

Evy Y. Parkinson

Trinidad and Tobago. W.I

1 (868) 733 2027

harmoniousinfinity8@gmail.com | www.harmoniousinfinity.com

Summary

Founder, Life Coach and teacher at harmoniousinfinity. *An organization with the mission of bringing healing into people's life and into the world.*

Retreats and Workshop creator and facilitator.

Teaching and writing about my knowledge from my former years as a full time Therapist, with experience in Holistic Health, DBT, EFT, Clinical Hypnotherapy, Mindfulness, CBT and Psychotherapy, Energy and Body work. My classes, workshops and retreats are all infused with this experience and my experience with Tai Chi and Qigong Training. The main assistance provided, is teaching participants and readers to learn self help tools, how they can find their own answers within, and to create a better life in the healthiest and most conscious way possible.

Writer of the e-book **Mindful Eating – Connect to your Body Through Awareness –**

Creator and facilitator of the Mindful Eating Program, based on the book.

Work Experience

March 2013 – present | Founder, Director and Teacher at Harmoniousinfinity.

Responsibilities: Manage and provide Harmoniousinfinity's services, classes and workshops.

Creating connection with collaborators, public relations, and customer service.

One on one therapy and Life coaching - in person and online for clients seeking treatment for addictions, anxiety, low self-esteem, relationship problems, depression, stress, unhealthy lifestyle habits, mind.body.soul healing. Qigong & Mindfulness Instructor- Group classes. Creator and facilitator of Mindful Eating Course. Creator and facilitator of Personal growth Workshops online and in person.

November 2017 | Co-creator and co-host of a 2 Day Retreat | Tobago WI

Responsibilities: Organize activities and co-create the Retreat's Programme. Host the participants, facilitate a Mindful Eating class and a hypnotherapy session

September 2017 | Co-creator and co-host of a One Day Retreat | Tobago WI

Activities: Yoga. Mindful Eating. Guided Meditation. Hypnotherapy Session

December 2016 | Mindful Eating workshop facilitator | POS, Trinidad and Tobago.

Host of a half day workshop

March 2016 | Mindful Eating Course – Intensive - | Naturoteca. Barcelona, Spain.

Co-host and facilitator of two classes

July 2015 | Holistic Health Workshop Facilitator | Sharq Village & Spa. Doha, Qatar.

Facilitator of a Holistic Health and Wellness Workshop

June 2015 | Volunteer therapist at youth Summer Camp | Healing with Horses Org Tobago WI

January 2015 – April 2015 | Consultant at Papas and the Mamas Restaurant | Barcelona, Spain.

Responsibilities: Consulting new owner on interrelationships and how to have a harmonious work environment. Co-creating children's workshops.

2010 – 2013 | Owner and Manager at Parko Dental Lab Ltd. | Trinidad & Tobago.

Responsibilities: Dental Ceramist, managing the work of employees and customer relations.

Qualifications

January 2014 – January 2017 | Tai Chi & Qi Gong. Intermediate Certificate

Tai Chi Institute of Trinidad & Tobago Ltd, Port of Spain

February 2013 - March 2015 | Master's in Clinical Hypnosis and Member of the International Society of Clinical Hypnosis

Official School of Hypnosis. Valencia, Spain.

February 2015 | Assistant Certificate in Shiatsu massage – Intensive Course

Japanese School of Shiatsu. Barcelona, Spain.

April 2013 - August 2013 | Certified Hypnotherapist – Intensive Course

Florida Institute of Hypnotherapy. Florida, USA.

September 2007 - March 2013 | BSc in Psychology

University of the West Indies, Trinidad & Tobago and Atlantic International University, USA.

September 2010 - June 2012 | Emotional Freedom Technique Practitioner Certificate

Awakenings Institute. California, USA.

Skills

Bilingual: Spanish and English | currently learning German.

Time Management

Leadership and teamwork

Excellent interpersonal relations

Adaptability and easy to connect with different cultures and backgrounds

Problem solving

Self-motivation and motivating others

Excellent Communication

Integrity and Honesty
Openness and interest to learn
Good handle of Microsoft Office and Internet

Personal and professional references on request