

ANNA L. WOODS, MMIN.

Strategic Leader, Masters in Ministry, Trauma Informed Life and Grief Coach



CONTACT

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EXPERTISE

- Conference Facilitation
- Group Workshops
- Community Care & Training
- Impact of Racism & Grief
- Examine & Disrupting Emotional Pain of Grief
- Trauma-Informed
- Strategic Leadership
- Human Resource Management
- Corporate Engagement
- Employee Professional Development

Anna has over 35 years of corporate leadership experience, but after retiring, she pursued her passion for life coaching and grief recovery. With a bachelor's degree in Organizational Leadership, a Master's in Ministry and Strategic Leadership, and certifications as an Advanced Grief Recovery Specialist and Life Coach, Anna guides her clients towards healing and growth.

Anna utilizes an educational and evidence-based Grief Recovery Method® program, and approach each encounter as a trauma informed coach with a goal to do no harm as a guide for her practice. She facilitates customized workshops, and delivers engaging speaking engagements.

Anna considers herself a lifelong learner, loves nature, and is intentional and passionate about serving others. She inspires purpose and wellbeing through life's challenges. Anna lives her life through the lens of her faith, leading by example with a practical, transparent, and effective approach.

EXPERIENCE

EXECUTIVE

- Goodwill Industries of Central Florida, Inc
 - Senior Director of Retail Operations
 - Coordination, development and administration of retail sales
- Albertson's Companies
 - District Manager
 - 26 year tenure managing day-to day operations at 21 multi-site locations
 - Human resource management

FACILITATOR

- Grief Recovery program:
 - Hosted 22 cohorts for the 8 week program
 - 65+ private clients
- Canterbury Conference Center: 4 Community Outreach talks
- 7th Annual Florida Maternal Mental Health Collaborative Conference: Loss and Grief in the Maternal Mental Health Environment
- National Association of Social Workers (NASW) FL. and VI Chapters Conference: Loss & Grief Educational workshop

SPEAKER

- Guest Presenter and Panelist: Healing Mother Wounds™ "It's Time To Heal Unseen Wounds"
- Antioch Missionary Baptist Church - Navigating the Human Emotions of Grief "Jesus Wept" John 11:35
- The National Alliance on Mental Illness Orlando NAMIGO Talks - Examining Grief Education and Prioritizing Mental Wellness
- 8th Annual Florida Maternal Mental Health Collaborative Conference: Loss and Grief in the Maternal Mental Health Environment
- Panelist: First Tee of Central FL, Teen Self-care & Sports Psychology
- Citizen Bank of Oviedo - Employee and Community Focus: Grief and the Historical Impact of Racism

EDUCATION | CERTIFICATIONS

- BA in Organizational Leadership
- Masters in Ministry and Strategic Leadership
- Certified Life Coach: Coach Training Alliance
- Certified Grief Recovery Specialist: The Grief Recovery Institute
- Certified Trauma and Resilience Level One (Trauma Informed), FSU
- Certificate Managing Happiness, HarvardX,