

## **Stephanie Legatos**

### ***As a Career Counselor & Coach / Certified Professional Résumé Writer (CPRW)***

I have been in private practice for 15+ years. My additional career history includes:

- Workshop Specialist: North Shore Career Center, Salem, MA
- Trainer, The Commonwealth Corporation (providing professional development for staff in One Stop Career Centers through design and facilitation of workshops on career assessment and job search tools)
- Job Search Support Group Facilitator: Employment and Training Resources, Marlboro and Newton, MA
- Career Counselor: University of MA-Lowell; Worcester Polytechnic Institute, and Northeastern University
- Workshop Facilitator: Tufts University, Alumni Career Services
- Guest Speaker: ValleyWorks Career Center, Professional Networking Group

### ***As a Color and Wardrobe Consultant***

In 2006, I completed an intensive certification process, receiving my Essential Colors™ Certificate through Donna Cognac Image Design Studio. This system includes 16 color palettes and integrates Feng Shui energetic principles of color, design, and pattern. Services are available at Be Well Partners or at your home.

### ***As a Trainer / Instructional Designer***

My work is strongly founded upon adult learning principles and learning styles, incorporating interactive activities that help participants directly apply information to their current challenges and situations. I am most recognized for my facilitative, creative, and organized style and for creating stimulating – sometimes multimedia - training environments. My experience includes substantial work with diverse ethnic, cultural, and socio-economic groups, including non-native English speakers.

My career history as a trainer and instructional designer includes positions at:

- Linkage, Inc.
- Self-Esteem Boston Educational Institute
- Community Health Education Center (CHEC), Boston and Lowell, MA
- The Commonwealth Corporation
- Contract: various corporations, nonprofits, government agencies, and instructional design consultancies.

### **Training Specialties**

- Train-the-Trainer
- Fundamentals of Instructional Design (Designing Workshops)

- Myers-Briggs Type Indicator (MBTI)
- From Setback to Bounce Back: Building Resilience
- The Power of Mindset and Beliefs – Positive Psychology
- Style and Self-Esteem
- Dress for Success: Building Confidence and Presence
- Conflict Management
- Job Search Tools and Strategies
- Career Exploration and Assessment

My **instructional design** work encompasses an even wider range of topics including health and wellness, marketing, team building, communication skills, and leadership skills. I am available for short-term and long-term projects, as well as individual instructional design consulting and coaching.

*Are you bored by the workshops you're presenting and need new activities or approaches to replace lectures to inject energy and enthusiasm?*

*Are you expanding your visibility and business by presenting workshops, but not sure how to design a cohesive, effective, and engaging workshop?*

*Contact Stephanie at Be Well Partners to find a solution.*