

Lynnette Garcia

Website: <https://lynnettegarcia.com>

Resourceful Teacher and Coach, trained in multiple Coaching Modalities that has shown to be an asset in my classrooms. My goal as Teacher is to assist all students in attaining their next level, through results oriented goal setting.

Skills

- Results oriented Teacher and Coach; effective in groups as well as individuals
- Outstanding interpersonal skills. Ability to communicate and work with Students, Teachers and administrators at all levels
- Extensive Training in Practice management, professional growth and enhanced communications

Teaching Experience

January 2022 to Present

Career Technical Education Coordinator
San Mateo Adult and Career Education Center

October 2020 to Present

Instructor: Dispensing Optician Program
Canada College & San Mateo Adult School

January 2019 to April 2019

Instructor: Optometric Technician Program
San Mateo Adult School, San Mateo, CA 94401

- 14 Weeks of in class training
- Fundamentals of vision health, eye anatomy and eyewear training
- Customer service, patient communications and soft skills
- Prepare students to pass the American Board of Optician Certification

May 2020 to July 2020

Professional Communications Instructor

April 2019 to July 2019

San Mateo Adult School, San Mateo, CA 94401

- Identify styles of communication and the importance of each style
- Understand decision making and how this can affect and individuals career
- Explore goal setting and how establishing and achieving goals can positively impact a person's career.

August 2019 to October 2019

Health Education Program Co-Instructor

San Mateo Adult School, San Mateo, CA 94401

- 6 weeks of in class training to identify what creates a Healthy lifestyle
- Learn to prepare healthy meals and healthy shopping on a budget
- Learn about stress relief through exercise and meditation

Alternative Teaching Experience

June 2010 to March 2016

Independent Lifestyle Wellness Coach

Practical Wellness with Lynnette Garcia

- Coaching Emphasis: Optimal living with food and nutrition

January 2010 to June 2010

Leadership Coaching - Sacramento forum

Source Point Training, Healdsburg, CA 95448

- Assisted in the Marketing and Launch of Source Point Training
- Coached 10 week Leadership Program

- September 2005 to October 2008 **Co-Director / Trainer-Facilitative Coach**
 Workshops for Women, Portland, OR
- Co-developed, coordinate and facilitate a series of Mother Daughter Workshops

Related Optical Experience

- March 2016 to Present **Senior Optician**
 Winking Bee Optometry, San Mateo, CA 94403
- Represent practice at industry trade shows and related functions
 - Responsibilities include: Inventory control, purchasing and retail operations, set up and manage office systems for insurance and account billing
 - Assist patients with all eyewear needs, from personalized frame and lens selections, fitting and dispensing, to troubleshooting and repair.

- July 2012 to January 2016 **Lead Optician**
 Market Street Oakley, San Francisco, CA 94102
- Developed and implemented training to onboard new Opticians
 - Consulted for the development and implementation of an Optical Dispensary in 64 of Oakley’s Flagship Retail Stores
 - Assisted patients with all eyewear needs, from personalized frame and sports prescription eyewear, fitting and dispensing to troubleshooting and repair

- May 2005 to July 2012 **Senior Optician**
 Bruce Kirschner M.D., Burlingame, CA 94010
- See above description with Winking Bee Optometry

Education

California Commission on Teacher Credentialing	Career Technical Education Preliminary Credential	December 2018
Canada College, AS Redwood City, CA	Associate Science Ophthalmic Dispensing ABOC and NCLE certification	1991
Quantum Coaching	Resource Realizations Academy Certified Performance Coach	July 2004
Holistic Health Coach New York	Institute for Integrative Nutrition Certified Holistic Health Coach Drugless Practitioners	September 2013
Relationship Coaching Healdsburg, CA	Source Point Training Academy	January 2012

Professional and Personal Affiliation’s: Current with ABOC Continuing Education credits through 2022, Volunteer Optician with Project Homeless Connect bi-yearly, PeaceKey.org – Board of Directors 2009 – 2013.