



# SARAH JAMIESON

## Integrative Coaching & Wellness



604-789-0203



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www.sarahmjamieson.com



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## EDUCATION

### STANFORD UNIVERSITY ONLINE

Psychology  
2018 - 2023

### BCIT

Non-Profit Communications  
and Management  
2006 - 2008

### Capilano College

Business and Communications  
1998 - 2001

## Certifications

1999 - Corrective Exercise Specialist (ACE)  
2010 - FMS Level 1 and 2 Assessment and Screening  
2010- NLP Certification  
2012 - Elite HRV Certification  
2013 - Agatsu Fitness Level 1 Kettlebell Coaching  
2013 - Present - Anatomy Trains Courses  
2014 - PPSC (Pain Free Performance Systems) Coaching  
CPPC- Certified Pre and Post Natal Specialist (GGS)  
2023 - Present - Somatics Experiencing Courses  
2023 - Dr. Belisa Vranich BREATHE Certified  
2024 - Cognitive Behavioural Coaching Certification (ACE)  
2025/2026 Jai Institute of Transformational Parenting

## A BIT ABOUT ME

I'm an entrepreneur, wellness coach, and community advocate empowering individuals, families, and organizations with trauma-informed, neuro-affirming practices that support resilience, well-being, and sustainable growth—so deeply feeling humans can thrive without burnout.

## WORK EXPERIENCE

### Personalized Coaching & Wellness

Present

CBC, NLP, CPT, FMS, PPSC, CPPC,

- Feel supported and grounded through trauma-informed, embodied practices that help your nervous system settle and your body feel safe
- Move with strength and ease using an integrated approach to movement, joint and tissue care designed for long-term vitality—not burnout
- Receive personalized coaching that blends mindset, somatic work, and movement to reduce stress, clear stuck patterns, and help you move forward with confidence

### Raised Rooted Parent Coaching

Present

Jai Institute of Transformational Parenting Certification

- Raised Rooted integrates attachment-focused, neuro-affirming, evidence-based practices to help families unlearn outdated parenting models and build calmer, more connected, and deeply empowering relationships with their children.

### Kits Beach Coffee

2021-2024

Co-founder & Director of Community Engagement

- Consulting on all social impact communications, policy creation, and brand alignment strategies related to community capacity building, reconciliation, and sustainability programs.
- Manages content creation and marketing related to community engagement and events.
- Collaborates with partners and non-profit organizations to host social impact events at the cafe.



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## HONORABLE MENTIONS

- Queen's Diamond Jubilee Medal in 2012 (nominated by Kevin McCort at Care Canada)
- Pain BC Board of Directors 2011 – 2016
- TEDXKIDS Speaker 2012 and Media Relations
- Ranger for the Kits Point David Suzuki Foundation Butterflyway
- DSF Pilot Project: Manage 20 Indigenous Friendship Patches for Indigenous Artists. In support of land access/TRC – 62–65, 92
- Homeschooling Consultant and Presenter for Origins Conscious Curriculum

## WORK EXPERIENCE

### Personal Training Institute of BC

2020/ 2021

Continuing Education and Content Creator

- Contracted to teach 6-Week Durable Training Courses for online classes throughout COVID to certify students for continuing education credits.
- This course bridges the gap by teaching pain-informed fitness strategies, corrective based movement, assessments and programming for nervous system regulation and reducing daily aches and pain.
- Delivered weekly classes and mentorship to groups of 20+ students.

### ONNIT Performance Labs

2015 – 2019

Master Trainer | Durability Certification Creator

- Co-Creator of The Onnit Academy Durability Certification
- Contacted to teach monthly Durability Certifications in the USA and Canada.
- Certified over 2,000 students in the Durability Certification
- Created 4-Week Durability Programs for ONNIT Labs for their On Demand Streaming Services

### Fit To Train Human Performance Systems

2011–2014

Functional Movement Coach

- Collaboration with interdisciplinary teams in holistic, integrative health settings.
- Provided Functional Movement Sessions to clients at FTT and Copeman Healthcare
- Provided Group classes focused on restorative movement and pain-care.
- Consulting on creating digital movement program design for clients, and related health-focused initiatives
- Assisted with the FMS Level 1 and 2 Certifications taught at FTT.

## REFERENCES

### Angela McDougall

Battered Women's Support Services / Executive Director

Phone: 604-808-0507

Email: director@bwss.org

### Jeff Martino

CEO Face Shot Ventures/ Burton

Phone: 604-862-1730

Email: jeffmartino@me.com