

Heidi L. Straube, M.Ed., LPC

P.O. Box 981045, Houston, TX 77098 (1) 713.521.1676 heidi@straubephoto.com

www.straubephoto.com
<http://psychophotographer.wordpress.com>
www.heidistraube.com

SUMMARY

Photographer, Transformational life counselor, Muse
Honoring the spirit within, then creating ways to express it
In photography and life

Fifteen years photography - contemplative seascapes, fine art portraiture, retreats, classes, mentoring, Inner Path of Photography. Twenty-five years contemplative practices, psychotherapist in career/life transitions, corporate professional development consulting, retreats and personal growth.

PROFESSIONAL EXPERIENCE:

1999 –
Present

Photographer/Muse - Inner Path Photography

"Honoring Inner. Creating Outer." Photography from the Soul.

- *"The Inner Path of Photography,"* retreats and classes, photography from the soul
- *"You are the Artist of Your Life,"* a life direction class for teens using photography (Nehemiah Center, Houston; Houston Housing Authority)
- Mentor/Muse - guidance in the Inner Path of Photography
- Inner Path Photography salon, discussing photography and artistic issues
- Inner Path Photography blog, for photographers and seekers
- Life Lessons from Photography: series of writings showing parallels of creative process to life
- Exhibited in the international photography exhibitions, Recontres International de la Photographie, Aix-en-Provence, France; FotoFest Houston; Dominican Republic (with community participation program) and Flat Bed Press Gallery, Austin, TX, Houston Women's Institute, Houston Public Library.
- *"Everyday Heroes"* - portraits and words, celebrating day to day connections making life work
- Solo travel to Cyprus soon after US "9/11," Greece, Crete, Istanbul; photography and interviews
- Contemplative seascapes, fine art portraiture (expertise black and white), events
- Photo books, photo poems; memento creations for clients w/ personal reflections, text, photos
- Contemporary Japanese-style hanging scrolls, story scrolls, unique handmade books

2006 -
Present

Transformational Life Counselor/Life Coach

Heidi Straube, M.Ed., LPC (*self-employed, Houston, Texas*)
Careers, Relationships, Lifestyle Choices, Spiritual Alignment

- Contemplative psychotherapist/Life coach: Using “Inner Path” principles, guiding individuals in how to honor inner self and create outer lives that are congruent; challenges of living authentically. Integrates Zen Buddhist, Hawaiian shaman, meditation, yoga, traditional psychotherapy modes.
- Designed, teach “*Belief Circles*”, relaxation, education & support through meditation
- Personal development classes, including “*Where Do I Go From Here?*”, decision making skills, building inner confidence & knowing, yoga, meditation.
- Career/Life direction assessments, tools to creating the life you want

2005-2006

Sabbatical (Crete, Greece and Santa Fe, New Mexico)

- Traveled & taught, photographed, counseled, reflected, wrote.
Articles published, book draft, new website, re-inspired approach to my work.

1990-2005

Professional Development Consultant

Psychotherapist, Counselor, Coach - Career/Life Direction

Heidi Straube, M.Ed., LPC (*self-employed, Houston, Texas*)

Created and taught group seminars, programs, and retreats

- “*Where Do I Go From Here?*,” workshop to find and create next steps for life direction
- “*I am the Artist of My Life*”, at-risk teen career direction program, using photography
- “*Mother-Daughter Career/Life Direction*,” to explore life possibilities together
- “*Women at Work*,” teen mentor program for girls
- Half- to 3-day retreats for reflection, defining direction, & creating future action
- Yoga and meditation classes, designed around special topics of life transitions

Provided executive coaching, teambuilding, and professional development

- Designed, developed and delivered “*Opportunity 2000*”, a 6-year women’s executive leadership program, addressing and breaking the “glass ceiling” in a major regional healthcare organization.

Responsibilities included:

- Design, delivery, and management of all program processes and tools, including program conceptualization, System buy-in, participant application & selection, individual development plans, ongoing training seminars, evaluation of program and individual progress, transition to new positions, program restructure.
- Multiple customers: System CEO, System Board, 17 Hospital Administrators, Development department, program Advisory Board, Participants.
- Design & delivery, Advisory Board Orientation; ongoing training:

- Designed, developed and delivered an 8-year program of leadership coaching, teambuilding, and individual development to innovative biotech software company (from its inception). Company bought by top tier Fortune 50 company soon after.
 - Coached executive team, including facilitation of complex dynamics
 - Assessed needs and coached management team of young, first time leaders.
 - Designed and facilitated offsite multi-day retreats - planning, skills training
 - Created company-wide corporate culture survey, results feedback, action plans
 - Created/taught seminars, including “*Unspoken Communications*,” working with individual and team energies; “*How to Lead a Meeting People Want to Attend*”
 - Integrated yoga, meditation, and energy work into wellness objectives and teambuilding
 - Provided individual coaching and counseling for increased employee retention
- Coached CEOs on self-reflection, awareness, integrating personal vision and ethics into leadership,
- Teambuilding for intensely ethnically stressed hospital service team
- Career development program for nuns, meeting both professional and spiritual goals
- Coaching & training, Malaysian hospital administrators
- “Frog Queen”, Rayne, LA, part of community support and teambuilding services

Counseled individuals in transition, for career and life change

- Helped adults change careers, improve their current job, start their own business, or change their lifestyle, in alignment with inner truth. Used integrated life perspective. Career, relationships, crisis management, long-term planning, life choices.
- Counseled young adults, high school and college, school and career/life choices
- Counseled individuals with life threatening illnesses, resulting depression, new plans
- Counseled individuals facing gender and sexual orientation lifestyle challenges

- 1989-1990 **Career Management Counselor**, Hofmeister, Joyce & Schlabach, Houston, TX
- 1987-1989 **Outplacement Counselor**, Michael D. McKee & Associates, Houston, Texas.
- 1985-1987 **Manager, Marketing and Board Relations**, Affiliated Hospital Systems, Houston, Texas.
35 rural hospitals across Texas and Louisiana.
- 1980-1985 **Professional Flutist**, Houston, Texas
* Performed with Jean-Pierre Rampal, Jones Hall, Houston.
- 1974-1980 **Data Input Supervisor** (1978-1980) **Administrative Assistant to VP – Finance** (1974-1978)
Natomas Oil and Gas, San Francisco, California, and Houston, Texas.
- 1973-1974 **Assistant Director/Counselor**, Crossroads Counseling Center, Holyoke, Massachusetts.
Outpatient clinic for discharged schizophrenic, state hospital patients.

EDUCATION & LICENSES:

Licensed Professional Counselor (LPC), Texas, 1989

M.Ed, Counseling Psychology, University of Houston, Houston, Texas

B.A., Human Relations and Counseling, BDIC Honors Program, University of Massachusetts, Amherst, MA
Photography studies with Mario Algaze, Peter T. Brown, Joel Meyerowitz, Michael Koetzle

PUBLICATIONS:

An Invitation to Change Your Life, article series, Indigo Sun, Houston, Texas, 2005 - 2007.

I Dream of Galveston - photo book celebrating the mystical magic of foggy Galveston beaches

Happy Mother's Day, Maria - photography and words gathering family stories, images, interviews

OTHER:

* *Yoga and meditation practitioner and teacher*, 25 years. Kundalini, Hawaiian, Zen, related healing practices.