



# Lara Lauzon

FITNESS WELLNESS LIFESTYLE

## EMPLOYMENT OBJECTIVE

To use my education, training skills, work experience and personal commitment to health and wellness to educate others about the benefits of healthy living.

## SUMMARY OF MAJOR STRENGTHS

- **Ph.D.** University of Victoria, 2002  
Dissertation: Teacher Wellness: An Interpretive Inquiry
- **M.A.** University of Victoria, 1992  
Thesis: The Body Moves Television Fitness Show: Its Effects on Physiological, Fitness, and Psychological Measures in Adult Females
- Strong leadership experience and effective human resource management, training and education of professional staff, instructors, volunteers and students.

## RELEVANT SKILLS AND EXPERIENCE

### Educator

- Award winning educator
- Leadership skills in planning, developing, coordinating, implementing and evaluating a full range of health, wellness and recreation education courses programs, and services.

### Human Resource Management

- Facilitation experience with advisory work groups, board of directors and employees.
- Experience in the design and implementation of staff wellness professional development sessions and programs.

### Communications and Community Relations

- Strong communication skills, written and oral, through the development and delivery of presentations and writing of reports, training manuals, television program production, university courses and a university health and wellness textbook.



Lara Lauzon, Ph.D.

University of Victoria  
P.O. Box 3015 Stn CSC  
Victoria, B.C. V8W 3P1  
Ph 250.721.8378  
Fax 250.721-6601  
Email [llauzon@uvic.ca](mailto:llauzon@uvic.ca)

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## EMPLOYMENT HISTORY

### University of Victoria

- Assistant Professor 2000 – present
- Sessional Lecturer 1990-1999  
Courses: Human Wellness and Potential, Leadership Methods for Recreation and Health Education, Active Health, Leadership Issues in Fitness, Health and Wellness

### CHEK 6 Television

- Co Producer / On Camera Host 1988-1995
  - Internationally syndicated Body Moves Television Fitness and Health Show
  - 455 half hour episodes
  - Nine one hour home fitness/health videos

### Lauzon Consulting

- Consulting, public speaking – workplace wellness, women and wellness, leadership
- Consultant – Ministry of Municipal Affairs, Recreation and Housing, 1993
- Coordinator – Ministry of Health, BC Government Employee Fitness Program, 1986 – 1989
- Community Recreation Coordinator/Fitness Programmer, Recreation: Oak Bay, 1982-1986

### Community Recreation Services

- Consultant – Ministry of Municipal Affairs, Recreation and Housing, 1993
- Coordinator – Ministry of Health, BC Government Employee Fitness Program, 1986 – 1989
- Community Recreation Coordinator/Fitness Programmer, Recreation: Oak Bay, 1982-1986

### Education

- Ph.D., University of Victoria, 2002
- M.A. University of Victoria, 1992
- B.A. Human Performance, University of Victoria, 1981
- Leadership Victoria, 2001-2002
- Master Trainer, Fitness Canada, 1987
- Level III Trainer of Fitness Leaders – British Columbia Recreation and Parks Association (BCRPA)
- YMCA – Fitness Leadership Certification
- Additional training in public speaking, marketing, communications, organizational analysis and development and leadership

## Awards

*Faculty of Education Excellence in Teaching Award  
University of Victoria, 2007*

*Graduate Student Teaching Assistant Excellence Award  
University of Victoria 2000*

*School of Physical Education commendation for Outstanding Performance as a Graduate Student Teaching Assistant  
University of Victoria 2000*

*The Mrs. Annie Grewskiw Graduate Award  
University of Victoria 2000*

*British Columbia Distinguished Women Citation  
Ministry of Women's Equality 1997*

*Victoria "Y" Women of Distinction Award – Fitness and Health Category  
Victoria, B.C.  
1997*

*Can Pro Award – Body Moves Television Fitness Show  
1995*

*British Columbia Paraplegic Association Award for production of 2 fitness videos for persons with disabilities  
1992*

*B.C. Promotion Plus Leadership Award – Media category for promotion of girls and women in fitness and sport  
1992*

*Community Wellness Award for outstanding contribution to the field of wellness  
1990*

