

Heidi Lyn Klauber

Positive psychology professional interested in helping individuals, teams, organizations & communities thrive through self-awareness, self-care & self-compassion increasing a sense of connection and wellbeing.

PERSONAL AWARENESS & PREFERENCES

- Myers Briggs Type Indicator: ENFP (extroverted, intuitive, feeling, perceiving)
 - Enneagram 3 "The Achiever" with a 2 wing "The Charmer"
 - Top VIA Character Strengths: Love, Fairness, Honesty, Social Intelligence, Forgiveness & Kindness
 - Sparketype: Advisor (driven to work in an intimate, hands-on way) with a warrior (drawn to lead) shadow
 - Core Values: Happiness, Connection, Growth & Development
 - Favorite Quote: "Vulnerability is the birthplace of innovation, creativity & change." – Brene Brown
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NOTABLE ACHIEVEMENTS

- Founder/Creator, The Center for Human Potential, LLC (thecenterforhumanpotential.org) 2020
 - Successfully planned and executed a 273-mile end-to-end hike of the Long Trail with four teenagers beginning July 27, 2020 and finishing August 19, 2020
 - Co-Founder, Green Mountain Collaborative, program of the Academy for Systems Change 2017-present
 - Successfully planned and executed a 2,167 mile thru-hike of the Appalachian Trail beginning April 8, 2000 in Georgia and finishing October 5, 2000 in Maine
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FORMAL WORK EXPERIENCE

Snelling Center for Government, Williston, VT - Director of Events & Business Operations, 2015-2017

Integrity Construction Inc., Williston, VT - Part-Time Administrative Assistant, 2012-2015

University of Vermont, Burlington, VT - Conference & Event Services Summer Housing Coordinator, 2002-2008

Systems & Software, Inc., Colchester, VT - Sales & Marketing Specialist, 2001

Leapfrog Innovations, Inc., Brookline, MA - Corporate Team Development Program Manager, 1998-2000

CERTIFICATIONS

The Flourishing Center - New York, New York - May 2019 - Flourishing Skills Groups Certification

The Flourishing Center - New York, New York - April 2019 - Applied Positive Psychology Certification

Myers Briggs Training Institute - Boston, Massachusetts - May 2017 - Myers Briggs Type Indicator Certification

LEADERSHIP TRAININGS, COURSES & WORKSHOPS

CQ Strategies - Burlington, Vermont - October 2020 - Racial Justice Workshops for Green Mountain Collaborative

CQ Strategies - Burlington, Vermont - October 2019 - Implicit Bias Training

The Howard Center - Burlington, Vermont - September 2018 - Person Centered Thinking Workshop

Authentic Revolution - Austin, Texas - September 2018 - Authentic Life Leadership Course

Institute for Health & Human Potential - Chicago, Illinois - June 2018 - Emotional Intelligence Training

Visiting Nurses Association - Colchester, Vermont - March 2015 - VNA Hospice Volunteer Training

The Snelling Center for Government - Montpelier, Vermont - February 2014 - Bridges Out of Poverty Training

The Snelling Center for Government - Shelburne, Vermont - June 2014 - Vermont Leadership Institute Graduate

Vermont Transcendental Meditation Center - Williston, Vermont - Spring 2014 - Transcendental Meditation Training

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FORMAL EDUCATION

The University of Vermont - Burlington, Vermont - 2003 - 2 Higher Education Student Affairs Courses

The University of New Hampshire - Durham, New Hampshire - May 1994 - Bachelor of Science Degree in Nursing

The University of New Hampshire - Durham, New Hampshire - 1996-2000 - EMT & CPR Certification, Level C

COMMUNITY INVOLVEMENT

- Listen Up Project Tour Manager, 2020-2021
 - Camp is in your Heart Communications Manager, 2019-present
 - Green Mountain Collaborative Co-Founder & Member, 2017-present
 - Friends of South Burlington's Performance & Visual Arts Committee Member, 2017-present
 - South Burlington Mentoring Program Mentor - 2015-present
 - South Burlington Fifth Grade Transition Steering Committee Member - January 2014
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WHAT IS THE GREEN MOUNTAIN COLLABORATIVE AND WHY IT'S IMPORTANT TO ME

The Green Mountain Collaborative (GMC) started as an idea in 2017. We initially held two values; a commitment to social justice and a desire to study and impact systems change in Vermont to increase wellbeing. In 2018, we partnered with the Academy for Systems Change and in 2019 we piloted an emergent 6-month program with 14 Vermont change makers. The GMC pilot was extremely successful and brought to light critical issues of diversity, equity, and inclusion that are at the heart of any effort to create meaningful systems change. By harnessing the experiences, capacity, and connection between the members in the cohort, we created a network of otherwise separate individuals driven by a shared sense of commitment to cultivating conditions for thriving through connection and collaboration. The emergent nature of our work was embraced and allowed us the freedom to explore what impacts we could have on systems we currently live, participate and work in by creating action impact projects. One of my action impact projects is to bring the concepts of self-awareness, self-care and self-compassion to our teenage population to increase their social-emotional learning and leadership.

WHAT IS THE CENTER FOR HUMAN POTENTIAL AND WHY IT'S IMPORTANT TO ME

The Center for Human Potential aims to engage young adults with a deep dive into who they are and who they aspire to be - it is our belief that this exploration of self will lead to living a more authentic life full of meaning, purpose, and passion. At a time when teenagers are about to make some very big decisions regarding education, careers, relationships, and social lives - decisions that cost time, money, energy, and focus - it's imperative to understand personal belief systems, motivating values, underlying desires, coping mechanisms, habit-making and -breaking strategies, emotional triggers, and more. We believe they are eager to do this work by having these conversations, making important peer connections, getting curious, asking tough questions, being seen and heard, being vulnerable, self-reflecting and dreaming big! Not with parents -who sometimes discipline, teachers -who typically grade, therapists -who try to heal, or even coaches -who want to push. But, with each other, who probably understand!

"When ideas become conversations that lead to action, that's when real change takes hold."

- Jonathan Fields, Good Life Project

REFERENCES - Made Available Upon Request