



## CHRISTINE LUCENTE | *Mindful-Based Coaching*

### *Credentials*

- Bachelor of Arts, College of St. Catherine, St. Paul, MN 1973
- Occupational Therapist Registered, January 1974 – March 2008
- Certified Disability Management Specialist 1989 – 2014
- Qualified Rehabilitation Consultant, Minnesota Department of Labor and Industry 1984 – 2010
- Professional Life Coach Student, Mindfulness Coaching School, Santa Fe, New Mexico
  - School Certified by The International Coaching Federation
  - Completed academics and internship January 2020
- Member – International Coaching Federation
- Completed Mindful Based Stress Reduction Course at University Massachusetts Medical School Center for Mindfulness 2018

### *Professional Experience*

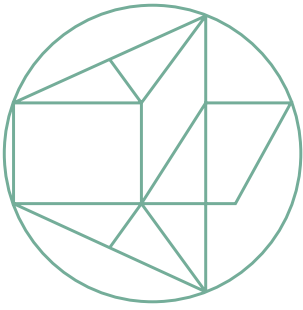
#### PROFESSIONAL LIFE COACH

April 2017 – Present

- Founder and President Mindful Based Coaching LLC
- Individual Life Coaching
- Business Development Consultation for Entrepreneurs
- Leadership Training for Organizations and Businesses

### *Honors and Achievements*

- Served as a member of the quality assurance audit team at Intracorp
- Served as the Northern Minnesota representative on the Minnesota Association of Rehabilitation Professionals Board of Directors
- Member of the due diligence team for business acquisitions for Concentra Managed Care
- MARP Employee of the Year Award for achieving an outstanding return to work
- As an owner of ALARIS numerous recognitions for Company being named as a Best Place to Work
- Sought after speaker for numerous Workers Compensation Venues



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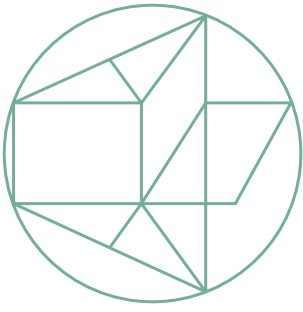
### *Professional Experience Continued*

#### **CHIEF OPERATIONS OFFICER, THE ALARIS GROUP, INC.\*** 2000 – January 2017

- One of five founders and previous owner of The ALARIS Group, Inc.\*
- Developed initial business plan for company start up
- Responsible for overall strategic planning to establish long term business goals and achieve short term objectives
- Prepare and analyze financial results, develop annual budgets, provide financial forecasts
- Develop expansion models and spearhead development of new products and services
- Serve as primary contact with external organizations and strategic business partners
- Supervise and train case management staff
- Serve as mentor for and promote the development of leadership skills in management staff
- Perform Independent Vocational Evaluations for customers in the Minnesota market
- Sold company to Paradigm Outcomes September 2016; resigned January 2017

#### **Regional Operations Manager, Concentra Managed Care, Duluth MN** 1994 - 1999

- Alpha employee in Minnesota Market, over a period of six years grew revenue to nine million dollars
- Responsible for operations over seven state area in upper Midwest.
- Achieved annual business goals and financial results established by senior executive team
- Hired and developed a strong team of state managers, promoted their growth and development to oversee the day to day operations in their local markets
- Served as a technical resource to national regional and local sales staff in acquisition sales activities - extensive experience in writing sales proposals
- Excellent command of regional regulatory issues in states for which I was responsible including: Minnesota, South Dakota, North Dakota, Wisconsin, Michigan, and Nebraska



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### *Professional Experience Continued*

#### **SUPERVISOR, INTRACORP, DULUTH, MN**

**1984 - 1993**

- Promoted to supervisor after working for five years as a field case manager
- Established professional reputation for the delivery of high quality case management services and achieving outstanding return to work outcomes for customers
- Hired, trained and supervised case management staff in the day to day performance of their jobs
- Responsible for supervision of clerical staff, overall office operations and production of work flow
- Member of Minnesota management team, attended numerous national and regional training programs for the development of corporate managers

#### **OCCUPATIONAL THERAPIST, REGISTERED**

**1973 - 1984**

- Eleven years of experience providing direct clinical therapeutic services to patients to relieve the effects of their physical disabilities
- Worked in a variety of settings including, nationally recognized rehabilitation centers (Mayo Clinic), local hospitals, and long-term care facilities
- Early participant in the field of Cardiac Rehabilitation, established and developed Phase I and Phase II cardiac rehab programs at Central Mesaba Medical Center in Hibbing, MN
- Wide range of therapeutic environments including hand therapy and splinting, neurological dysfunctions, orthopedic treatment, and pediatric developmental delays