

# Resume

**SHARON L. BENEDICT, MS**

1394 Waterstone Parkway, Boerne, TX 78006  
<https://www.celebratingyourjourney.com/>

**2024**

(210) 347-8706

Email: [info@celebratingyourjourney.com](mailto:info@celebratingyourjourney.com)

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## Summary of Life Experience

- *Writer/Author, Weaver/Fiber Artist, Wellness Advocate, Virtual Speaker*
- Workshop/Seminar Leader, Certified DISC Personality Style Facilitator, Acrobat Pro PDF fill-in form creation for businesses and organizations
- Professional Life/Wellness Coach/Consultant with expertise in these areas:
  - Lifeskills Development (including Leadership toward Legacy)
  - Wellness for Savvy Health-conscious Consumers, Patients, and Professionals
  - Creative Arts Development for Individuals, Businesses, Education Programs, & Nonprofits
- Belief Therapist and Lifeskills Consultant for Arts and Crafts Businesses, Recreation, Education Programs, and Nonprofits
- Commission Artist and Craftswoman

## Education/Certification

- 2024 Novel Blueprint Course, Jerry Jenkins (<https://jerryjenkins.com/>).
- 2024 Gill Paul Masterclass, History Quill (<https://thehistoryquill.com>)
- 2006 to 2012, ACC Credential, International Coach Foundation (Washington, DC)
- 2006, Wellness Mapping 360 Training-corporate clients. Trainer-Michael Arloski, PhD. Real Balance, Fort Collins, Colorado
- 2005 Certified Member, American Nutraceutical Association
- 2003-05 Certified Life and Wellness Coach, Institute for Life Coach Training (Fort Collins, CO) (CLC)
- 1999 Belief Therapy Certification Course (Therapon Institute-Belief Therapist/Counselor)
- 1999 Board Certified as Christian Marriage & Family Therapist, American Society of Christian Therapists
- 1992-1994, Prayer Counseling Training Course, Elijah House
- 1982, Activity Director Course/Nursing Homes, Delmar College, Corpus Christi, Texas
- 1982, Wellness Promotion Seminar, Delmar College, Corpus Christi, Texas
- 1981, Diamond Appraisal Course, Gemologist, Gemological Institute of America
- 1980, Master of Science Degree, Art/Sculpture and Industrial Arts Education, Texas A&M University, Kingsville
- 1973, Lab Safety Management Certification, Univ. Calif., Davis
- 1973, Supervisory Skills in Employer/Employee Relations Workshop, UC Davis
- 1969, Bachelor of Arts Degree, Art and Business Education, California State University, Los Angeles
- 1965, Associate of Arts Degree, Office Management, Los Angeles Valley College

## Employment

- 1993 to present Freelance Writer/Author, Fiber Artist
- 2003 to 2021 Website/Graphics Designer
- 1993 to 2012, Lifeskills Consultant/Coach, DISC Personality Style Facilitator/Trainer
- 2005 to 2012, Certified Professional Lifeskills, Wellness, and Creative Arts Coach/Consultant
- 1999-2000 Board-certified Therapon Belief Therapist
- 1980-1983 Consultant/Course Instructor, Delmar College, Department of Health Science In-Service & Continuing Education, Corpus Christi, Texas, Nursing Home Activity Director Course
- 1975 Course Instructor/Lecturer, Weaving/Loom Techniques X400.2, UC California Extension Service, Santa Barbara
- 1973-1980 Teacher/Instructor, Crafts Appraiser/Program Advisor for the Arts/Crafts
- 1974-1981 Craftswoman in the Arts (commissions, exhibits, and articles)
- 1974-1976 Instructor, Silo Craft Center University of California, Davis
- 1970-1974 Crafts Program Manager/Instructor, University of California, Davis, Silo Craft Center

