

## **CAMI ARROW**

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### **SUMMARY:**

My education and life experience have given me the ability to communicate with a wide range of people from all over the world. I have strong leadership qualities and have a special talent in motivating and energizing people.

### **EMPLOYMENT**

**New York Open Center** 2015-2018

**Marketing Manager**

Faculty leverage marketing and support, social media manager, newsletter creator, copy and web editor, photo editor, basic graphic designer.

**The Alchemists Kitchen** 2015-2017

**Events Coordinator / Producer**

Produced in-house events, coordinated and hosted faculty, greeted guests, organized pop-ups.

**Health Coach, Freelancer** 2012-2015

Health, wellness and conscious lifestyle coach, social media and marketing coach, home organizer, personal shopper.

**Evolver Social Movement** 2011-2012

**Events Manager**

Created, produced, promoted and hosted live events and weekend workshops. Hosted authors and workshop leaders.

**East West Living/Books, New York, NY** 2005-2010

**Book Buyer, Event Producer, Manager**

Buyer of the books for mind/body/spirit bookstore, worked with reps to curate newly published and best-selling titles, hosted author events. Store manager after a remodeled re-opening.

**Visions Vacations, Maui, HI** 2003-2005

**Trip Advisor**

Organizer and planner of vacations from mainland to Hawaii. Organizer of retreats.

**Omega Institute, Rhinebeck NY** 2002-2003

**Faculty Coordinator for Conference**

Hosted faculty during Omega Institute's off-site conferences. Managed top yoga and self-help teachers before and after teaching and conference.

**Boom Chicago Comedy Show, Amsterdam Holland 1999-2000  
Promotion**

Promoted shows and sold tickets.

**EDUCATION**

**Plymouth State University, Plymouth, New Hampshire**

Bachelor of Science in Anthropology, 1992

**School for International Training, Kenya & Uganda, Africa (1990)**

College Semester Abroad, East African Cultural Studies

**Humaniversity, Egmond aan Zee, The Netherlands (2000) and  
Guatama Multiversity, Morosolo, Italy (1999)**

Encounter Training, year-long program focusing on clear communication, healthy interpersonal relations and self-awareness

**Yoga Teacher Training (2006)**

200-hour certified. Restorative certified, 30 years of a personal practice

**Institute of Integrative Nutrition Health Coach Training (2012)**

Health Coach Certified

**SKILLS:**

Marketing, sales, copy writing and editing, social media, basic graphic design, hosting and management of people, strong eye for visual detail, good computer skills, professional buying, emotional intelligence, empathy, flexible attitude, a deep curiosity for life.

**INTERESTS**

Yoga, international culture, travel, creative pursuits; dancing, singing, writing and photography, social gatherings with substance, hiking and being outdoors, healthy living, organic foodie, art-gallery and museum hopping, earth activism, spiritual awakening, world peace.