

Chris Bouguyon, MMQ, AOBTA-CP

2606 Chinkapin Lane
Rowlett, Texas 75089
214-476-1721
Chris@SimplyAware.com



INTRODUCTION

Multifaceted United States Navy Veteran offering technically sophisticated professional experience with a 34+-year career demonstrating expert hands-on and project management qualifications within diverse technical and business environments. Innovative and resourceful, actively seeks out ways to optimize efficiency, reduce costs, and enhance company and team performance. Proven leader and manager, patient technical trainer, self-motivated and ambitious with excellent decision-making and communication skills.

QUALIFICATIONS SUMMARY

- Sensitive, intuitive mental health provider with significant group and individual patient support experience in private and government behavioral health facilities. Trained to apply Traditional Chinese Medical Qigong in conjunction with, and in support of, standardized mental health practices and therapies to enhance patient outcomes. Experienced with HIPPA compliance, clinical software and data management including VISTA and CPRS through the VA Health Care System
- Identified project personnel requirements, developed effective job descriptions and managed the hiring process. Delivered proactive employee reviews and maintained an open door policy for team member's issues and concerns. Mentored team members on their professional goals and educational objectives, encouraging cross training and personal responsibility for their chosen career paths.
- National recognized, creative, dynamic presenter / instructor with the remarkable ability to identify with and communicate messages to a diverse audience, effectively. Deep experience instructing in both seminar and classroom environments, including delivering quality technical documentation, training aids and educational materials.
- Creative, visionary thinker, consistently delivering innovative solutions and achieving positive results in concert with clients, team members and company objectives. Seeks to streamline processes and improve overall efficiency.
- Experienced technical writer and published author who developed the nationally recognized; Training Mindfully with Qigong Principles™ (TMQP) somatic therapeutic training program, based on Traditional Chinese Medicine (TCM) and Medical Qigong. TMQP was proven to empower military and civilian participants to embrace their strengths and work with their vulnerabilities in an open, honest, integrated, introspective group training environment.
- Advanced level proficiencies in Microsoft and Apple hardware and software platforms including database and office management, presentation, internet and social media communication tools.
- Fluent in English, French and Functional in Spanish; Currently studying Mandarin Chinese

CLINICAL / THERAPEUTIC EXPERIENCE

- **Medical Qigong Therapist** - University Behavioral Health Hospital - Denton TX (2009-2014)
 - Led weekly group therapeutic programming (Recreational and Individual) for the Adult Psychiatric Unit, Critical Stabilization Unit, Active Duty Military Unit, Chemical Dependency Program and Women's Trauma Program
- **Medical Qigong Therapist** - Mayhill Behavioral Health Hospital - Lewisville TX (2012-2014)
 - Led weekly group therapeutic programming (Recreational and Individual) for the Adult Psychiatric Unit and Geriatric Psychiatric Unit
- **Medical Qigong Therapist** - Department of Veterans Affairs - VA North Texas Health Care System - Dallas, Bonham, Fort Worth (2012 - 2016)
 - Long Term Weekly Somatic Therapeutic Groups and provider requested, individual therapeutic consultations for Veterans healing from Post Traumatic Stress, Military Sexual Trauma, General Trauma, Chemical Dependency, Anger, Depression, Anxiety, Chronic Pain and / or Traumatic Brain Injury
 - Successfully delivered custom tailored programming to 40 therapeutic Veterans groups, demonstrating an average individual improvement of 44% in all symptomology measured using physical, mental, emotional and social scales

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Entrepreneurial Vision
Strong Communicator
Creative Problem Solver
Committed to Servant Leadership

Compassionate Service Provider
Excellent Customer Service Skills
Dedicated to Veteran Community
Passionate about Integrated Wellness Solutions

