

# KIM WILDNER

Email: kimwildner@me.com ■ Cell: [920]342-9095 ■ Ludington, MI 49431 ■ Web: www.kimwildner.me

## PROFILE

My expertise in the area of Communications is unique, yet highly adaptable as I began writing, researching and teaching with a focus on health and wellness, specifically pregnancy, birthing, early parenting and stress reduction. While my focus currently continues to be diverse, what remains constant is the communication skills and business acumen required to convey any type of information in such a way as to benefit the people I serve. This core skill-set is demonstrably versatile and could accommodate any number of employment settings.

## EXPERIENCE

FOX VALLEY WELLNESS CENTER, FOND DU LAC, WI 54935

### PR COORDINATOR & SOCIAL MEDIA DIRECTOR

2009-2017

In this dual role as an at-distance public relations coordinator and social media coordinator, the following skills were utilized: Copywriting, design, basic photography, creativity, strong communication skills, adaptability, knowledge of the company/products/services, time management, pro-activeness, computer skills across platforms.

### MEDICAL TRANSCRIPTIONIST

2011-2013

Skill set involved knowledge of medical terminology, above-average typing skills, writing skills, grammar skills, memory skills, and communication skills, basic to above-average knowledge of computers, can accurately transcribe information, particularly patient identifying information, ability to follow directions and instructions, real-world experience in medical transcription, consultation of reference materials and resources to ensure use of correct terminology, ability to record and maintain records, which includes basic data analysis.

### REAL WEIGHT RELEASE PROGRAM COORDINATOR

2009-2013

This position required working closely with a team consisting of a physician, physician's assistant, nurses and other staff to facilitate a successful weight loss program. Additional tasks include promotion, mentoring, supporting material development, teamwork, cooperation and management experience.

### HYPNOBIRTHING CHILDBIRTH EDUCATOR

LUDINGTON, MI 49431

1990-CURRENT

I have been certified as a childbirth educator since 1991, first with the Association of Childbirth Educators (ALACE) and currently with the HypnoBirthing® Institute with the addition of certification in hypnosis through the Institute for Transformational Hypnosis (licensed by the Michigan State Board of Education). I continue to teach childbirth classes and use hypnosis specializing in stress reduction. I am a member in good standing with the National Guild of Hypnotists. Skill set includes advertising, teaching adult learners, organizational skills and problem solving, and public speaking.

### PUBLISHER, HARBOR & HILL PUBLISHING

LUDINGTON, MI

2003-2008

In 2003 I published a successful self-help book, *Mother's Intention: How Belief Shapes Birth*, which has sold over 1800 copies and has been used as a text for HypnoBirthing doula training. Skill-set includes distribution, promotion, marketing, event planning & organization. I maintain my own online presence via webpage, blog and social media. I am proficient with computer software, web development/design and social media coordination.

## EDUCATION

MARIAN UNIVERSITY, FOND DU LAC, WISCONSIN

BA IN ORGANIZATIONAL COMMUNICATION

DEGREE COMPLETION

DECEMBER 2010

Graduated Magna Cum Laude with a 3.89 GPA with a degree in communications. I made the Dean's list seven times. I enjoyed a 2 year internship as the Service-Learning Program Events Coordinator.