



MK

**MARTINE KING | MENTAL HEALTH THERAPIST
& EMOTIONAL INTELLIGENCE PRACTITIONER**

OBJECTIVE

To create a space where humans, in particular Belizeans, can build their best lives through strengthening the **SKILLS** of self-acceptance, self-discovery and through **OWNING** the inevitable failures and successes of being alive.

To become the best versions of ourselves through a check and balance of our thoughts, emotions and behavior.

To get emotional and behavioral intelligence practices into every school and organization within Belize as a foundation to building productive citizens.

SKILLS

Empathic- the ability to connect with a large range of people.

Persistent- it is only through consistent action that changes become habit.

Authentic-Walk my talk!

EXPERIENCE

OWNER • SACRED CONNECTION LTD • 2014 TO PRESENT

- Provides mental health consultations at an individual and group level.
- Provides emotional and behavioral programs to individual, corporate and educational institutions
- Provides Change and Crisis Management consultations to individual, corporate and educational institutions

GENERAL MANAGER • KING ENERGY BELIZE LTD • 2014 TO PRESENT

- Manages the family owed business of two fuel stations and two butane depots with a combined staff of 32 employees in the Toledo District.

DIRECTOR OF COUNSELLING • ST. JOHN'S COLLEGE • 2013 TO 2014

- Director at St. John's Highschool and Junior College Counselling Center

COUNSELLOR • ST. JOHN'S COLLEGE • 2008 TO 2013

- Counsellor at St. John's Highschool and Junior College Counselling Center



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MARTINE KING

PROFESSION OR INDUSTRY | MENTAL HEALTH THERAPIST & EMOTIONAL INTELLIGENCE PRACTITIONER

Evidence Based- using sound research, resources, technology as foundation of work

Patient-the process of change takes time and individuals moves at different pace.

Passionate-determined to help as many as possible

Mindful activist- the present moment is all we have to influence, it's our only power.

Bi-lingual- fluent in Spanish and English.

EDUCATION

MA IN COUNSELLING • 2012 • UNIVERSITY OF NOTTINGHAM

Graduated with honors in Counselling Children and Young People

BS IN PSYCHOLOGY • 2007 • UNIVERSITY OF SOUTH FLORIDA

Graduated with honors in psychology

CERTIFICATIONS

- 2020 Mindful Summit
- 2018 Six Seconds Emotional Intelligence Prac.
- 2015 Trauma Techniques
- 2014 Practice of Mindfulness
- 2010 Solution Focused Brief Therapy



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VOLUNTEER EXPERIENCE OR LEADERSHIP

Co-founder of Mind Health Connect Belize a Not-for-Profit mental health advocacy group. It was founded 8 years ago and continues to date having the difficult conversations surrounding our mental health. A website was created that allows Belizeans to find all mental health resources in one place so that help and support can be accessed more readily and in a confidential manner.

Member of the Board of Trustees
St. John's College
2019 to present

Toledo First Movement
Board of Directors
Secretary
2020



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