



Lara Lauzon

FITNESS WELLNESS LIFESTYLE

EMPLOYMENT OBJECTIVE

To use my education, training skills, work experience and personal commitment to health and wellness to educate others about the benefits of healthy living.

SUMMARY OF MAJOR STRENGTHS

- Ph.D. University of Victoria, 2002
Dissertation: Teacher Wellness: An Interpretive Inquiry
- M.A. University of Victoria, 1992
Thesis: The Body Moves Television Fitness Show: Its Effects on Physiological, Fitness, and Psychological Measures in Adult Females
- Strong leadership experience and effective human resource management, training and education of professional staff, instructors, volunteers and students.

RELEVANT SKILLS AND EXPERIENCE

Educator

- Award winning educator
- Leadership skills in planning, developing, coordinating, implementing and evaluating a full range of health, wellness and recreation education courses programs, and services.

Human Resource Management

- Facilitation experience with advisory work groups, board of directors and employees.
- Experience in the design and implementation of staff wellness professional development sessions and programs.

Communications and Community Relations

- Strong communication skills, written and oral, through the development and delivery of presentations and writing of reports, training manuals, television program production, university courses and a university health and wellness textbook.

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continued

EMPLOYMENT HISTORY

University of Victoria

- Assistant Professor 2000 – present
- Sessional Lecturer 1990-1999
Courses: EPHE 142 - Personal Health Wellness and Potential, EPHE 246 Teaching Strategies for Active Health, EPHE 252 Leadership Methods for Recreation and Health Education

CHEK 6 Television

- Co Producer / On Camera Host 1988-1995
 - Internationally syndicated Body Moves Television Fitness and Health Show
 - 455 half hour episodes
 - Eight one hour home fitness/health videos

Lauzon Consulting

- Consulting, public speaking – workplace wellness, women and wellness, leadership

Community Recreation Services

- Consultant – Ministry of Municipal Affairs, Recreation and Housing, 1993
- Coordinator – Ministry of Health, BC Government Employee Fitness Program, 1986 – 1989
- Community Recreation Coordinator/Fitness Programmer, Recreation: Oak Bay, 1982-1986

Education

- Ph.D., University of Victoria, 2002
- M.A. University of Victoria, 1992
- B.A. Human Performance, University of Victoria, 1981
- Leadership Victoria, 2001-2002
- Master Trainer, Fitness Canada, 1987
- Level III Trainer of Fitness Leaders – British Columbia Recreation and Parks Association (BCRPA)
- YMCA – Fitness Leadership Certification
- Additional training in public speaking, marketing, communications, organizational analysis and development

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Awards

UVic 50 Alumni Who Made a Difference Award
University of Victoria 2013

Faculty of Education Excellence in Teaching Award
University of Victoria, 2007

Graduate Student Teaching Assistant Excellence Award
University of Victoria 2000

School of Physical Education commendation for Outstanding Performance as a Graduate Student Teaching Assistant
University of Victoria 2000

The Mrs. Annie Grewski Graduate Award
University of Victoria 2000

British Columbia Distinguished Women Citation
Ministry of Women's Equality, 1997

Victoria "Y" Women of Distinction Award – Fitness and Health Category
Victoria, B.C. 1997

Can Pro Award – Body Moves Television Fitness Show
1995

British Columbia Paraplegic Association Award for production of 2 fitness videos for persons with disabilities.
1992

B.C. Promotion Plus Leadership Award – Media category for promotion of girls and women in fitness and sport
1992

Community Wellness Award for outstanding contribution to the field of wellness
1990