



AMY MCABEER

COACH | WELLBEING PROFESSIONAL

Profile

I am an inspired and enthusiastic professional with twenty plus years of proven ability to support developing leaders, empower groups and individuals to create audacious goals and achieve success, while designing, implementing, and managing programs closely aligned with business objectives.

EXPERIENCE

LIFE COACH | OWNER

Violet Crown Wellness

2012 -present

- Guide individuals and groups in creating a life they love. Clients experience improved health, prosperity, relationships, and creativity.
- Integrate growth mindset, biological decoding, and health practices to achieve transformation with lasting results.

PATIENT GUIDE | SERVICES MANAGER

Austin Integrative Spine

2020 - present

- Guide and support patients throughout their health journey.
- Coach a variety of people in life optimization including entrepreneurs as well as brain and spine injured patients and their parents.
- Influence the design of a holistic neurosurgical and longevity clinic, providing guidance and feedback for continual improvement

REGIONAL ADVISOR | HEALTH & SAFETY SPECIALIST

Chevron

2000 - 2010

- Design, develop and deploy health and safety initiatives for a global audience, resulting in improved employee productivity, fewer injuries and a reduction in business costs, along with increased worker satisfaction.
- Guide team-leads in effectively navigating the corporate culture to deploy programs regionally in North, Central, and South America.

EDUCATION

MASTER OF HEALTH EDUCATION

University of Texas. Austin

2000

BACHELOR OF SCIENCE - KINESIOLOGY

University of Texas, Austin

1998

SKILLS

- Building connection & relationships
- Inspiring and empowering people
- Offering compassionate listening and constructive guidance
- Observing subtle, nonverbal cues
- Staying curious and adapting to change
- Focusing on continual improvement
- Managing multiple projects
- Teambuilding and leadership
- Lifelong learner

EXPERIENCE

VIOLET CROWN WELLNESS: OWNER/LIFE COACH

(2012 – Present)

Violet Crown Wellness is a nutrition and lifestyle company providing consultation and guidance to individuals and groups. I inspire, educate, and support people to define personal desires, craft goals, and achieve success in all areas of life, including health, career and relationships. As a coach I develop a high level of trust with clients, which allows for breakthroughs and leads to behavior change. Mindfulness and yoga instruction is integrated with coaching practices to create powerful opportunities for self-discovery in individual and group settings. I absolutely love to hold space for people who are ready to let go of limiting beliefs, and powerfully create a life they love.

AUSTIN INTEGRATIVE SPINE: PATIENT GUIDE | SERVICES MANAGER

(2020 – Present)

Austin Integrative Spine is a medical practice providing patients with innovative alternatives to spine surgery and the treatment of traumatic brain injury. Services offered include consultations, coaching, and procedures which attracts a global audience. I coach individuals, including parents of young children, empowering them to take an active role in the healing journey. In addition to creating a safe space to facilitate healing, I offer mind-body-spirit practices, biological decoding, and collaborate with patients to set and achieve health and lifestyle goals. Our patients include entrepreneurs looking to optimize their life, as well as adults and children in need of brain and spine care. It is my honor to empower our patients to release the past, optimize their body, and powerfully create life in which they realize their full potential. In addition, I have guided staff in provision of an excellent patient experience including a focus on environment, presentation of complex ideas to patients, communications and developing rapport, and creating compelling marketing materials.

CHEVRON CORPORATION: GLOBAL SAFETY SPECIALIST/REGIONAL ADVISOR

(2001 – 2010)

Served as the Advisor for North American and Latin American regions for planning, implementing and sustaining operations of the Repetitive Stress Injury Prevention (RSIP) and Early Injury Management (EIM) programs. Key activities include:

- Planned and implemented Chevron's Early Injury Management (EIM) program in the US, Canada, Brazil, and El Salvador as member of a cross-functional team. Workers in these areas were provided with immediate access to medical care when a minor injury occurred.
 - Assisted in the development of the Injury Prevention and Medical Management (IP&MM) department through recruiting, hiring and training of new employees.
 - Guided area Team Leads in designing projects, building relationships, and navigating complex systems to achieve success.
 - Led standardized process development and documentation for RSIP program. Developed online supervisor and workforce training including website and supporting resources. Planned and executed global deployment, ensuring employee compliance by tracking training and reporting progress to leadership.
 - Consulted frequently with regional leadership in the planning and decision-making process. This included effectively engaging key stakeholders, building relationships, preparing persuasive communications materials, and negotiating agreements for next steps.
 - Managed EIM operations for the United States, evaluating effectiveness, identifying operational gaps, and applying creative solutions
- (2000 – 2001)**
- Additional responsibilities included preventive ergonomic evaluations, metrics and process evaluation, customer satisfaction surveys, and managing communications.



CERTIFICATIONS

- **BioDecoding**, (expected May 2023)
- **Yoga Therapy Level I & II, Phoenix Rising**, 2012
- **Reiki I & II**, 2011
- **Health Coach, Institute for Integrative Nutrition**, 2012
- **Holistic Health Practitioner, AADP**, 2012
- **Project Management, University of Texas at Austin**, 2005
- **Industrial and Office Ergonomics, Isernhagen WorkWell Systems**, 2003

PROFESSIONAL & PERSONAL DEVELOPMENT

- **CH Mastermind**, 2022
- **Upgrade Biohacking Conference (formerly Bulletproof)**, 2021
- **DaVinci 50 Mastermind**, 2021
- **40 Years of Zen**, 2020
- **The Art of Holding Space, Yoga Mentorship**, 2018
- **Life of Meaning, Acton School of Business**, 2010
- **People Leadership I & II, Chevron**, 2008
- **Project Development and Execution, Chevron**, 2007

