



**elka eastly vera** | *coaching, consulting, creative for you and your business*  
(650) 575-3799, elka@elkavera.com, San Francisco Bay Area and Beyond

## **Workshop Facilitation History**

### **2001–2008 Business, Productivity**

Branding for Nonprofits, 2-hr lecture (2001)  
Making Choices in the Face of Doubt, 2-hr lecture (2005)  
Time Is Money, 2-hr presentation (2005)  
What It's Worth, 1-hr workshop + 1-hr teleseminar (2006)  
Values in Action, 5-hr workshop (5x: 2005–2008)  
Goal Group for Women, 4-week class (2006)  
ViA: Inner Light, 2-hr presentation (2008)

### **1999–2009 Transformation, Consciousness, Spirituality**

Elements of Magic, 6-week class (9x: 1999–2005)  
Reclaiming Choice, 3-day workshop (1999)  
Exploring Magical Practice, 4-week class (1999)  
Young Adult Support Group, 3-month series (1999)  
Unhexing Sex, 2-hr workshop (2000)  
Physical Power, 1-hr workshop (2000)  
Tools of the Trade, 6-week class (2000)  
Spellcraft, 6-week series (2x: 2000–2001)  
Chakras and Aura Sensing, 2-hr workshop (2001)  
Pentacle of Pearl, 6-week class (2002)  
Date Night with Venus, 2-hr workshop (2003)  
Women's Magical Journey Group, 16-week class (2004)  
Intro to Co-Counseling, 10-week class (2004)  
Reiki 1, 1.5 day intensive (5x: 2004–2008)  
Embodying the Tarot Aces, 6-week class (2004)  
Art of Placement, 2-hr panel discussion (2004)  
Meditation Groups and Circles, 1 to 2-hrs each (8x: 2004–2007)  
Abundance through Reiki, 6-week class (5x: 2005–2008)  
Journey with the Tarot, 6-week class (2005)  
WISDOM Program, 3-month program (2005)  
How You Pray, 2-hr dialog (2005)  
Reiki 2, 1.5 day intensive (3x: 2006–2008)  
Advanced Elements of Magic, 6-week class (2006)  
Meet Your Inner Healer, 1-hr presentation (2008)  
Wisdom of Dreams, 2-hr workshop (3x: 2008)  
Celtic Wheel, 2-hr workshop (2008)  
Women's Creativity, 2-hr workshop (2009)

### **1998–2000 Design, Technology**

Intro to Web Design, 8-week class (2x: 1998–1999)  
Intro to HTML, 2-week class (2000)  
Photoshop Intensive, 2-week class (2000)

**"Elka is a wonderful teacher, who has the ability to combine personal wisdom, life experience, intelligence, and spirituality in ways that creatively allow people to realize their full potential in a safe environment. I love working with her!"**

— **K.F., Voice Teacher**  
participated in  
Abundance through Reiki Class

**"Thank you for giving me the extra push and helping me to clarify my values this year. It has opened up space in my life for more clarity, more goals, and more dreams! I appreciate everything you've done and shared. You've truly made a huge difference in my life, and I just wanted to thank you!"**

— **S.M., Executive Assistant**  
participated in  
Values in Action Workshop

**"Great practical information, good listening and facilitation. Felt like I got information from a real pro."**

— **W.W., Salary Consultant**  
participated in  
Time is Money Presentation

**"Elka is very personable and professional. I had the sense that I was 'in good hands' to do introspective work. The workshop is well structured and put together. It is all very consciously designed, right from the start to the end, so there is a sense that the time is well spent."**

— **P.K., Leadership Trainer**  
participated in  
Values in Action Workshop



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### Initiatives

- ▶ Maintain private coaching, consulting and training practice, **ElkaVera.com**
- ▶ Grew one-woman creative studio into award-winning communication arts firm, **EastlyArts.com**
- ▶ Cultivated investors and launched Goddess boutique/gallery/learning center, **ShopFaith.com**

### Summary of Experience

- ▶ 10 years as a transformational facilitator
- ▶ 12 years in the ritual and intuitive arts
- ▶ 15 years in the communication arts

### Memberships

- ▶ American Council of Hypnotist Examiners (Current)
- ▶ Reclaiming Teachers' Collective (Current)
- ▶ Business Alliance Leadership Team (2006)

### Credentials & Certification

- ▶ Clinical hypnotherapist certified through Hypnotherapy Training Institute
- ▶ Trained as a coach through Coaches Training Institute
- ▶ Reclaiming Tradition Priestess and Teacher
- ▶ Reiki Master / Teacher
- ▶ MA in Culture & Spirituality from Holy Names University, Oakland
- ▶ BA in Literature with honors from University of California, Santa Cruz

### Select Training Engagements

- ▶ **Values-Based Productivity Trainer** through ViA System Workshops (2005–2008)
- ▶ **Entrepreneurial Expert** at LifeMoxie's Women's Economic Power Day (2006)
- ▶ **Featured Expert on Entrepreneurial Practices** at LifeMoxie's Inspiration Point (2005)
- ▶ **Guest Speaker on Decision-Making Skills** at Sacred Grove (2005)
- ▶ **Branding Expert** at The Management Center's Best Practices Conference (2001)
- ▶ **Goddess Spirituality Facilitator** through Reclaiming (2000–2008)

### Author Credits

- ▶ *Seeds of Wisdom: Cards and Guidebook* (2009)
- ▶ *Can Do Kit: Action Empowerment Resources* (2007)
- ▶ "A Farewell Blessing", article and art published in *Our Truths/Nuestras Verdades* (2007)
- ▶ *Moonday Magic: 53 rituals for women* at MoondayMagic.com (2007)
- ▶ Articles at [elkavera.com/creations.html](http://elkavera.com/creations.html) (2006 – 2009)
- ▶ *Values in Action Discovery Workbook* (2005)
- ▶ *Spiritual: A Handful of Spells*, chapbook (2005)
- ▶ *Four Healing Rituals for Women*, chapbook (2005)
- ▶ "In Search of the Star," article in *Reclaiming Quarterly* (2001)
- ▶ "Multiheaded Heart," music review in *Reclaiming Quarterly* (2000)
- ▶ "Returning to the Roots of a Witch's Education," article in *Reclaiming Quarterly* (1999), reprinted in *Green Mountain Circle Works* (2000)
- ▶ "Caroline Casey's *Making the Gods Work for You*," book review in *Reclaiming Quarterly* (1999)
- ▶ "Reclaiming Youth," article in *Reclaiming Quarterly* (1998)