

TARA LOUISE ATWOOD

WELLNESS EXPERIENCE

TARA ATWOOD WELLNESS, New York, NY and World Wide **2017-Present**

Position: Wellness Entrepreneur, Yoga Teacher, Meditation Master Teacher and Sound Therapist

Conduct trainings, classes, retreats, workshops and events in America and countries throughout Asia and Europe related to Yoga, Meditation, Sound Therapy, Herbalism, Aromatherapy and Skincare. www.taraatwood.com

AMBER BLUE, New York, NY and Boston, MA

2012-Present

Position: Co-founder and President

Amber Blue is a organic skincare and aromatherapy company. Founders, Jen and Tara, always close, realized that they could celebrate their remarkable life achievements and enjoy the pursuit of their mutual passion for personal craftsmanship, by creating an artisanal, hand produced healthy beauty brand; natural and organic skincare and aromatherapy that derives its authenticity from the study of bio-dynamic farming and a collaboration with french bio-dynamic farming experts. Amber Blue is the pure and simple “gift of love” from Tara and Jen to you. www.amberblue.com

MANDALI RETREAT CENTER, Milan, Italy

2018

Position: Marketing & Communications Manager

Sound Therapy, Yoga + Meditation Teacher

Member of two-person Marketing team responsible for managing the marketing and communication of information and insight between Mandali and its community.

CORPORATE EXPERIENCE

ICR, New York, NY

2017 (Consultant)

Position: Vice President / Consultant

ICR is a strategic communications and advisory consulting firm. Provided strategic communications and advisory to six health living brands including GNC, Nutrisystem, Nomad Foods, Nautilus, Ecoark/Zest Technologies and Prestige Brands.

TIME WARNER CABLE (NYSE: TWC), New York, NY

2008-2016

Position: Senior Manager Investor Relations

Member of two-person Investor Relations team responsible for managing the communication of information and insight between Time Warner Cable and the media and investment community. Oversaw a \$67-billion company merger; one of the largest media mergers in U.S. history.

RESERVOIR CAPITAL GROUP, New York, NY

2007-2008

Position: Investor Relations and Marketing Associate

Reservoir Capital is a privately held investment group with over \$6 billion of capital under management. Member of three-person IR team responsible for managing the communication and marketing for new fund.

BLUEMOUNTAIN CAPITAL MANAGEMENT, New York, NY

2006-2007

Position: Investor Relations and Marketing Assistant

BlueMountain Capital is a hedge fund focused on the credit and equity derivatives markets with over \$17b in AUM. Member of IR and Marketing team responsible for managing the communication and marketing for the firm.

CBC MEDIA, Long Island, NY

2005-2006

Position: Public Relations Assistant

CBC Media offers marketing, public relations and video production to businesses.

COURT SYSTEM AND POLITICAL CAMPAIGNING, London, England

Fall 2004

Public Relations and Marketing Intern

EDUCATIONAL DEGREES

Baruch College Zicklin School of Business, *New York, New York*

Master of Business Administration (M.B.A.), May 2017

Focus: Management, Entrepreneurship, Sustainability

Université Jean Moulin, *Lyon, France*

MBA Study Abroad, January 2016. International Business and Marketing.

University of Massachusetts, *Amherst, Massachusetts*

B.A., English, May 2005. Minor in Philosophy.

Imperial College, *London, England*

B.A. Study Abroad, Fall 2004. International Business and Theatre.

WELLNESS CERTIFICATIONS

200-Hour Registered Yoga Teacher (RYT: Yoga Alliance)

Sampoorna Yoga & Meditation School

Goa, India

Guru/Master: Sudhir Ponugupati

Meditation Master

Satyam Shivam Sundaram Meditation School

Goa, India + Rishikesh, India

Guru/Master: Shiva Girish

Advanced Sound Therapist

Satyam Shivam Sundaram Meditation School

Goa, India + Rishikesh, India

Guru/Master: Shiva Girish

Vipassana Meditation Training

Dhamma Atala Vipassana Meditation Centre

Firenze, Italy

Guru/Master: as taught by S. N. Goenka

Lineage: S. N. Goenka

Mindful Meditation Training

Plum Village Monastery

Loubès-Bernac, France

Guru/Master: as taught by Thích Nhất Hạnh

Lineage: Thích Nhất Hạnh

Reiki Practitioner

Emerson Hospital | Steinberg Wellness Center for Mind & Body

Concord, MA

Guru/Master: Libby Barnett

Lineage: John Harvey Gray

*Graduating March 2019

Additional Education + Training

- *Mandali Retreat Center - Quarna Sopra, Italy - Meditation, Yoga + Wellness*
- *Emotional Freedom Tapping (EFT) Practitioner - Goa, India*
- *Balinese Massage Practitioner - Milan, Italy*
- *Aromatherapy + Herbalism Training - Boston, MA - Guru/Master: Jennifer Burney*
- *Food, Nutrition & Health Certification - ALLEGRA, USA (Accreditation: The American Board of Nursing)*