



Certification Trainer Bios

Jim Strohecker, CEO, Co-Creator of Certification Training

An e-health pioneer and wellness visionary, Jim has focused on bringing fundamental principles of wellness from the world's great healing and wisdom traditions into mainstream cultural awareness for over 30 years. Currently, his focus is on stimulating the creation of a "Culture of Wellness" in the U.S. and supporting the spread of wellness worldwide.

CEO and co-founder of HealthWorld Online (www.healthy.net), the world's first Internet network for wellness and complementary/ alternative medicine, he is the co-creator of the Wellness Inventory assessment and life-balance program (www.WellPeople.com) and the Wellness Inventory Certification Training (www.CertifyWellness.com). He was co-founder of the first business-to-business Internet network for the natural products industry.

As founding vice-president of Future Medicine Publishing, he acted as executive editor of the classic and influential work, *Alternative Medicine: The Definitive Guide* (600,000 copies in print). He has co-authored five books, including *Natural Healing for Depression: Solutions from the World's Great Health Traditions and Practitioners* (Perigee, 1999), and has collaborated on over 20 titles in the fields of natural health, psychology, human potential, yoga, meditation, and world spiritual traditions. He is also publisher of Healthy Update, a weekly e-newsletter focused on wellness and integrative medicine serving over 30,000 subscribers internationally since 1997.

A Phi Beta Kappa graduate of the University of Tennessee in anthropology, his interests have taken him from archeological expeditions to Mayan ruins in the Yucatan to years of intensive study of yoga and meditation in India.

Jim has served on numerous boards, including the President's Advisory Council for Bastyr University, the Board of Trustees of the American University of Complementary Medicine and the Institute of Natural Medicine, and the advisory boards of Nourish America, the National Workforce Health Economics Summit, the National Wellness, Prevention and Fitness Conference, Dove Health Alliance, and the Academy for Guided Imagery.

Jim lives in Los Angeles with Nancy, his wife of 25 years.

He co-facilitates the 14-week Wellness Inventory Certification Trainings teleclasses.

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Marilena Minucci, MS, CHC, BCC

Marilena integrates best practices from over 25 years of experience in counseling, wellness coaching and training in the areas of personal growth and development, nutrition, health, energy psychology, as well as marketing and management.

Author of *Quantum Coaching Questions* (2013), Marilena is a Board Certified Coach (BCC) and a Certified Wellness Inventory Coach.

Marilena holds degrees in psychology and journalism from New York University and completed her graduate degree in Counseling Psychology at the State University of New York. She is a graduate of and has been a mentor and instructor for the Institute for Integrative Nutrition (IIN), and was recipient of the 2013 IIN Health Leadership Award. She is certified by the American Association of Drugless Practitioners and is a member of the International Coaching Federation.

In addition to her formal graduate work in Mental Health Counseling Psychology, Marilena has completed advanced studies with the Debbie Ford Integrative Coaching Institute; Marc David, Nutritional Psychologist; Tom Daly, PhD in 4 Gateways Coaching, the Albert Ellis Institute in NYC, and with the Institute for Life Coach Training. She studied with EFT's Gary Craig and Carol Look and continues to integrate energy work, including Reiki, into her practice.



As creator of the Quantum Coaching Method, she offers health coaches and other wellness professionals a dynamic way to work more deeply and effectively with their clients while at the same time enhancing their own individual growth.

Drawing from her own life and health transformation, including a recovery from PCOS, she specializes in helping clients challenge old patterns and beliefs that keep them stuck. Marilena teaches women to end cycles of self-sabotage, to identify meaningful goals, and to design effective strategies to move ahead and create the more fulfilling and balanced lives they desire.

Marilena lives in New York and travels extensively as part the Quantum lifestyle she embraces.

