

WELLNESS INVENTORY

Certification Trainer Bios

Bobbie Burdett, Director of Training

Bobbie Burdett, Director of Training for HealthWorld Online, was a co-creator of the Wellness Resource Center in 1975 with John W. Travis, MD, which was the first wellness center in the U.S. She co-developed the wellness coaching process for the Center, which, to our knowledge, was the first of its kind. She was also instrumental in the Center's development of pioneering preventing burnout programs for helping professionals that were conducted in many locations in the continental US, Hawaii, Alaska, Canada, and Costa Rica. In addition, she has also been a featured speaker for both large and small audiences on the subject of wellness.

She has continued to coach and hone her craft for the past 30 years. In the process, she has developed an unparalleled depth of understanding of wellness and the Wellness Inventory. Recently, she has been instrumental in revising the Inventory and its commentaries.

As a young adult, she realized the limits of conventional medicine. Being a lifelong-learner and independent scholar, she has studied many aspects of wellness and alternative medicine for nearly 40 years. In recent years, she has focused her studies on Positive Psychology, Social Neurobiology, Body-Mind Life Coaching™, Intrinsic Coaching®, Motivational Interviewing, and Emotional Freedom Technique. In 2005 she co-organized the Mindsight Symposium on Social Neurobiology in Portland, OR.



As well as maintaining her coaching practice, Authentic-Life Coaching, in Asheville, NC, Bobbie now brings her depth of experience and broad knowledgebase to the co-creation and implementation of the Wellness Inventory Certification Training for HealthWorld Online. She teaches the 3-day weekend intensive trainings and co-facilitates the 14-week Wellness Inventory certification teleclass trainings with Jim, and teaches the Holographic Coaching Practicum course.

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Jim Strohecker, CEO, HealthWorld Online

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 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 21 years.

He co-facilitates the 14-week Wellness Inventory Certification Trainings teleclasses with Bobbie. Contact: jim@healthy.net | 310-823-9553

