



Janie Lacy ~ Biographical Information

Janie's mission is to use her talents and abilities to help people of all ages, stages, backgrounds, and economic levels achieve their human potential through fully developing their minds and their talents. Janie's belief in the "Total Life" approach is implemented through her therapeutic treatments addressing the physical, mental, social/emotional, and spiritual aspects of the individual.

REGISTERED MENTAL HEALTH COUNSELOR INTERN: Janie has received extensive training through her graduate program at Palm Beach Atlantic University. She works with children, adolescents, young adults, and individuals heal from low self-esteem, anger management, anxiety, depression, sexual addiction and codependency. Janie also helps families and married couples through life's difficult situations using conflict resolution. Janie also worked as a Guardian Advocate for the Mental Health Association of Central Florida. In this role, she worked directly with the treatment team and the patient in making informed medical decisions and ensuring the patient's rights were not being violated.

SOCIAL SKILLS: Janie works with TLC's ongoing weekly Social Skills Groups for students 6 – 16 years of age. Janie also works with TLC's ongoing Leadership Social Skills Day Camps and Summer Camps at Camp Wewa's Ropes course in Apopka. The summer camps incorporate a challenging Ropes Course to help students mature socially and emotionally as well as build confidence, become calmer and more compliant, learn leadership skills, and be a positive influence on their peers.

EDUCATIONAL TRAINING: Janie received her Bachelors of Science degree in Business Administration from the University of Central Florida, specializing in management. Her graduate work in Counseling Psychology is through Palm Beach Atlantic University. Janie has also received Mediation Training in Conflict Management Skills and Mediation Techniques from the University of Central Florida. She implements conflict resolution skills to help families through difficult situations. Janie also has certifications in Marketing, Small Business and Management from Valencia Community College.

ORGANIZATION MEMBERSHIPS: Janie's professional affiliations are with the American Counseling Association, the American Association of Christian Counselors, the Florida Mental Health Counselors Association and Central Florida Christian Chamber of Commerce.

PROFESSIONAL SPEAKER: Janie has spoken at the University of Central Florida on various topics including: *Moving Beyond the Seven Habits - A Practical Guide to Action*; *Tools for Building Your Personal Leadership Skills*; and *Habits for Effective Leaders - Concepts from Stephen Covey's The 7 Habits of Highly Effective People*.

AWARDS: Janie has received several awards while involved with the University of Central Florida's community including the 2006 Outstanding Student Conduct Board Member and the 2004 UCF Business Plan Competition: Quick Pitch Winner.

COMMUNITY LEADERSHIP: Janie has invested in the lives of others, equipping and empowering them through public speaking, leadership training, educational instruction and small group ministry. She served on the University of Central Florida's Student Conduct Board for several years and she also co-created and facilitated Leadership Development Workshops for UCF Leadership Week and the UCF Human Resources training program.

CONTACT INFORMATION:

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