

# TORY DUBE

HEALTHY LIVING EXPERT



## CONTACT

Tory@ToryDube.com

(603)-781-1440

## PROFILE

Certified Holistic Health and Lifestyle professional with extensive experience in nutritional coaching, life coaching, corporate wellness and hypnotherapy.

## SOCIAL

 [fb.me/torydoobs](https://fb.me/torydoobs)

 [instagram.com/torydoobs](https://instagram.com/torydoobs)

 [twitter.com/ToryDoobs](https://twitter.com/ToryDoobs)

 [linkedin.com/in/torydube](https://linkedin.com/in/torydube)

 [torydube.com](https://torydube.com)

## EDUCATION

2012 - 2015

**Southwest Institute of Healing Arts**

AOS Mind-Body Transformational Psychology/4.0 GPA

2006 - 2007

**University Of New Hampshire**

Whittemore School of Business, Academic Scholarship, Dean's List

## CERTIFICATIONS

March 2015

**Certified Holistic Nutrition Practitioner**

Nov 2014

**Certified Hypnotherapist**

Aug 2014

**Certified Life Coach**

Passionate health and wellness coach that believes if we improve the fundamentals of our life, like cleaning up our diet, exercising regularly, encouraging a positive state of mind, and controlling our breath, we emerge as much happier, more productive and resilient human beings.

## EXPERTISE

- Nutrition for increased energy
- Nutrition for mental clarity
- Mindfulness & meditation
- Holistic lifestyle advocacy
- Client assessments
- Increased performance
- Overcoming procrastination
- Relationship building
- Improved communication
- Movement for increased brain function
- Stress management
- Empowerment and confidence
- Motivation to start a business or project
- Setting and achieving goals

## EXPERIENCE

### **Tory Dube Holistic Health and Lifestyle, New York, 2014 - Present**

*Founder/Healthy Living Expert & Holistic Business Consultant*

Lifestyle coach to private individuals, groups, business teams and corporate wellness programs. Author and curator on subjects including nutrition, mindfulness & meditation, positive psychology and hypnotherapy. Featured on MindBodyGreen and Elephant Journal.

### **LovelyThankYou Publishing, New York, 2012 - Present**

*Founder, Children's Book Author*

Author of two children's books, *A Trixi, a Shmoop and a Monster* and *Shmoop's Spectacular Day*. Focus is on educational content that promotes kindness to one's self, to others and to the planet.

### **Life Vest Inside, New York, 2012 - 2013**

*Communications Director*

Managed the Life Vest Inside promotional team growing membership to over 50,000+ participants in 25 countries. Created and curated all content for media and fundraising campaigns. Choreographed and co-managed a world-wide flashmob.

### **New-York Presbyterian Children's Hospital, New York, 2007 - Present**

*Creator of the now annual Summer Sizzle for Charnas Kids Club*

Founded the annual celebration of life for patients and family which draws over 300 attendees each year.