BUSINESS MANAGEMENT EXPERIENCE

- **Founder / Senior Instructor** - SimplyAware, LLC - (2003-Present)
 - Developed and Successfully Implemented programs and training materials for:
 - Training Mindfully with Qigong Principles™ Program for Personal Development / Healing
 - Smiling Heart Qigong™ Program for Independent, Assisted and Memory Care Communities
 - Intuitive Defense™ Training Series for Self Defense
 - Established SimplyAware as a nationally recognized and respected brand for integrated wellness and quality training programs
 - Fostered relationships with community partners to increase outreach and promote wellness initiatives
 - Developed a successful business model for delivering wellness programs into the community with minimal overhead costs and maximum value
 - Implemented unique and creative marketing strategies for maximum exposure, with limited budget to enhance market demand for our services
- **President** - The National Qigong Association - (2015-Present)
 - Responsible for daily operations of a 500 member non-profit organization, including paid and volunteer staff
 - Work closely with Chairperson and Board of Directors to cultivate, prioritize and implement clear, achievable goals for the organization, in service to its membership
 - Spearheaded an organization wide technology review. Supervised the implementation of Board approved recommendations eliminating 12 disparate technologies into one customized client relationship membership database.
 - Refined policies and procedures to reduce redundancy and improve overall staff efficiency and performance
 - Introduced innovative member retention strategies which have increased rolls from 220 to 500, in 2 years
- **Database Project Manager** - The Staubach Company - (2000-2002)
 - Responsible for the ground up development and successful implementation of a financial management database and a fully customized client relationship management software tool, across 47 offices and 1200 seats. Projects were simultaneously, successfully delivered within 18 months of initial project assignments.
 - Recruited, supervised and encouraged personal development of 20 technical staff for programming, project management and nationwide project implementation.
 - Established and managed a Project Management Institute Chapter to encourage PMI membership and cross-training for all project and technical staff
- **Market Development Manager** - Crouzet Corporation - (1996-2000)
 - Responsible for the support of 13 sales managers across North America including managing their software and hardware technology and training
 - Prepared and delivered performance reports to senior management during monthly sales meetings
 - Managed the development and implementation of custom sales management software which revolutionized the sales team communications channels eliminating redundancies leading to double digit growth
- **Engineering Manager** - Reynolds Equipment Company - (1989-1995)
 - Department manager responsible for inventory control, just in time delivery management, training and supervising manufacturing and administrative staff
 - Successfully leveraged internal resources to develop innovative technology which became industry standard and led this underperforming department to increase revenue by 60% over 5 years; from \$350,000 annual sales to over 1 million dollars

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EDUCATION / TRAINING / CERTIFICATIONS

- **Master of Medical Qigong** - International College of Medical Qigong, Palm Desert, CA (2014-Present)
 - Doctor of Medical Qigong - In Progress - 2017
- **Certified Practitioner** - American Organization for Bodywork Therapies of Asia (AOBTA) - (2017)
- **Certified Professional Member** - National Qigong Association - (2008-Present)
- **Traditional Chinese Medical Theory I & II** - The Red Thread Institute - Santa Rosa, CA (2015-2016)
- **Mental Health First Aid** - National Council for Behavioral Health - (2016)
- **Apprentice / Senior Instructor** - Dr. Alan Y. Chen L.Ac, OMD – Plano, TX (2001 - Present)
 - Therapeutic Qigong and Tai Chi, Myofascial Release and Physical Therapy Techniques, TCM based Pain Management Strategies, Medical Qigong and Tuina.
- **Certified Senior Instructor / Trainer** - Tai Chi for Health Institute - Dr. Paul Lam, MD (2004-2009)
 - Tai Chi for Arthritis Level I & II, Tai Chi for Back Pain
- **Apprentice / Senior Instructor** - The Energy Balancing Center - Dallas TX (1991 – 1998) - Roger Stainbrook, L.Ac
 - Therapeutic Qigong, Therapeutic Tai Chi, Herbalism, Acupuncture / Acupressure, Nutrition, Pain Management
- **Certified Advanced Wilderness First Aid** - Wilderness Medicine Institute (2006 - Present)
- **Certified Instructor CPR / AED Infant / Adult** - American Red Cross (2012 - 2014)
- **AASEE Electronic Engineering** - Valedictorian Honors - National Institute of Technology (1991)

VOLUNTEER / COMMUNITY SERVICE EXPERIENCE

- **International College of Medical Qigong**, Palm Desert, CA - Dr. Bernard Shannon, DMQ (China)
 - Medical Qigong Teaching Assistant
- **National Qigong Association** - (2008 - Present)
 - **Leadership Service**
 - President (2015 - Present)
 - Board of Directors - (2011 - 2017)
 - Vice President (2012 - 2015)
 - **Committee Service**
 - Chairman - Nominations / Elections Committee (2009-2015)
 - Chairman - Internet Committee (2011 - Present)
 - Member - Membership Committee (2008 - 2012)
- **Scout Leader** - Boy Scouts Of America - Pack 1200 / Troop 100 - (2000-2016)
- **Board Chairman** - City of Dallas' Texercise Senior Citizen Wellness Initiative - (2005-2006)
- **Board of Directors** - Rowlett Citizen Corps Council - (2004-2005)
- **Lead Instructor / Speaker / Subject Matter Expert** - The Arthritis Foundation - (2004-2009)
- **Vice Chairman** - Dallas Police Department's Law Enforcement and Private Security Organization - (2003-2005)
- **Founding Member / Team Leader** - Community Emergency Response Team, Rowlett, TX - (2003-Present)
- **United States President's Volunteer Service Gold Medal Award** - For 500+ Hours of Volunteer Community Service in one calendar year (2006)
- **Personal Profile** - Devoted husband of 25 years, father of three sons; 17, 19 & 22. Hobbies include camping, hiking, backpacking, rock climbing, family board games, Chinese ink painting, woodworking, poetry and reading to learn