

Trisheana A. Hunter

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PROFILE SUMMARY

Current MSW Candidate with extensive experience providing mental health and wellness support across individual, couples, and professional athlete populations. As a mental health professional and certified coach, I specialize in trauma-informed, culturally responsive, and strengths-based care, helping clients navigate life transitions, improve emotional well-being, and strengthen relationships.

Trained in evidence-based approaches including ACT, DBT, CBT, and motivational interviewing, I bring a holistic and relational style to my work, centered on trust, healing, and long-term growth. My background includes years of coaching and care coordination, supporting diverse communities with compassion, insight, and a deep commitment to accessible mental health care.

As a Life Coach and Athlete Wellness Manager, I empower individuals and couples to overcome challenges, enhance their mental health, and strengthen their relationships. With a focus on mental wellness and athletic development, I take a holistic approach to optimize individual performance and well-being. I excel in coaching supervision, management, and care navigation, and am seeking opportunities in athlete support, development, and branding. As a motivational speaker, I deliver impactful and relatable content, and I am open to working in sports branding and marketing to drive organizational success.

PROFESSIONAL WORK EXPERIENCE

Owner – Transformational Life Coach, Couples Coach, & Speaker **Moving Mountains Coaching – Tempe, Arizona | 2015 – Present**

- Support athletes in overcoming mental health challenges and relationship issues through creating safe spaces to process intense emotions and helping to identify core values, enhance emotional resilience, maintain focus and strengthen leadership skills.
- Coach couples in resolving conflicts by fostering open communication, strengthening emotional bonds, enhancing intimacy, and establishing shared goals.
- Empower clients to achieve personal milestones by guiding them through obstacles, unlocking growth potential, and addressing barriers to success.
- Facilitate transformative change by offering mental wellness insights, tailored strategies, and actionable steps, helping clients take decisive action on their unique journeys.

Mental Health Coach

Lyra Health – United States | 2021 – Current

- Provide mental health coaching for corporate professionals dealing with mild to moderate anxiety and depression, utilizing evidence-based practices like CBT and mindfulness to enhance mental well-being, reduce distress, and strengthen coping strategies.
- Coach clients in developing self-compassion, self-awareness, and acceptance, helping them recognize how their behaviors affect their happiness and inner peace.
- Offer support in overcoming obstacles to stress management, improving communication skills, and achieving a balanced work-life integration.
- Assist clients in navigating major life and career transitions, such as parenthood, job loss, and adapting to change, while fostering emotional resilience and self-compassion.
- Maintained consistent client improvement rate of 89% on a caseload of more than 60 Mental Health Coaching clients.

Legal Secretary & Office Manager

Branham Law Offices PLLC- Mesa, AZ | 2016–2020

- Managed client cases across multiple legal areas, including personal injury, family law, criminal law, and probate, ensuring effective case organization and support.
- Assisted senior attorneys with office operations, file management, financial oversight, and improving workflow efficiency.
- Negotiated settlements and liens, prioritizing clients' best interests in resolving legal matters.
- Drafted and prepared legal documents for court proceedings, litigation, and negotiations, collaborating with court personnel, legal teams, and governmental agencies to ensure timely case resolutions.

Doctoral Specialist

Grand Canyon University, Phoenix, AZ | 2010 – 2014

- Enhanced individuals' careers and personal growth through career counseling and skill development, providing guidance on educational and professional advancement.
- Surpassed enrollment rate and retention rate expectations by more than 5%.
- Coached potential students in identifying career goals, overcoming obstacles, and achieving personal and professional success by aligning education with long-term objectives.
- Developed and implemented a comprehensive training program for new hires, as well as overseeing ongoing professional development initiatives to improve employee performance and career growth.

CORE COMPETENCIES

- Deep understanding of mental health challenges, athlete pressures, and workplace dynamics, with a focus on providing empathetic support.
- Skilled in conflict resolution and mediation among athletes, employees, or team members, promoting effective communication and resolution.
- Proficient in emotional regulation and helping others manage emotions constructively in high-pressure situations.
- Strong appreciation for diverse backgrounds and cultures, enabling personalized support for individuals from various walks of life.
- Experienced in crisis intervention, providing immediate support during mental health emergencies.
- Help individuals set and achieve both personal and professional goals through targeted coaching strategies.
- Teach mindfulness techniques to reduce stress, improve focus, and promote overall well-being.
- Expert in mental training strategies to enhance athletes' performance, resilience, and mental toughness.

PROFESSIONAL SKILLS

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| • Motivational Interviewing | • Evidence Based Mental Health Practices |
| • Crisis & Risk Management | • Player Development & Engagement |
| • Microsoft Office & Calendar Management | • Performance Enhancement |
| • Professional Writing & Content Development | • Team Building & Collaboration |
| • IVP Fingerprint Clearance Certification | • Brand Management & Marketing Strategy |
| • Transformational Life Coaching | • Group Coaching Facilitator |
| • Public Speaking & Presentation Skills | • Negotiation & Conflict Resolution |
| • Stress Management | • Employee Relations & Retention |
| • Leadership Development | • Certified in Emotional Intelligence |
| • Mindfulness Practices | • Couples Coaching & Mediation |

EDUCATION

- **Master of Social Work (MSW) – Candidate for LCSW**-Expected Graduation: 2027, *Northern Arizona University*
- **Master of Industrial-Organizational Psychology** from Grand Canyon University
- **Master of Psychology** from the University of Phoenix
- **Master of Management** from the University of Phoenix
- **Bachelor of Science** from the University of Phoenix with a concentration in Business Marketing

SPORTS MANAGEMENT WORLDWIDE CERTIFICATION

- **Certificate:** Athlete Management, 2024
- **Training Included:** Agent regulations & player association legalities, contract negotiation, endorsements, sponsorships, ethics, collective bargaining agreements, draft preparation, marketing, and recruiting.
- **Mentors:** NFL Agent Dr. Lynn Lashbrook & NBA Agent Joel Corry.
- **Reference:** Dr. Lynn Lashbrook, President, Sports Management Worldwide, 503-445-7105.

ADDITIONAL COACHING CERTIFICATIONS

- ACC Certified Life Coach with International Coaching Federation
- CCA Certified Transformational Life Coach
- Certified Emotional Intelligence Coach