

Ellen Sichel (770) 313-6162 | Ellen@EllenSichel.com | Sarasota, FL

As a teacher, speaker, and author, I provide interactive talks and workshops to non-profits, community-based groups, and support groups. I am an accomplished speaker with experience presenting for audiences of all sizes. My specialty is presenting with humor and participant interaction, proving quick, tangible tools for body, mind, and emotions. Simple, upbeat, and live changing!

With over 25 years of experience working in the healthcare field, I have served in various leadership roles including: Executive Director of Master Yoga Foundation, owner of my own yoga studio, VP of Programming & President of Hadassah Health Professionals.

EDUCATION

Duke Integrative Medicine | 2011

Professional Training, Yoga Awareness for Cancer

Center for Mindfulness, Omega Institute | 2009

Professional Training with Jon Kabat-Zinn, Mindfully Based Stress Reduction

Master Yoga Foundation | 2000 - 2009

Certified Yoga Instructor & Teacher Mentor with over 1000 hours training. Advanced trainings include: Yoga for Back, Chair & Adaptive Yoga, Neck & Shoulder Pain, Pregnancy Yoga, Meditation, Self - Inquiry Practitioner, Discussion Leader.

Phoenix Rising Yoga Therapy Institute | 1997 - 1999

Certified Phoenix Rising Yoga Therapist. Three-part program including Gentle Movement, Supported Yoga Poses, and Inquiry.

Farleigh Dickinson University | 1972 - 1975

*Degree: BS Marketing
Cum Laude, Graduation speaker*

CERTIFIED CEU EVENTS

Let's Get Real About Compassion Fatigue, Help Yourself Help Your

Patients Custom Calm Continuing Education Program: 1 & 2 Credit Hour CEU's
Certified by Association of Social Work Boards (ASWB), Commission for Case Manager Certification (CCMC). Programs range from 20-100 healthcare professionals.

Wellstar Hospital | *November 2015*

Peachford Hospital | *October 2015*

Blue Pearl Veterinary Specialist | *September 2015*

Georgia Gerontology Society Annual Conference | *August 2015*

Kennistone Hospital | *June 2015*

Georgia Conference: National Association of Social Workers | *October 2014*

Georgia Council of Nephrology Social Workers | *June 2014*

Emory St. Joseph's Hospital | *May 2014*

Grady Memorial Hospital | *March 2014*

Benton House Adult Living | *February 2014*

EXPERIENCE

Custom Calm, LTD, Current company name: Ellen Sichel Founder & President | 2010 – present

Custom Calm's mission is to teach caregivers and people dealing with chronic illness, pain, and anxiety learn how to take care of themselves and regain a sense of calm, control, and play in their daily lives. I customize programs with private clients, assuring success through accountability, and work with larger groups. Since founding Custom Calm in 2010, I have built individually tailored programs for the following organizations:

Lupus Regional Conference Georgia | November 2022 Lupus Warriors

WealthCare Network | 2016-2017

I assisted with all aspects of event coordination for corporate Lunch & Learns. I provided copy for speaker programs and weekly newsletters. I presented stress management programs for Lunch & Learns.

RC Cancer Centers | May 2017

Cancer Survivors- Family Reunion |
Speaker, 100 attendees. Relationships & Emotions

Dunwoody Adult Day | February 2017

Keynote speaker, focus on stress for caregivers, professionals

Ataxia International Convention | April 2016

Keynote speaker, 500 attendees. Led caregiver support program (50 attendees), taught adaptive yoga class.

Lupus Health & Wellness Event | March 2016

Keynote speaker, focus on skills to manage chronic illness and pain.

Lupus Summit | September 2015

Designed and managed program (40 participants) focused on self-care techniques.

RC Cancer Centers: Life After Cancer Series | 2014 –2016

Design programming and teach, focus on techniques to enjoy, and manage life while living with consequences of cancer treatment.

Cancer Support Community at Northside Hospital | 2008 –2016

Weekly classes and monthly workshops, group size ranges from 8 to 20 cancer patients, survivors, and caregivers, focus on strategies for decreasing stress, pain and fatigue.

