



P. Casey Maples

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Profile

I am a leader, creator, an accomplisher, influencer and supporter with 35 years of professional experience. I am the work-around mind that clearly sees the peaks and valleys as equal opportunities for growth. I am an enabler of progress and success.

Purpose

Industries: Healthcare, Healthy Living (Well-being), Active Senior/Retirement.

Roles: Leadership; Project/program management; Operations/facility management; Department head; Team lead.

Experience

CERTIFIED HEALTH & WELLNESS COACH, FITNESS/WELLNESS INSTRUCTOR WITH CORPORATIONS & THE VILLAGE CLUBS 2008 - 2021

Create and lead regular classes, workshops, programs, and presentations for locations of the DMB/ Village Clubs, the premier fitness facilities in the Valley of the Sun. Created life-changing programs available to all members - from prenatal through 85 years plus. Lead or have led corporate fitness, yoga, mindfulness and stress reduction classes and presentations for American Express, Fennemore Craig, CVS, APS and others. Skilled collaborator with clients, personally or in a group setting, to identify health and wellness goals and the related behavior changes. ACE certified, NCCA accredited, ICF approved.

FOUNDER, PRINCIPAL & OWNER OF AZ THERAPEUTIC ASSOCIATES LLC 2010 - 2021

Established this service-based therapeutic massage company and its team of licensed massage therapists prior to graduation. Built client base from zero to over 1,000 clients, corporate and private, in fewer than 3 years.

SECRETARY & FOUNDER OF THE ONE ACRE FOUNDATION 2018 - 2021

Established this non-profit for the purpose of servicing the underprivileged and underserved communities by way of Eastern Philosophy and Yoga. Presenting in the community and to philanthropic organizations, connecting those who wish to serve and training those, particularly teenage youth, in need of personal development skills.

FOUNDER & LEAD INSTRUCTOR OF YOGA YOUTH TEACHER TRAINING 2017 - 2021

Created this training program for youth and lead trainings for teens across the socioeconomic scale. Y2T2 teaches personal development tools for youth in a 200-hour certification program that is also a vocational training program, as youth can take what they learn into the fitness/wellness field as a trained professional. To date, there is no other known training program like Y2T2.

Skills

Motivational speaking for large or small groups • Better than working knowledge of popular software including scheduling, word-processing, spreadsheet, web design, project management and presentation • Project/program management planning and adherence • Grant and proposal writing • Book and article editing/writing • Coordination and motivational orchestration up and down the chain of the organization



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Education

Bachelor of Science in Health Administration, University of Phoenix, 2020 - 2023,
GPA 4.0 - National Society of Leadership and Success, Executive Leadership Certification -
Certified Associate in Project Management (CAPM®)