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Nancy Joeckel

Work Experience

- 1979-Present: **Founder.** *Muscle Teamwork Solutions, Menlo Park, CA.*
Developed a new method for resolving chronic muscular problems. Established a private practice with clients including elite athletes and physician-referred patients. At MedCenter, Sacramento, conducted sessions and a two-year study on low back complaints. Specialized in cases involving long-term disability, repetitive injury, and high-output performance needs.
- 1977-1985: **International Faculty.** *Touch For Health Foundation, Pasadena, CA.*
Taught basic through instructor-level classes in applied kinesiology. Designed new programs and developed teaching materials for new and existing classes. With other faculty, set Foundation goals and selected and trained new faculty members. Lectured widely on health self-care issues, including appearances on TV and radio.
- 1978-1982: **Extension Faculty.** *Monterey Peninsula College; University of California at Santa Cruz; California Lutheran University.*
Designed and taught classes in stress management and applied kinesiology, including a one-year course on stress in the classroom.
- 1974-1977: **Stress Coach.** *Carmel, CA.*
Conducted a private practice, taught lay programs, and consulted to business and government. Developed and installed training programs for organizations including the U.S. Army, Monterey Bay Area Regional Training Center, Crippled Children's Services of Los Angeles County, the Central Coast Cancer Council, and Children's Home Society.
- 1972-1974: **Resident Group Leader & Office Manager.** *Esalen Institute, Big Sur, CA.*
Conducted weekend and five-day residential Gestalt workshops. Member of team responsible for Institute program planning and quarterly catalog publication. Managed an office staff of four handling program registration, accounting, bookstore sales, and customer service. Supervised transition to computerized financial system.
- 1970-1972: **Manger, Research & Surveys.** *The Super Market Institute, Chicago, IL.*
Designed and implemented the first computerized management information system for retailer members and grocery manufacturers. Conducted research for quarterly and annual industry-wide reports issued to members and government agencies. Member of team which presented annual "state of the industry" report to 3,000 members at Houston Astrodome.

1967-1970: **Marketing Research Analyst.** *Quaker Oats Company, Chicago, IL.*
Supplied corporate grocery sales reports to upper management. Designed, analyzed, and wrote consumer studies for Aunt Jemima and Puss 'n Boots product lines. Member of team that completed introduction of Aunt Jemima Frozen Waffles. Researched new ventures, including acquisition of Fisher-Price Toys and Celeste Frozen Foods.

Education

- 1998 **Certified Practitioner, Veterinary Orthopedic Manipulation.** *VOM Technology, Seattle, WA.* www.vomtech.com.
- 1981 **Certified Vocational Education Teacher.** *California State Department of Education.*
- 1980 **Certified Instructor, Hill Cognitive Style Mapping,** *Cognitive System Associates, Dallas, TX.*
- 1977 **Certified TFH Instructor.** *Touch For Health Foundation, Pasadena, CA.*
- 1967 **Bachelor of Science in Journalism.** *Medill School of Journalism, Northwestern University, Evanston, IL.*
Major: Marketing / Advertising; Minor: Business. Summa Cum Laude. President, Shi-Ai honorary journalism society. President, Delta Zeta Sorority.

Affiliations

- 1998 - Present **Chief Financial Officer.** *Borzoi Rescue-Northern California.* www.brnc.org
- 1994 - Present **Docent Naturalist.** *Año Nuevo State Reserve, Pescadero, CA.* www.anonuevo.org

Publications

- BasicMax: Introduction & Workout.** Joeckel N. VHS. MaxBridge, 2001.
- Health as a Contribution.** Joeckel N. July 1984.
- Say YES! To Stress: Why stress should be an ally.** Joeckel N. March 1980.
- The Short-Term Effects of Food.** Joeckel N. July 1984.
- Taking Stress In Stride.** Joeckel N. February 1981.
- Touch For Health In Action: A distinction between doing methods and getting results.**
Joeckel N. July 1983.