



ANAT PHIL-GOLAN

anatphil@gmail.com | 8185845631 | Agoura Hills, CA 91301

Summary

I am a qualified Hebrew School Teacher and am experienced in facilitating student learning and development. Devoted teacher brings background teaching Hebrew and Jewish studies at top level. Skilled in leading both classroom and online learning. Skilled Hebrew Teacher knowledgeable about Talmud, Tanakh and extensive Jewish history. Successful at expanding student understanding with guidance on tradition and language. Cares for students' needs and looks for opportunities to improve courses.

Skills

- Curriculum Development
- Lesson Planning
- Mastery of Grammar
- Native Hebrew Speaker
- Classroom Management
- Support Services
- Treatment Plan Implementation
- Patient Care
- Procedure Support
- Progress Tracking
- Growth Planning
- Coaching Proficiency
- Life Management
- Goal Setting
- Substance Abuse Counseling
- Crisis Management
- Individual Counseling

Experience

Self Employed Services | Agoura Hills, CA

Certified Birth Doula

05/1993 - Current

- Assist in the creation of a birth plan that meets the needs of the mother and family.
- Encourage communication between expecting parents about their feelings related to pregnancy and childbirth.
- Organize educational seminars for expecting parents regarding prenatal care, childbirth education classes.
- Ensure client comfort through massage or other relaxation techniques during labor.
- Educate parents on the stages of labor, coping techniques, pain management options, postpartum care, breastfeeding support, infant care basics, and newborn safety.
- Maintain accurate records of clients' health histories and progress throughout pregnancy.
- Offer postpartum visits to provide assistance transitioning into parenthood.
- Discuss nutrition practices that will promote a healthy pregnancy journey.
- Educated clients on the stages of labor, pain management techniques, breastfeeding, and newborn care.
- Provided referrals for additional services such as lactation consultants or mental health professionals if needed.
- Remained up-to-date on current evidence based practices related to childbirth.
- Facilitated communication between client and medical staff during labor

and delivery process.

- Assisted clients in developing birth plans that addressed their needs and wishes for childbirth experience.
- Taught breathing techniques that help manage pain during contractions.

Self Employed Services | Agoura Hills, CA

Life Coach

03/2008 - Current

- Helped patients with frequent irritability, bad habits and high stress levels through individual and group sessions.
- Fostered an environment that was safe for honest exploration into issues related to personal growth.
- Created actionable plans that empowered clients to take ownership of their lives.
- Conducted one-on-one sessions with clients to discuss progress towards goals and strategies for improvement.
- Remained up-to-date on trends within the field by attending conferences or reading relevant literature.
- Provided emotional support during times of crisis or transition in order to facilitate healing processes.
- Assisted clients with developing life management skills and coping mechanisms to handle daily living requirements.
- Researched new strategies for assisting individuals in achieving success in various aspects of life.
- Educated clients on healthy lifestyle practices such as nutrition, exercise, stress management.
- Maintained detailed records of client sessions including progress notes and assessments of client's needs.
- Encouraged self-reflection through journaling exercises and open dialogue about personal values and beliefs.

Malibu Jewish Ctr & Synagogue | Malibu, CA

Hebrew Teacher

09/2009 - Current

- Used technology resources to expand on course materials and engage students.
- Cultivated strong and trusting relationships between students, parents and school personnel to encourage learning.
- Developed and implemented Hebrew language curriculum based on student needs.
- Tested student grasp of course material and mastery of concepts through homework and examinations.
- Created lesson plans that incorporated a variety of teaching strategies, such as lecture, discussion, multimedia presentations, audio-visual resources, field trips, and hands-on activities.
- Delivered instruction to full classes, small groups and individuals both in-person and remotely.
- Participated in staff meetings where new ideas were discussed regarding how best to motivate students towards mastering Hebrew language objectives.
- Developed extracurricular opportunities for advanced student learning and enjoyment.
- Challenged students to discuss topics openly and address incorrect information and biases.
- Led students through classes on Jewish philosophy and history, as well as Hebrew language use and translation.
- Tutored struggling students after school hours in order to improve their knowledge of grammar rules, vocabulary words, pronunciation and writing skills.

- Maintained accurate records of student grades and attendance data for each semester of the Hebrew program.
- Conducted parent-teacher conferences regarding student's progress in Hebrew classes.

Self Employed Services | Agoura Hills, CA
Reiki Master
 08/1998 - Current

- Instructed clients on how to use self-Reiki techniques at home.
- Maintained accurate records of client visits and progress over time.
- Led group meditations for relaxation and stress relief.
- Facilitated communication between clients, practitioners and families when needed.
- Organized weekend retreats for participants to learn more about Reiki healing methods.
- Performed energetic assessments of clients before, during and after each session.
- Attended conferences, seminars and workshops related to Reiki healing practices.
- Evaluated client feedback on treatments to ensure quality care was provided.
- Developed and conducted Reiki classes for beginners, intermediate and advanced students.
- Educated clients on proper nutrition and lifestyle habits that promote wellness.
- Performed administrative tasks such as scheduling appointments, collecting payments and managing inventory levels of supplies needed for treatment rooms.
- Attended conferences and workshops related to Reiki therapy in order to stay up-to-date with current trends in the field.
- Assisted in developing a comprehensive wellness plan for each client that included dietary changes, lifestyle modifications and other complementary therapies such as yoga or massage.
- Organized educational seminars for healthcare professionals about the benefits of incorporating energy healing into patient care plans.
- Conducted mental health counseling using evidence-based practice and clinical models.
- Utilized meditation, guided imagery and reiki with patients and families.
- Maintained progress notes and documentation for patient health records.

Education and Training

Magen David Adom | Israel
Paramedic in Emergency Medical Technology
 05/2002

Har Ha Zofim | Jerusalem
Bachelor of Science in Psychology
 09/1991

Languages

Hebrew:

Native/ Bilingual

English:

Full Professional

Persian:



Professional

Certifications

- Certified Paramedic - 2002
- Certified Reiki Master - 1998
- Certified Birth Doula - 1993
- Certified Fung Shui Consultant - 1998