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## Publications

- *Where Went My Want To? Independently published. Amazon Author Central, ASIN: B0BCXNKCXN. 2022*
- *Home & Harvest, Recipes for Healthy Living. Independently published. Amazon Author Central, ASIN: B0BBDFT1WP. 2022.*
- *Celebrating Your Journey, Lifeskills in Synergy* (full version). AuthorHouse Publishers. 2011.
- *How generational trends can impact a practice, part 2.* Integrative Medicine, A Clinician's Journal. Vol 7 No. 1. Feb-Mar08 (final of 2 parts Apr-May08).
- *How practitioners do and don't communicate, part 1 (2-part series).* Integrative Medicine, A Clinician's Journal ([www.imjournal.com](http://www.imjournal.com)). Vol 6. No.6. Dec2007-Jan2008.
- *From the Heart...Lifeskills for Today* (Byline). Boerne Star & Recorder. Jan 2006-Dec 2022.
- *The Value of Art/Art in the Workplace benefits both employees and company.* Sharon L. Benedict and Doug Roper. San Antonio Business Journal. May 12, 2006.
- *Wellness Coaching: A Life Coach's Collaborative Approach to Integrative Healthcare.* Integrative Medicine, A Clinician's Journal ([www.imjournal.com](http://www.imjournal.com)). Vol 4, No 2. April/May 2005.
- *Integrative Medicine: A Wellness Journey; Patients Perspective.* Longevity and Wellness Center of South Texas. 2002 to 2005 (+oversee article postings)
- *In Daddy's Eyes, Autobiography,* AuthorHouse Publishers, 2001
- *From the Heart...Life Skills for Today's Family* (monthly byline), Christian Metro Times, a local South Texas Publication, 1997-1999
- *From the Heart* (monthly byline), Perspective Magazine, a South Texas Publication, 1991-1994
- *Pricing.* The Crafts Report, 1978
- *Starting a Crafts Program.* The Working Craftsman, 1975

## Speaking Engagements/Interviews/Advisory & Chair Committees

- Guest Speaker, Tapatio Resort Ladies Club. *Celebrating Your Journey, Skills for Life.* October 15, 2014.
- Guest Speaker, Women of Fair Oaks. *Celebrating Your Journey, Lifeskills in Synergy.* February 5, 2014.
- YMCA Boerne. *Your Choice Connection.* Women's Bible Study Ministry. March 2013 to present.
- Oakhills Church, San Antonio. *Marriage & Money: a Match Made in Heaven.* Young Married Class. April 2013.
- Choose To Be, Retreat ([www.choosetobe.org](http://www.choosetobe.org)). *Celebrating Your Journey as Writer and Weaver.* January 20-22, 2012.
- DARS-Blind Services, State of Texas. Parent Conference, *Hand in Hand toward the future, we know you can do it!* Keynote Motivational Speaker. *Celebrating Your Best Life* series. January 23-24, 2009.
- DARS-Blind Services, State of Texas. Year-End Training Conference. Key Motivational Speaker. *Celebrating Your Best Life, Part 1 & 2.* October 9-10, 2008.
- St. Helena Episcopal Church, Boerne, TX. *Celebrating Your Life—Relationships, Joy of the Journey.* 2008.
- Conference Speaker. *Our Nation's Healthcare Transformation.* Current Healthcare Issues. South Central Texas Regional Medical Conference. San Antonio, Texas. May 23, 2006.
- Guest Speaker, SAPCA. *Life & Wellness Coaching: Our Nation's Healthcare Transformation.* March 2006.
- Guest Speaker. Cibolo Arts Council. *Forming a Boerne Regional Arts Initiative.* January 2006.
- Guest Speaker. Boerne Art League. *Life, Wellness, and Creativity.* November 2005.
- Forum Participant, International Coach Federation, US Global Forum. 2004 to present.
- R&D Participant, International Coach Federation, R&D Committee. 2004 to present.
- Guest Speaker for various private clubs and public associations, 1997 to present.
- KCTA radio Interview. *Life Skills for Today's Family,* Corpus Christi, Texas. January 1997

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- Guest Speaker, Women by Design, Corpus Christi, Texas, Embassy Suites Conference Room. 1994
- Guest Speaker. Women Aglow, South Texas chapter. January 1993
- Interviewed by Community Life West. Corpus Christi, Texas. *Weaver Sharon Benedict Looks for Golden Thread.* Oct. 23, 1980.
- Interviewed by Corpus Christi Caller-Times for Fiber Arts Guild's exhibition, *The Fiber Arts in Action.* May 3, 1978.
- Interviewed by Joyce Saenz, Corpus Christi Times. *Tempo people: A Craftswoman in the Arts.* Sept. 28, 1978.
- Advisor to Arts Coordinating Council, City of Davis, California. 1974
- Co-chairperson for Artist Cooperative of Davis, California. 1974-75
- Interviewed by The Davis Enterprise, Davis, California. *Artist group elects officers, will have art auction tomorrow.* 1974.
- Advisor to Group for Environmental Education, Yolo County, California. 1975

