

JESSICA BROWN

EDUCATION

NORTHEASTERN UNIVERSITY: 2001

Bachelor of Science In Communications Studies, Journalism Minor

DISNEY UNIVERSITY: 1997

Ducktorate Degree

PROFESSIONAL CREDENTIALS

YOGA

- *YOGA JOURNEY (2015): Toddler Yoga Certification*
- *YOGA HAVEN (2016): Children's Yoga Certification*
- *MYNDFUL PATH (2020): Adult 200-hr Certification*
- *BHAKTI YOGA (2021): Adult 300-hr Certification*
- *SHARELOVE (2022): Prenatal Certification*

COACHING

- *INTERNATIONAL ASSOCIATION FOR PROFESSIONAL RECOVERY COACHES (2022): Life Coach Certification*
- *ADVENTURES IN WISDOM (2023): Children's Life Coach Certification*
- *YOUTH COACHING INSTITUTE (2024): Adolescent Coaching Certification*

PROFESSIONAL EXPERIENCE

TOPSY TURVY YOGI, LLC

CO-FOUNDER

2015 - PRESENT

- *Created and delivered original classes for children and adults with Judaic midot (values).*
- *Developed and presented "Mindful Power Tools" professional development workshops on mindfulness and holistic wellness.*
- *Demonstrated success in overseeing daily business operations, marketing, and social media outreach.*
- *Directed set up and content for a popular podcast That's Not Mindful!.*

MARCH OF DIMES

COMMUNITY DIRECTOR

2006 - 2009

- *Fostered and maintained relationships with community donors. Successfully secured high-profile sponsorships for major fundraising events.*
- *Organized and managed logistics, volunteers, and run-of-show for March for Babies and Bikers for Babies.*
- *Spearheaded all aspects of communications and media management.*
- *Collaborated with local schools, businesses, and parent groups to achieve fundraising goals.*

PUBLIC RELATIONS VARIOUS FIRMS

EVENT PLANNING EXECUTIVE

2001 - 2009

- *Proven track record of working with industry leaders such as Starbucks, Sharp Electronics, Miramax Films, Kleinfeld Bridal, and the National Multiple Sclerosis Society.*
- *Skilled in managing all aspects of event planning, from concept development to execution, and adept at building strong relationships with clients and media partners.*

VOLUNTEER EXPERIENCE

TEMPLE ISRAEL CENTER

VOLUNTEER AND LAY LEADER

2009 - PRESENT

- *Demonstrated leadership skills through roles such as PTO Co-Chair, Board of Trustees member, and Seating Committee Co-Chair.*
- *Recognized for commitment and contributions at the Simchat Torah celebration in 2021.*
- *Currently involved in Religious School advocacy and Hesed Senior Connect committees.*