



**Heidi L. Straube, M.Ed., LPC**

[www.straubephoto.com](http://www.straubephoto.com)  
<http://blog.straubephoto.com>  
[www.heidistraube.com](http://www.heidistraube.com)

### **SUMMARY**

Photographer, transformational life counselor, muse.

Drawing from thirty-five years as a career/life direction counselor and contemplative psychotherapist, corporate professional development consultant, photographer and meditative practitioner, Heidi Straube has integrated all to help people find their "inner truth" and express it through their art and their life.

### **PROFESSIONAL EXPERIENCE:**

1999 –  
Present

#### ***Photographer - Heidi Straube - Inner Path Photography***

- "You are the Artist of Your Life," a life direction class for teens using photography (Nehemiah Center, Houston, Houston Housing Resources, Kennedy Place, private classes)
- "The Inner Art of Photography," retreat and classes; book in progress
- Mentoring and guidance in the Inner Path of Photography
- Photography salon, discussing photography and artistic issues
- "Life Lessons from Photography" series of writings & images; parallels of creative process to life
- Multiple exhibitions (attached) including international photography Recontres International de la Photographie, Aix-en-Provence, France; FotoFest 2000, Houston: Dominican Republic Community Faces project
- Fine art contemplative seascapes; natural light black and white portraits, children and adults

- Legacy books, friendship books, event mementos combining personal reflections, text, and photography

1989 - Present      **Contemplative Psychotherapist/Life Coach - Heidi Straube, M.Ed., LPC**

- Licensed psychotherapist, private practice, helping people to make life transitions, planned and unexpected. Adults, young adults, teens. Career direction, mid-life choices, relationships, family, pre- and after-college decisions.
- Life coach: personal/professional success, career/life direction, mid-life choices, relationships.
- Special expertise in use of contemplative practices to make major life decisions and handle everyday living challenges
- Designed, teach “*Belief Circles*”, relaxation, education & support through meditation
- Designed “*Soul Whispers TM*” & *Deeper Path Program*, helping individuals changing their lives to be congruent with who they are and how they want to live.
- Personal development classes, including “*Where Do I Go From Here?*”, decision making skills, building inner confidence & knowing, yoga, meditation.
- Expert witness, child custody court case
- (More below, 1989-2005)

2005-2006      **Sabbatical (Crete, Greece and Santa Fe, New Mexico)**

- Traveled & taught, counseled, reflected, wrote. Articles published, book draft, new website, re-inspired approach to my work.

1989-2005      **Professional Development Consultant  
Psychotherapist, Career/Life Direction Counselor  
Executive coaching, teambuilding, and professional development**

**Designed, developed and delivered “*Opportunity 2000*”, a 6-year women’s executive leadership program, addressing “glass ceiling” in major regional healthcare organization.**

*Responsibilities included:*

- Design, delivery, and management of all program processes and tools, including program conceptualization, System buy-in, participant application & selection, individual development plans, ongoing training seminars, evaluation of program and individual progress, transition to new positions, program restructure.
- Multiple customers: Responsibilities to System CEO, System Board, 17 Hospital Administrators, Development department, program Advisory Board, Participants.
- Design & delivery, Advisory Board Orientation; ongoing training: diversity, development, teambuilding, achieving objectives
- Program Sample Training Programs, Created and Taught:
  - Barriers to Success (including those unique to women)

- Communication Strategies (included personality inventories, diversity influences, political realities, self-awareness applications)
- How to Create a Personal Development Plan
- Developing a Mentoring Relationship

*Results:* Targeted percentage increase of female executive team members achieved, greater understanding of diversity issues company-wide, new diversity strategies implemented.

**Designed, developed and delivered an 8-year program of leadership coaching, teambuilding, and individual development to innovative biotech software company (from its inception). Company bought by top tier Fortune 50 company soon after.**

- Coached executive team, including facilitation of complex dynamics
- Assessed needs and coached management team of young, first time leaders. Included teambuilding; professional development strategies; skills seminars; personal assessments & coaching
- Designed and facilitated offsite multi-day retreats for planning, mission evaluation, and skills training (management team & entire company)
- Managed company-wide corporate culture survey, results feedback, action plans
- Created/taught seminars, including “*Unspoken Communications*”, working with individual and team energies; “*How to Lead a Meeting People Want to Attend*”
- Integrated yoga and meditation into wellness objectives
- Provided individual coaching and counseling for increased employee retention
- Coached CEOs on integrating their personal vision and ethics into leadership, and respecting those of their employees, resulting in clearer mission & satisfaction
- Facilitated teambuilding for intensely ethnically stressed hospital service team
- Created career development program for nuns, meeting professional + spiritual goals
- Assessed individual needs, coaching & training, Malaysian hospital administrators
- “Frog Queen”, Rayne, LA, part of community support and teambuilding services

### **Counseled individuals in transition, for career and life change**

- Helped adults change careers, improve their current job, start their own business, or change their lifestyle, in alignment with inner truth. Used integrated life perspective. Career, relationships, crisis management, long-term planning, life choices.
- Counseled young adults, high school and college, school and career/life choices
- Counseled individuals with life threatening illnesses, resulting depression, new plans
- Counseled individuals facing gender and sexual orientation lifestyle challenges

### **Created and taught group seminars, programs, and retreats**

- “*Where Do I Go from Here?*” workshop to find and create next steps for life direction
- “*I am the Artist of My Life*”, at-risk teen career direction program, using photography
- “*Mother-Daughter Career/Life Direction*,” to explore life possibilities together
- “*Women at Work*,” teen mentor program for girls
- Half- to 3-day retreats for reflection, defining direction, & creating future action
- Yoga and meditation classes, designed around special topics of life transitions

- 1989-1990 **Career Management Counselor**, Hofmeister, Joyce & Schlabach, Houston, Texas
- 1987-1989 **Outplacement Counselor**, Michael D. McKee & Associates, Houston, TX.
- 1985-1987 **Manager, Marketing and Board Relations**, Affiliated Hospital Systems, Houston, Texas  
Management contracts for 35 rural hospitals across Texas & Los Angeles.
- 1980-1985 **Professional Flutist**, Houston, Texas  
Free-lance performance for weddings, private parties, events; private students.  
  
\* Performed with legendary flutist Jean-Pierre Rampal in Jones Hall, Houston.
- 1974-1980 **Data Input Supervisor** (1978-1980)  
**Administrative Assistant to VP – Finance** (1974-1978)  
Natomas Oil and Gas, San Francisco, California, and Houston, Texas.
- 1972-1974 **Counselor/Assistant Director**, Crossroads Counseling Center, Holyoke, Massachusetts. Outpatient clinic for schizophrenic, state hospital patients.

## **EDUCATION & LICENSES:**

***Licensed Professional Counselor (LPC)***, Texas  
***M.Ed, Counseling Psychology***, University of Houston, Houston, Texas  
***B.A., Human Relations and Counseling***, BDIC Honors Program, University of Massachusetts, Amherst, MA

## **PUBLICATIONS:**

***“An Invitation to Change Your Life”***, article series, Indigo Sun, Houston, Texas, 2005 - 2007.  
***“I Dream of Galveston”*** - photography book celebrating the mystical magic of Galveston beaches

## **PRESS:**

***Houston Chronicle, 2009*** *“Photographer and contemplative psychotherapist Heidi Straube views her world with a tender heart through the lens of a camera.”*

## **OTHER:**

***\*Yoga and meditation practitioner and teacher***, 20 years. Kundalini, Hawaiian, Zen, related healing practices