

Experience/Employment

- Registered counselor in Washington State.
- Founder and owner of Elana Sabajon & Associates, LLC.
- Speaking, teaching, coaching, and sharing communication and mediation skills based on the principles of Nonviolent Communicationsm (NVC) in the following areas nationally and internationally: schools, prisons, churches and orders, community settings and neighborhood centers, parenting groups, young adult groups, university and business.
- Facilitating and developing classes in Eating by Choice, inspired by NVC and the book Eat by Choice, Not by Habit: Practical Skills for Creating a Healthy Relationship with Your Body and Food by Sylvia Haskvitz.
- Coaching and counseling families, couples and individuals in private practice with great enthusiasm and success.
- Planning, organizing, successfully facilitating and co-leading one day to 14 day long NVC seminars and NVC Family Camps (www.nvcfamilycamp.com) offered on the West Coast, East Coast, as well as internationally, including managing marketing, registration, and client communication.
- Active Core Team Member and board member of the Non-profit Organization: Northwest Compassionate Communication (NCC), formally known as Puget Sound Network for Compassionate Communication (PSNCC). Contributing in and to a sociocratic decision-making process about how to develop NVC consciousness in Washington State. (www.nwcompass.org)
- Organizing and managing a four-member household as a mother of two children with success and skill in the following areas:
 - Established, coordinated and prioritized schedules, diverse tasks, and met deadlines
 - Organized, supervised and participated in five household moves (in city, city to city, country to country)
 - Budgeting – accountable for the control and disbursement of the annual budget
 - Initiated and focused on incorporating Montessori pedagogy on a daily basis
 - Instituted attachment–parenting method and the principles of the Nonviolent Communicationsm (NVC) model
- Prepared, organized and facilitated a nine-member Northwest Attachment Parenting (NAP) weekly support group for parents with multiple children and/or children older than five years of age with emphasis on NVC.
- Founding member of the 'NAP-leader/NVC Development Team'. Headed up several meetings and conducted inspirational learning opportunities for attendees.
- Planned, organized, developed and instructed a Yi Ren Qigong Class for families overseen by Dr. Sun, developer and formally President of the Institute of Qigong & Internal Alternative Medicine (IQ&IAM).
- Developed and taught in an Association Montessori International (A.M.I.) mixed age classroom (24 children ages 3 to 6) by implementing Montessori principles that recognize the psychological development of the individual child, thus supporting the child's abilities and talents, in Calgary AB, Canada.



- Initiated, organized and successfully completed a Parent Effectiveness Training (PET) for the entire parent community at the Calgary Montessori School.
- Organized, prepared and delivered a Montessori philosophy-based lecture for parents at the Calgary Montessori School, titled: 'My Child - My Friend? (A look into the relationship you share with your child)'.
- Coordinated, advised, taught and supervised mentally handicapped adults in their everyday life skills at the Catholic Youth Social Service Registered Association, in Munich, Germany.
- Organized, trained, coached, supervised and taught severely physically handicapped and multi-handicapped adolescents and adults at the Residential Workshop & Therapeutic Facility for Physically & Multi-handicapped Persons, in Innsbruck, Austria.

Education

- Certified Trainer with the International Center for Nonviolent Communication, USA, 2006, 2007, 2008, and 2009, www.cnvc.org
 - Gonzaga University, Spokane WA, USA, 2000: M.A. in Counselling. Achieved 3.97 GPA
 - Aktion Sonnenschein – Hilfe für das mehrfachbehinderte Kind e.V., Munich Germany, 1993: Association Montessori Internationale (A.M.I.) Diploma for Special Education
 - Higher Education Establishment for Physical Training, Graz Austria, 1989: Diploma for 'Teacher of Game/Sport for the Mentally Handicapped' and Diploma for 'Teacher of Game/Sport for Children's Skiing and Youth Ski Racing'
 - Teacher Training College, Graz Austria, 1989: Teaching Diploma for 'Special School and Special Schools for Seriously Handicapped Children'
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- Mount Royal College, Calgary AB, Canada, 1998: Completed two courses of the Conflict Resolution Certificate Program
 - A.M.I. Institute, Vancouver BC, Canada, 1997: Certificate for a 10 hour Refresher Course for A.M.I. Primary Teachers
 - Calgary Montessori School, Calgary AB, Canada, 1996: Certificate of Completion of the Teacher Effectiveness Training Course
 - Calgary Montessori School, Calgary AB, Canada, 1995: Certificate of Completion of the Parent Effectiveness Training Course

Other skills

Fluent in German and English and working knowledge of Microsoft Windows and Word for Windows.

References available upon request

