

Accomplishments

BCTA/NA Approved
Teacher

RDCK Values Champion

BCRPA Regional Fitness
Liaison

JOHS Committee chair for
3-year term

Education

TRE Provider training (in
progress – completion April
2027)

Biodynamic Craniosacral
Therapy two-year training
completion March 2023

Pachakuti Mesa™ two-year
apprenticeship training
completion 2019

Leisure Development
Course completion 2014

Malaspina College: 2 years
general studies

Dogwood Diploma – 1994

Qualifications

RCST®

Continuum Foundations

CFES and BCRPA Fitness
Educator for Aquatic and
Group Fitness Instructors
and Weight Training
Instructors

First Aid for Mental Health

Due Diligence for
Supervisors Training

Incident investigation
Training

Class 5 and 6 BC driver's
license with clear drivers
abstract

Jodi Vousden

RCST®, BCTA/NA Approved Teacher

1 (250) 505 – 4293
jodi@amethysthealth.ca

Competencies

Strong written and verbal communication skills demonstrated through exceptional customer service, successful relationship building and community outreach initiatives, report writing and delivery, procedure creation and implementation.

Skilled in compassionate communication, mediation, and facilitation with peers, public, stakeholders, contractors, clients, students, and staff.

Highly organized and attentive to details related to planning, budgeting, record keeping and inclusive service delivery.

Demonstrated ability to take initiative and prioritize and manage multiple projects and deadlines congruently.

Effectively work independently, and with teams.

Actively promote, provide and facilitate training for existing staff and future staff candidates including the development and delivery of a regional fitness conference promoting professional development, networking and team building.

Exceptional problem-solving ability ensuring creativity and flexibility in solutions.

Professional Experience

Amethyst Health (March 2023 – Present)
Business Owner and Registered Biodynamic Craniosacral Therapist
<https://amethysthealth.ca/>

City of Campbell River
Recreation Programmer (December 2025 – March 2027)

Regional District of Central Kootenay (RDCK)
Regional Recreation Programmer (July 2022 – March 2023)
Slocan Valley Recreation Programmer (February 2019 – October 2020)

Nelson District Community Complex (NDCC)
Assistant Manager of Recreation (October 2020 – July 2022)
Fitness Programmer (August 2013 – February 2019)
Recreation Supervisor (September 2011 – July 2013)
Acting Manager of Recreation (November 2010 – September 2011)
Recreation Supervisor (January – November 2010)
Recreation Programmer - Aquatics (March 2009 – January 2010)