Angela Catenaro
Mobile 647 401 5946
Email: angela.catenaro@tristarhealth.ca

Curriculum Vitae

SUMMARYOFQUALIFICATIONS

- Over 30 years of experience in business administration and operations within the rehabilitation industry
- Superior organizational skills with an ability to be flexible and detailed oriented
- Client heart-centred, while working closely with family and team members
- High level of interpersonal and communication skills with empathy to manage chaotic situations
- Ability to see opportunities and make decisions with critical thinking
- Grounded and energetic with a positive, honest, and dedicated mindset
- Certified Yoga Teacher
- Reiki Healer Master Level

PROFESSIONALEXPERIENCE

Tri-Star Health Management Group Inc., Toronto, ON (November 2022-present)
(Case Manager and Coach)

- Case management for children and adults with brain injury, complex neurological and orthopedic injuries, as well as psychological, mental and behavioural disorders
- Coordinating hospital discharge, community services and medical assessments with contract health care professionals
- Advocating for and researching services and/or resources.
- Liaise with client/family, medical-rehab team members, legal team and adjuster to ensure recommendations are implemented.
- Assist clients with day-to-day challenges (I.e. scheduling appointments, transportation)
- Life coaching with a focus on increasing connection to self and others for growth in confidence, emotional and physical wellbeing, and goal setting
- File review and detailed summaries

Bergin Motion, Barrie, ON (November 2022- present)
(Therapeutic Yoga Teacher)

- Customized therapeutic yoga program to clients who have sustained trauma, such as death of a loved one, and injuries from a motor vehicle collision, such as traumatic brain injury, psychological disorders, orthopaedic injuries, and chronic pain.

New Moon Yoga and Wellness, Vaughan, ON (June 2011 – present)
(Self-Employed Certified Yoga Teacher, Intuitive Spiritual Life Coach, Reiki Healing Master Level)

- Individualized and Group Yoga Programs for children and adults
- Wellness Retreats
- Coaching Programs

Complex Injury Rehab, Pickering, ON (June 2008-October2022)
(Administrator and Therapeutic Yoga Teacher)

- Management of administration and operational tasks such as referral / client coordination, liaise with clinicians, insurers and legal team
- Individualized therapeutic yoga program to clients who sustained injuries from a motor vehicle collision, such as traumatic brain injury, psychological disorders, orthopaedic injuries, and chronic pain.

Sibley & Associates, Woodbridge, ON (Jan 2007-May 2008)
(Senior Team Lead Administrator)

- Coordination of client medical appointments with independent medical specialists and clinical team

Angela Catenaro Transcription Services, Burlington, ON (Feb 2000-Nov 2002)
(Self-Employment)

- Transcription of clinical medical documents for physicians and clinicians

Sibley & Associates, Burlington, ON (July 1995-Dec 2006)
(Referral and Client Coordinator/Executive Assistant/Marketing Coordinator)

Health Recovery Clinic, Mississauga, ON (1992 – 1995)
(Client Services Coordinator / Supervisor)

PROFESSIONALEDUCATION&TRAINING

2023 **The Possibility Path for Business, Michigan, USA**
Jeannie Proulx, Jeannine Proulx, Possibility Life Coach

2021 **I am Resilient, Vaughan, ON**
Karen Fiorucci, Conscious Intuitive

2020 **Reiki Master Level Training, Vaughan, ON**
Karen Fiorucci, Conscious Intuitive
(Reiki I and Reiki II completion in 2012 & 2014)

2020 **Love Your Brain™ Yoga Teacher Training, USA**
Yoga for Traumatic Brain Injury

2019 – 2022 **Mindfulness Writing Program, Michigan, USA**
Jeannine Proulx, Possibility Life Coach

2018 – 2019 **The Possibility Path Personal Coaching Program, Michigan, USA**
Jeannine Proulx, Possibility Life Coach

2017 – 2020 **Intuitive Development Program (Beginner, Intermediate & Advanced), Vaughan, ON**
Karen Fiorucci, Conscious Intuitive

2013 - 2018 **CosmiKids™ / WOW Learning Lab, California, USA**
Resonant Learning Approach / Emotional Intelligence Coaching Training

2012	**Esther Myers Yoga Studio, Toronto, ON** Pre and Post Natal Yoga Teacher Training
2010 –2011	**Blue Door Yoga Room, Woodbridge, ON** 200-hour Hatha Yoga Teacher Certification
2005 - 2009	**University of Waterloo, Waterloo, ON** Social Development Studies, part time. Area of studies included Philosophy, Sociology, Psychology, specifically Developmental and Educational Psychology.
1999 – 2003	**Humber College, Toronto, ON** Certificate Program in Human Behaviour, completed program with Honours. Courses included: Introduction to Psychology, Philosophy of Social Science, Humanities, Sociology, Methods of Research, and Developmental Psychology
1989 to 1992	**Humber College, Toronto, ON** Office Administration - Executive Assistant