

Lonnessa Debrow

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NissaDebrowVision.com. Helping Humanity Rise.

Changing the World, One Mind, One Heart, One Soul, at a time.

EXPERIENCE

NissaDebrowVision.com, Self — Healer of the Mind, Body, and Spirit and Guide to your Higher Self

JANUARY 2021 - PRESENT

Create inspirational and motivational messages.

Share my wisdom through monthly Zoom teachings covering various topics.

Perform “Vision Readings” for individuals who are ready to elevate their lives and become their higher self.

Teach, Mental/Emotional: I am learning the mind and why we think the way we think and act the way we act, as human beings. I am in tune with my own mind which makes it possible for me to tune in to others. In this way, I can truly empathize and help others understand their own mind.

Teach, Physical: I coach others on how to stretch and strengthen their bodies. I am form focused and detail oriented; injury prevention and recovery are key aspects of healing. I share my gift of teaching with those around me through stretching, strength training, and boxing.

Teach, Spiritual: I help people understand why they are, who they are, and who they are choosing to be. Change in this world, for the betterment of all humanity, is done through the individual. I teach people to love themselves so they can become the truest version of themselves. Good people will be the reason for real, lasting change in this world. Good people come from Love.

UPS Station, Concord — Package Handler

NOVEMBER 2019 - JULY, 2020

Worked in small package sort.

Kinders Corporate Office, Concord — Bookkeeper, Accounting Department

MARCH, 2010 - JUNE 2018

Completed monthly accounting, beginning of month to end of month, for 4 Kinder’s Meats, Deli BBQ locations; administrative duties; vendor liaison.

SKILLS

Dedicated, reliable, honest.

Resilient, strong, focused.

Excellent office skills, physical skills, speaking skills.

Kind, well-spoken, driven.

AWARDS/CERTIFICATES

Mediator Training - Congress of Neutrals, 2022

Time

Management/Productivity - Udemy, 2021

Reiki-Shoden - Reiki Infinite Healer, 2021

Cannabis Business - Oaksterdam University, 2019

Personal Training -NASM, 2018

Personal Training - PTA Global, 2017

Bachelors of Science, Criminal Justice

Administration - University of Phoenix, 2011

EDUCATION

University of Phoenix, Tempe — Masters in Psychology

OCTOBER 2020 - PRESENT

University of Phoenix, Tempe — Bachelors in Criminal Justice
Administration

JANUARY 2007 - JUNE 2011

Bryman University, San Francisco — Medical Assisting
Diploma

JANUARY 1997 - JULY 1998