May 1992

Women at Risk – AIDS/HIV Training for Care Providers | May 1992

Family Planning EOC - Health Educator Training | 1989

COMMUNITY SERVICE

San Luis Obispo High School 2015-Current
Old Mission School 2013-2015
Bellevue-Santa Fe Charter School 1998-2013
American Heart Association 1992-1995
American Cancer Society 1991-1993
Family Planning EOC 1989-1990