### Memberships/Conference Attendance

- 2007 to 2012 – American Counseling Association
- 2007 to 2010 – Boerne Chamber of Commerce
- 2006 to 2010 – National Wellness Institute membership
- 2006 – Medical Conference Presentation, Our Nation's Healthcare Transformation, San Antonio, TX. May 23, 2006
- 2006 – SA-ASTD Creating a Coaching Culture, Luncheon Meeting, April 19, San Antonio, Texas
- 2006 – SAPCA Coaching Conversation Conference, San Antonio, Texas
- 2005 – SA-ASTD Trainer Symposium 2005, San Antonio, Texas
- 2005 – 7<sup>th</sup> Annual Wellness Conference, Heart of Medicine. Andrew Weil, MD. Christopher Cohan Center, San Luis Obispo, California. Feb 13, 2005.
- 2005 to 2011 – San Antonio Professional Coaches Association (SAPCA)
- 2004 to 2007 – Peer Resources Network
- 2004 to 2012 – International Coach Federation (ICF)
- 2003 to 2009 – American Botanical Council
- 1985 to 2012 – Center for Science in the Public Interest
- 1981-2000 – Christian Businessmen Committee, American Association of Christian Counselors, National Writers Association, American Society of Christian Therapists
- 1970-1983 American Crafts Council, Handweavers Guild of America, Art Community Center (Corpus Christi, Tx), Gemological Institute of America

### Awards, Honors, Exhibitions

- Texas A&M University, Kingsville, Texas. *Best of Show, Master's Exhibition.* 1980.
- Art Community Center, Corpus Christi, Texas. *Fiber & Sculpture Show. Juried Best of Show & Award of Excellence.* 1978; *Second Place-Nonfunctional category,* 1980.
- Corpus Christi Museum. Texas. Museum Gallery: *Artist of the Month, One Man Exhibit.* January 1978.
- Craft and Folk Art Museum, Los Angeles, California 1976-78
- University of California, Davis, Silo Craft Center. *Selected as Design and Operations Coordinator for new facility, University of California, Davis, Silo Craft Center,* 1974.
- University of California, Davis. Memorial Union Art Gallery. *The Evolving Dimensions of Weaving.* Eight-person show. 1970.
- California Museum of Science & Industry. Los Angeles. *Design West 69. Exhibition of the best of design from California colleges & universities.* 1969.

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## Community Involvement & Volunteer Activities

- Celebrating Your Journey Lifeskills Women's Online Prayer and Support Group (50 women). Oakhills Church, San Antonio, Texas. 2021 to Sept 2024.
- Lifeskills Consulting/Coaching w/ low-income families, 1980 to present.
- Community Arts-Hill Country Council for the Arts, Board member/Patron Chair, [www.HCCArts.org](http://www.HCCArts.org), 2008 to Feb 2014.
- Kendall County Partnership for Parks Board member, 2007 to 2009.
- Community Support—Healing Rooms, Los Osos Christian Fellowship, California, 2001-2004.
- Prayer Counseling Ministry—Instructor/facilitator for course, Elijah House, 1990-1994.
- English and Math Tutoring, private school, Corpus Christi, Texas 1990-1992.

## Personal

- **Married:** Dr. John H. Benedict, Professor Emeritus, Texas A&M University, Department of Entomology, College Station, Texas (59 years and still counting!)
- **Children:** Kimberly Jean and Kelly Ann Benedict
- **Life Goals:**
  - To celebrate life and have those experiences in my life become “a door of hope” for others, professionally and personally,
  - To be my husband's life partner...enjoying together the opportunities and challenges life brings our way.
  - To delight in seeing our lovely daughters experience life at its fullest...to offer friendship each day, counsel when asked, and our unconditional love throughout their lives.
  - To leave a legacy of hope, faith, and love.