

**Experience : Gini Maddocks, B.A., LMT, Holistic practitioner, Stress Management Educator, Speaker , Author and Columnist**

## **Seminars and Workshops**

### **1982-1988**

#### **“Holistic living workshops”**

The Natural Living Center, Brewer, Maine

Southwest Harbor Community Center, Southwest Harbor, Maine: workshops

**Maine Massage Guild:** charter member; newsletter editor

### **1988-1990**

#### **On-site director of massage and stress management classes**

American Institute of Massage, Kailua, Hi

#### **Teaching assistant**

American Institute of Massage, Kailua, Hi

### **1992-2000**

#### **Stress Management classes**

NAFSA (Association of International Educators) Region VI Conference

McCullough Hyde Hospital, Oxford, Ohio: Stress seminars for staff

McCullough Hyde Hospital, Oxford, Ohio: Stress seminars for staff

Fort Hamilton Hospital, Hamilton, Ohio: Stress relief for women

### **2002-2005**

#### **“R&R: Rescue and Relief” classes**

Fairfield Women’s Conference: Stress management for women

Miami University Health Fair

Miami University Physical Facilities Day: R&R

Miami University, Dept. of Student Financial Assistance

Holistic Health Fair, Sharonville convention center

Heaven on Seventh Holistic Center, Hamilton Ohio

March of Dimes, Drake Hospital, Cincinnati, Ohio: Nurses

Books and Company, Centerville, Ohio

Sinclair Community College, Dayton, Ohio: Staff development

OHEC (national IT organization), Miami University

American Medical Transcribers Association, Buckeye Chapter

#### **“WeightLess: Rescue and Relief from Dieting Grief” seminars**

Heaven on Seventh Holistic Center, Hamilton Ohio

Nature’s Cupboard, Indianapolis, In.: Your Body as a Metaphor

Rotary Club, West Chester, Ohio: R&R: Rescue and Relief

Bayada Nurses Day of Self Care: Taking Good Care of the Good Caretaker

#### **“Common Sense Healing/Holistic Intervention” program**

Miami University: Continuing Ed—6 week program

#### **“Follow Your Passion” speech**

Featured Speaker for “Exercise Science Colloquia Series”, Miami University

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**Publications**

**Book:**

R&R: Rescue and Relief for Computer Users, Book (3 time award winner)  
1<sup>st</sup> of a 3 book series

**Column:**

“Saying My Peace”, Holistic column, 2001-2003, The Fort Hamilton Post

**Articles:**

“Massage Magazine”, “how to...” contributions on massage

“Rescue and Relief reboots sore, tired Computer Users”, Women’s Business Cincinnati, June, 2005

“Got Stress?”, Flow newsletter, 2004

**Newsletter:**

“UpLifts”, work-week newsletter of helpful tips at work, April 2002-2005 (ongoing)  
500+ subscribers

- “UpLifts”, reprinted in monthly newsletter, Wings’ for International Association of Administrative Professionals, Dayton, Ohio
- “UpLifts”, “The Daily Grind”, The Cincinnati Enquirer, ,business section, April, 2005

**Radio Shows**

WMUB, Oxford, Ohio : InnerConnect

WLSU, Indianapolis, In.: Stan Solomon’s Wellness Hour

WAIF, Cincinnati, Ohio: Conscious Living

WAIF, Cincinnati, Ohio: Health Matters

**TV Appearances**

The Philippe Matthews Show, Chicago, Illinois

KDKA Pittsburgh, Pa. “Good Morning Pittsburgh” show with Jennifer Antkowiak, Jill Neely, producer