



CONTACT

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EMAIL

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LOCATION

Heber City, UT



SCAN TO
VIEW
FULL
PROFILE

CORE SKILLS

- ◆ Emotional Health Practice
- ◆ Integration & Lifestyle Coaching
- ◆ NLP Meditation Guidance
- ◆ Subconscious Processing
- ◆ Energy & Emotional Healing
- ◆ Herbal Supplement Guidance
- ◆ Retreat Planning & Facilitation
- ◆ Group Discussion Leadership
- ◆ High-Ticket Sales & Closing
- ◆ Lead Generation & Follow-Up
- ◆ Client Care

CONTENT & MARKETING

- ◆ Social Media Content & Engagement
- ◆ Video Scripting & Filming
- ◆ Online Program & Course Design
- ◆ Website & Sales Copy
- ◆ Email Sales Funnels
- ◆ Podcast Content

EDUCATION & TRAINING

Emotional Health Practitioner & NLP Meditation Therapy

Institute of Healing Arts, London, UT
Trade school (in person)
Sep 2018 – Sep 2019

Some College — Associate of Arts, Education

Northern Pioneer College,
Show Low, AZ
Aug 2011 – Jan 2013

High School Diploma

Maple Mountain High School,
Mapleton, UT
Aug 2009 – May 2013

Rose Jess Ayn Despain

EMOTIONAL HEALTH PRACTITIONER · MEDITATION GUIDE

PROFILE

Emotional Health Practitioner and Meditation Guide specializing in subconscious therapy, energy work, and emotional healing, with a focus on holistic health and fitness flow lifestyle techniques. Co-founder experience developing immersive mind-body-soul healing programs, from a self-development app to personalized sessions and retreats. Brings extensive experience in close client care and high-ticket sales, paired with clear communication, strong organization, and close attention to detail. Passionate about human connection, natural healing methods, and helping others cultivate inner peace.

EXPERIENCE

Emotional Health Practitioner, Integration Coach & Co-Founder

May 2021 – Present

Peace Life App and Retreats · Mount Pleasant, UT

- Generate leads and close package sales for Peace Life App and Retreats.
- Guide Neurolinguistic Programming (NLP) meditations and lead subconscious processing integration sessions.
- Organize and facilitate 1-5 day retreats, leading group discussions and meditations.
- Guide natural herbal supplement support and natural plant medicine ceremonies.
- Plan and cook meals for all guests and team during retreats.
- Help design the program and user interface of the Peace Life integration app.
- Create social media content and drive audience engagement.

Lifestyle Coach, Emotional Health Practitioner & Co-Founder

Feb 2018 – May 2021

Healing Habits Tribe · Salt Lake City, UT

- Built an online mind-body-soul coaching program and designed its website.
- Generated leads and closed high-ticket coaching packages via sales calls and follow-up.
- Filmed website program content and a workout course; produced podcast content.
- Created social media visual and video content and managed audience engagement.
- Wrote a healthy-lifestyle eating ebook and self-guided energy healing materials.
- Guided NLP meditations; led mindset, healthy eating, and herbal supplement sessions.

Brain Balancing Practitioner

Jan 2018 – Sep 2018

Vitanya Brain Performance · Mesa, AZ

- Welcomed clients and facilitated Brain Balancing biofeedback sessions.
- Sold package options and recommended personalized Vitanya supplements.
- Created online content for lead generation; followed up with clients on ongoing sessions.
- Maintained a positive, clean, and well-organized office environment.

Wellness Counselor

Aug 2016 – May 2017

Good Earth Natural Food Store · American Fork, UT

- Counseled clients on personalized herbal supplements for root causes and symptoms.
- Studied the store's supplements and brands to give educated, applicable advice.
- Kept the supplement section organized; answered holistic health and lifestyle questions.
- Fostered a positive, inviting in-store environment.

Brand Face, Fitness Coach & Co-Founder

Mar 2014 – Dec 2016

Flat Abs Fitness · Provo, UT

- Developed and filmed online workout video programs and an online coaching course.
- Wrote scripts and filmed video content for the company YouTube and social channels.
- Created Instagram and Facebook content to drive leads, engagement, and follow-through.
- Built sales funnel email series, website copy, and the sales process.
- Managed client care for the online fitness program.
- Represented the brand at fitness expos and managed convention booths.
- Served as face of the brand for all fitness modeling and campaign work.
- Collaborated with and modeled for local brands to support brand expansion.