Northside Hospital Infusion Center | 2010 – 2016

Weekly program serving patients and caregivers while undergoing infusions for cancer. Visit each station and customize simple stress and pain management practices.

Georgia Council on Aging | July 2014, 2015

Led three-hour interactive workshop with 50 healthcare professionals.

Weinstein Center Adult Program | 2012 – 2014

Led weekly class for approximately 15 adults with mental and physical disabilities. Concepts for calmer living, chair yoga, stress management techniques, and balance for those with limitations.

Sunrise Senior Living Staff Meeting Series | July 2014 – February 2015

Designed and taught a program to help staff take care of themselves and prevent compassion fatigue. Mindful based stress reduction, meditation, chair yoga, mindset strategies included.

Resurgens Orthopedics | November 2014 – January 2015

Designed and taught monthly lunch and learn curriculums at 3 locations to help staff deal with stress both on and off the job.

Health Professionals Group, Greater Atlanta Hadassah

President | January 2016 – 2018

VP of Programming | September 2014 – January 2016

Manage group programs and community health education events, including *Breast Strokes*, *Hadassah's* large annual breast cancer fundraiser. Responsibilities include securing speakers, venues, vendors, and recruiting and managing volunteers. Run bi-monthly board meetings.

Master Yoga Foundation

Executive Director | 2008 – 2009

Master Yoga Foundation's mission is to provide education and to support conscious community. I directed a reorganization of the Foundation, which included implementing new programs, negotiating new contracts, putting in place healthy communication throughout organization, and crafting a program to evaluate financial effectiveness. Day-to-day responsibilities included: organizing and overseeing teacher trainer programs; communicating with teachers and staff; negotiating payout to master teachers; managing complex training calendar.

Plum Tree Yoga Studio

E-RYT 500 Yoga Instructor & Teaching Mentor | 2004 – 2010

Gentle yoga classes and workshops to help students with spinal decompression and deep relaxation. I taught the basics of meditation, workshops including travel yoga, daily practice, prenatal yoga, and yoga for back pain. I supported teachers in lesson planning, class pacing, pose alignment.

Ellen Sichel's Yoga Studio

Owner & Yoga Instructor | 2001 – 2004

The mission of Ellen Sichel's Yoga Studio: Provide a gentle, approachable, style of yoga instruction and support. Engaged other movement professionals to support those with MS, and other illnesses. Managed all facets of running the business. Ran events for guest teachers.

PUBLIC SPEAKING

"Mindful Resilience in a Chaotic World"

Hadassah Regional Conference | November 2021

"Stop Waiting & Start Living"

NCJW Lunch & Learn | January 2022

“How to De-Clutter Your Mind & Optimize Your Time”
National Association of Professional Organizers | April 2015

“Take Charge of Your Stress & Pain”
Women’s Heart Support Group, Emory Saint Joseph’s Hospital | March 2015

“New Year, New You”
Sandy Springs Chamber of Commerce | February 2015

“Help Yourself, Help Your Participants”
Lupus Summit for Team Leaders | January 2015

“How to Manage Your Relationships & Emotions”
Resurgens Orthopedics Managers Meeting | December 2014

“Yoga off the Matt: Your solution for a Healthy Life”
Emory Saint Joseph’s Hospital | November 2014

“Increase Energy and Manage Stress”
Association of Independent Women Professionals panel discussion | June 2014

“How to Take the Stress Out of Your Job Search”
Transitions Network, Support Group Meeting | May 2014

“Breath and Centering”
Nurses Oncology Symposium: A Journey to Wellness | April 2013

“Women’s Stress & Heart Health”
Hadassah Regional Conference | March 2013

“Breath and Centering: Unwind and Renew”
Cancer Survivors Network: Sharing the Journey Conference | March 2013

“Managing Stress and Pain”
Ataxia Support Group | February 2013

WRITING

Monthly Articles for Custom Calm Newsletter | 2013 to present

“Worried? Sigh Yourself to Calm” *Healthways* | 2014 (online column)

Book: *Splash Into Calm: Custom Calm Chronicles* | 2012 (book/CD) “Simple Solutions to Stress,” *Atlanta Jewish Times* (monthly column) | 2010 – 2012