

# **SAMPLE/TEMPLATE**

**Lisa Kratz Thomas**

## **Employment History, Civic, Religious and Community Achievements**

**2003 - Present: Speaker and Life Coach:**

Provide verbal and written presentations for civic groups, rehabilitation facilities, prisons, addiction recovery/prevention gatherings and religious functions to inspire and encourage, especially women, to enjoy everyday life by overcoming addictions, empowerment and encouragement; work diligently with women whom are disenfranchised, homeless or incarcerated to find a better way of life. Appearances on local radio and television, story featured in several books.

**2012 - Present: Motivational Speaker and Seminar Facilitator contracted by the Virginia Department of Corrections:**

Develop and facilitate seminars on the topic of "Overcoming the Obstacles of Re-entry" once a year to the 17 prison facilities throughout the state of Virginia that possess a designated re-entry program. In the past two years the seminar has been attended by approximately 2,500 inmates.

**2010 - 2012: Host of This is Your Life: Courage To Change:**

Broadcasted a weekly one hour radio show on Here Women Talk, part of the Zeus Radio Network. Lined up guest, and selected topics for discussion. Reported and analyzed news related to the program -- took calls from listeners and managed a live chat for online users. Coordinated all show aspects with professional producer. Subjects discussed; recovery, wellness, empowerment, and the courage to overcome all odds. Guests included: Judge David Peterson, Commonwealth Attorney LaBravia Jenkins, Darryl and Tracy Strawberry, Delegate Mark Cole and Dr. Alevda King to name a few.

**2010: Author, This is Your Life – Not a Dress Rehearsal (Rising Above the Myths of Addiction):**

This highly acclaimed book is being called gripping, inspirational, captivating and purpose driven by students, inmates, business professionals and community leaders. Substance abuse continues to be one of the most serious problems facing our nation today. Nobody starts out an addict, it is a process. This dilemma is addressed with several myths and truths of addiction, coupled with the stories of the author's personal experience followed up by thought provoking reflections for the reader to ponder.

**2004 - 2009: Founder & Director, New Vision Prisoner Re-entry Transitional Program, Fredericksburg, Virginia:**

Pioneer of an innovative, one of a kind prisoner re-entry program for women in the state of Virginia. Developed all aspects of building the infrastructure of the organization to include but not limited to: community development, public awareness, program and policy development and implementation, marketing, board of director formulation, budget preparation, day to day operations, public speaking and appearances. Raised in excess of 1.5 million dollars through fundraising and grant writing. Programs provided:

Inmate & Resource Services – Inmate programs that included; pen pal, legal briefs, life skills, spiritual study facilitation and appropriated resource services comprised of clothing closet, securing valid identification, restoration of voting rights, food assistance, employment assistance and a guide to current community services.

Residential Housing Program - Secured and operated a residential transitional home in the City of Fredericksburg, Virginia. Established residential programs with duration of 12-18 months to include securing employment, creating a new relational web, addressing traumatic abuse, alcohol and drug addiction, prevention and re-establishing home and family relationships.

**2006 - 2008: Senate Joint Sub-committee, State General Assembly, Richmond, VA:**

Appointed by the Speaker of the House of Delegates, Bill Howell. The subcommittee was established to continue the work of the Policy Academy in identifying and developing strategies to address key needs and overcome barriers for offenders, prior to and upon leaving prison, to reduce the incidence of re-incarceration and increase their successful social adaptation and integration into their communities. While on the committee I personally introduced three prisoner/re-entry legislative proposals which were subsequently accepted into law at General Assembly in January, 2007.

**1990 - 1992: Assistant to Director of Marketing, Prentiss Properties, Fairfax, VA:**

Provided support for the Director Marketing of a master-planned development in Northern Virginia. Responsibilities included creating and updating documents, reports, managing schedules and appointments, maintaining files and supplies, make travel arrangements, process daily mail, and operating office equipment such as fax and copy machines. Utilized my strong software experience for spreadsheets and presentation programs. Handled constant change in a fast-paced environment, dealing with multiple people and various situations simultaneously.

**1991 - Present: Homemaker, Virginia**

Manage schedules and logistics for family of four. Balance priorities to create and implement budget. Motivate, coach, and counsel children. Teach and model ethics. Monitor academic performance of children. Plan, organize, and co-supervise extracurricular school activities. Mediate disputes and facilitate solutions. Provide nutritional planning and consumption supervision. Coordinate medical care for all family members. Provide transportation; Negotiate with suppliers. Pay invoices. Reconcile accounts. Arrange for home and vehicle maintenance and repairs. Collaborate with spouse to manage investments and properties.

**Ministry, Discipleship and Mentoring:****April 1991 - Present: Clean and sober member of Alcoholics Anonymous.**

Attended in excess of 8500 AA meetings. Individually sponsored over 50 women through the 12 Steps of Recovery and worked personally with literally hundreds more, providing encouragement, direction, transportation and guidance as it relates to recovery.

**2008 - Present:** Began ministering under the leadership of former Pastor of Strong Tower Ministries, Apostle Kevin Mihlfeld - To spiritually lead, feed and strengthen the body of Christ through living a Godly life, sound teaching through sermons, bible study and positive interaction with all inside the walls of the church, correctional facilities and the community.

**2009 - 2012: Leader of Prison/Jail Ministry at Strong Tower Ministries:**

Continued coordination of several programs initiated by New Vision in the Rappahannock Regional Jail and Virginia Department of Corrections facility: Fluvanna Correctional Center for Women. Responsibilities included: direct interaction and coordination of volunteers with administrative and security at both facilities; organization, management and training of all Strong Tower Ministry volunteers for weekly RRJ programs: bible study for female inmate; life skills program for male and female inmates in the Community Corrections Unit at RRJ; Sunday church service for male and female inmates; yearly Christmas Party for inmates of Community Corrections and their families.

**Awards and Recognition:**

**May, 2013:** Invited and spoke at Governor Bob McDonnell's press release regarding restoration of voting rights to non-violent offenders.

**December, 2013:** Inducted into the 2013 Opportunity Hall of Fame, and was bestowed the First Lady's Initiatives Team Effort (FLITE) award presented by then first Lady of Virginia, Maureen McDonnell. This award recognizes programs, activities, organizations, and individuals from the state of Virginia who embody the ideal of creating a Commonwealth of Opportunity in their communities.

**Memberships (Past and Current)**

Virginia Department of Corrections Re-entry Council and Virginia Chaplain Service Prison Ministry, Lisa has served on Fredericksburg Area Adult Drug Court Team, the Rappahannock Area Community Coalition and the Goodwill Business Advisory Council, Fredericksburg Area Housing Continuum of Care.