

# ALEXIS J. ALVAREZ

Teaching Artist | Wellness Facilitator | Creative Operations Specialist

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## CAREER SUMMARY

Multidisciplinary Teaching Artist and Wellness Facilitator with over 10 years of experience leading creative workshops and community-based programs for youth and adults. Skilled in visual arts instruction, program coordination, and delivering supportive client experiences in educational and wellness settings. Technically proficient in content creation, web design, scheduling systems, and digital operations. Passionate about using art and experiential learning to foster confidence, creativity, and personal growth.

## CONTACT

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- 📍 New York, NY

## EDUCATION

**Bachelor of Arts; Studio Art & CGI**  
Lehman College  
Minor: English Literature

**Associate of Arts, Liberal Arts**  
Bronx Community College  
Minor: Communications

## SKILLS

- Arts Education
- Workshop Facilitation
- Classroom Management
- Creative Programming
- SEL & Mindfulness Practices
  
- Content Creation
- Canva & Adobe Suite
- CRM & Scheduling Systems
- Web Design
- E-commerce Support

## WORK EXPERIENCE

### ○ Teaching Artist & Creative Facilitator

NYC Schools, Community Programs & Arts Organizations  
2009 - Present

- Plan and lead visual arts programming integrating mixed media, sculpture, & CGI, in partnership with public schools and CBO's including DREAM & Union Settlement
- Facilitate SEL activities through art, mindfulness, and reflective practices
- Create and adapt lessons for diverse learning styles, age groups, and program goals
- Support classroom management, student engagement, and safe creative expression

### ○ Creative Operations & Virtual Support Specialist

Freelance | Remote  
2011 - Present

- Provide digital operations & creative support for small businesses and wellness brands
- Design websites, branded graphics, and marketing materials
- Manage scheduling systems, email communications, and client onboarding processes
- Support online programs and communities through moderation/content coordination
- Assist with event logistics, launch preparation, and workflow organization

### ○ Wellness Facilitator & Experience Provider

Self-Employed | NYC & Remote  
2015 - Present

- Lead sound healing sessions, mindfulness workshops, and holistic wellness experiences
- Deliver private sessions focused on stress reduction, relaxation, and personal insight
- Collaborate with luxury wellness studios, spas & retreat organizers to support participant experience
- Create welcoming, supportive environments for diverse client populations

## CERTIFICATIONS

Licensed Substitute Teacher — NYC DOE  
Art Certificate of Eligibility — NJ DOE  
Sound Healing / Reiki Training  
Mindfulness & Coaching Certifications