






INTEGRATIVE COACHING

SARAH JAMIESON

I am an entrepreneur and trauma-informed wellness coach who integrates health coaching, personalized strength training, and somatic practices to support nervous system regulation. With a strong background in operations and compassionate communication, I help individuals and teams translate priorities into grounded, body-aware workflows that prevent burnout and support meaningful outcomes through an equity-informed lens.

CONTACT

-  604 789 0203
-  hello@sarahmjamieson.com
-  Vancouver BC, Canada

SKILLS

- Client-Centric Coaching
- Team Collaborative Thinking
- Behavioural & Holistic Health
- Biometric Health Assessments
- Client Acquisition and Retention
- Project Management Tools
- Strong Communication

NOTEWORTHY

- ASD (Autism Spectrum Disorder) Parent Advocate and Speaker
- 2012 - Recipient of the Queen Jubilee Award
- 2011-2016 - Pain BC Board Member
- 2012 - TEDXKids Speaker + PR
- 2005 - 2015 - RUN4ACAUSE founder, 2.3 million raised for 60+ charities

COACHING EXPERIENCE

INTEGRATIVE HEALTH COACHING

CPT, CPPC, PPSC, FMS2+, CBC, NLP,

2014- Present

- Designed and delivered personalized health coaching to 1,000+ clients, integrating nervous system regulation, corrective-based movement, breathwork, and somatic practices.
- Applied educational frameworks and behavioural coaching to support stress management and longevity
- Designed and developed digital learning products for self-paced, movement-based learning across virtual platforms.
- Lead workshops and courses on corrective exercise, physiology and mobility through the BC Institute for Personal Training.

MASTER COACH | EDUCTAOR

Onnit Performance Labs

2014 - 2018

- Co-created the Durability Certification curriculum, a preventative and restorative system for injury reduction, longevity, and performance
- Certified 500+ students through the ONNIT Durability Certification program

MOVEMENT COACH | NLP

Fit to Train Human Performance Systems, Inc

2011-2014

- Delivered personalized movement coaching bridging rehabilitation to performance and activities of daily living
- Collaborated with physiotherapists and integrative health practitioners to ensure cohesive client care across disciplines
- Assisted in teaching Functional Movement Systems (FMS) Level 1 and 2 certifications with Fit to Train staff



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CERTIFICATIONS

- Certified Personal Trainer (ACE)
1999 - Present
- Cognitive Behavioural Coach (ACE)
- Parent Support Coach (Jai Institute of Parenting)
- BREATHE™ Certification
- Functional Movement Systems (FMS), Lvl 1, 2 and Breath course
- Agatsu Kettlebell Coach Lv 1
- ONNIT Labs (Foundations, Steel Mace, Battleropes, Steel Clubs)
- Pain Free Performance Specialist (PPSC)
- Certified Pre and Post Natal Coach (GGS)
- Anatomy Trains (various)
- Somatic Experiencing (various)
- NLP (Neurolinguistic Programming)
- YogaFit Level 4

VOLUNTEER

- David Suzuki Foundation, Kits Point Butterflyway Manager
- Indigenous Friendships Patches Pilot Project (DSF)
- Battered Women's Support Services, Annual Fundraising
- RUN4ACAUSE: 60+ NPO's

BUSINESS EXPERIENCE

KITS BEACH COFFEE

Co-founder, Director of Community Engagement
2020 - 2026

- Led social impact communications, policy development, and brand alignment initiatives supporting community capacity building, reconciliation, and sustainability
- Managed content creation and marketing for community engagement initiatives, increasing event participation and partner visibility
- Collaborated with non-profit and community partners to deliver recurring social impact events and strengthen cross-sector relationships

ACCOUNTABILITY COACH & ADMINISTRATIVE ASSISTANT

Decolonize and Rize
2026

- Demonstrates understanding of the social, economic, and political contexts of settler colonialism and its impacts on Indigenous communities
- Strong digital communication skills, including schedule management, data entry, and database administration
- Supports cohort coordination, learning circles, and lifecycle project management

EDUCATION

1998-2001

CAPILANO UNIVERSITY

Business Administration and Communications

2006 - 2008

BCIT

Non-Profit Management and Business Administration

2025

UNIVERSITY OF BRITISH COLUMBIA (ONLINE)

Neurodiversity in the Workplace Course