

AMY ELIZABETH FLEXMAN

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PROFILE:

I am passionate about connecting people with nature, the environment and themselves. I am an educator who aspires to help individuals and groups turn potential into performance.

PROFESSIONAL EXPERIENCE

OWNER / DIRECTOR / GUIDE

Flexpeditions Inc. Outdoor Adventure Company, *Revelstoke, BC* 2013 to present

Facilitate professional outdoor certification courses, seasonal outdoor adventure activities and social engagements for adults, teens and school groups based in Revelstoke, BC.

Responsible for organizing, planning, coordinating and guiding the following programs:

- Outdoor Safety & Training Certification
- Wilderness Survival and Discovery Programs
- International Adventure Expedition Programs
- Customized Daily Adventure Programs
- Summer Camps & Expeditions
- Women's Wellness Retreats
- Canoe and Kayak Programs
- Rock Climbing Programs

EXPEDITION WILDERNESS RAFT GUIDE

Boreal River Adventures, *Magpie River, QC* 2014, 2015 & 2016
ROAM Adventures, *Chilcotin, BC & Yukon Territory* 2007 - 2013
Earth River Expeditions, *Patagonia, Chile, SA* Winter 2006

Guided professional outdoor high-end expeditions, including: week-long, remote wilderness, rafting; glacial lake kayaking; trekking and multisport trips for small groups. Responsible for cooking and serving daily gourmet menus. Responsible for administering first aid and emergency services.

WHITewater RAFT GUIDE & WILD INSTRUCTOR

Apex Rafting, *Revelstoke, BC* June/July 2011 – 2014
Esprit Rafting Adventures, *Davidson, QC, USA & Mexico* 2004,2005,2006

PROFESSIONAL EDUCATIONAL EXPERIENCE

LONG TERM SUBSTITUTE TEACHER

School District 19, *Revelstoke, BC* 2011 to present

TEEN LEADERSHIP SYMPOSIUM FACILITATOR/ TEACHER

Alive Outdoors, *Haliburton & Muskoka, ON* Fall & Winter Contracts 2011 - 2016
Ontario Educational Leadership Centre, *Orillia, ON* Fall 2011 & 2012

DIRECTOR OF OUTDOOR EDUCATION & SENIOR ACADEMICS TEACHER

Rosseau Lake College, *Rosseau, ON* 2008-2010

RELATED PROFESSIONAL EXPERIENCE

EVENTS COORDINATOR

Revelstoke Chamber of Commerce, *Revelstoke, BC* 2013 - 2014

LIFESTYLE SUPPORT WORKER FOR ADULTS WITH SPECIAL NEEDS

Norfolk Association for Community Living (NACL), *Simcoe, ON* 2001-2005

ADULT ACTIVITY DIRECTOR/ REC MANAGER

Bayview Wildwood Resort, *Severn Bridge, ON* 1999-2001

OUTDOOR PROFESSIONAL PHOTOGRAPHER

Express Shots Photography, *Sunshine Mountain, Banff, AB* Winter 2003

EDUCATION

- 2016 Fast Track to Office Administration Diploma
OKANAGAN UNIVERSITY COLLEGE, Revelstoke, BC
- Microsoft Office Suite (Word, Excel, Powerpoint); Accounting; Sage 50;
 - Communications; Social Media;
 - Conflict Management; Supervisory Skills; Funding & Grant Workshops
- 2008 Bachelor of Education J/I Division, Physical Health and Education
NIPISSING UNIVERSITY, North Bay, ON
(J/I Class Valedictorian)
- 2003 W.I.L.D. (Whitewater Intensive Leadership Development)
3-month Semester Outdoor Adventure Course
ESPRIT Canada, USA, Mexico
- 2001 Honours Bachelor of Physical Health Education (B.P.H.E.)/
Bachelor of Life Science (B.Sc.)
QUEEN'S UNIVERSITY, Kingston, ON
(Queen's PHE Class of 2001 Valedictorian)

COMMUNITY CONTRIBUTIONS

- North Columbia Environmental Society Volunteer (2016)
- Revelstoke Arts Council Volunteer (2016)
- CBEEN Columbia Kootenay Environmental Education Conference (2014)
- Volunteer Ski Patrol - Revelstoke Mountain Resort (2013-2014)
- Revelstoke Arts Council Board Member (2011 - 2015)
- Organizer and Creator of STOKe FM Frostbite Concert Series and Rosseau Rocks Concert Series (2011 - 2015); volunteered at STOKe FM Radio
- Pacific Contact Music Delegate/ Revelstoke Arts Council Representative (2012 - 2013)
- Revelstoke Spirit Festival Events Organizer (2013-2014)

PROFESSIONAL CERTIFICATIONS & DESIGNATIONS:

First Aid & Safety Certifications:

- Class F/4 Driver's License (since 1998)
- Wilderness First Responder & CPR (2016)
- Occupational First Aid - Level 3 (2011)
- WHMIS Training
- Food Safe Level 1 (2014)
- Smart Serve (ON) and Serving It Right (BC) Certifications (1999-2016)

Water Skills Specific Certifications:

- Whitewater Rescue Technician Certification (2014)
- Advanced Swiftwater Rescue Technician - Rescue 3 International
- Moving Water Kayak Instructor Level 1
- Advanced Raft Guide Training and CRC
- Commercial Raft Guiding License
- British Columbia Whitewater Guide Training and Guide Certification
- Moving Water (Level 2B) - Ontario
- Recreational Canoeing Association (ORCA)
- Open Water Scuba Certificate (PADI)

Outdoor Professional Development:

- Leave No Trace Ethics Educator (since 2003)
- EcoTherapy Course from Royal Roads University, "Counseling As If The Earth Matters" (2016)
- Alberta Association of Environmental - Educators Sustainability Workshop (2015)
- Forest School Weekend Workshop (2015)
- Voices for Sustainability CBEEN Weekend Workshop (2014)
- Hiking Apprentice Certification - Parks Canada (2011)
- Algonquin College Outdoor Risk Management Conference (2009)
- Tribes Learning Communities Training (2008)
- Earth School (Tom Brown) Wilderness Survival School (2006)
- Level 1 Ski Instructor (CSIA)

REFERENCES

Nicole Fricot (Course Supervisor & Instructor at Okanagan College)	(250) 200-0285
Amanda Ringham (Co-Teacher)	(250) 837-1776
Jalynn Bosley (Alive Outdoors Director) info@aliveoutdoors.com	www.aliveoutdoors.com (416) 429-8082
Erin Derbyshire (OELC Leadership Coordinator/ Supervisor) Head of Athletics, Elmwood School, Ottawa, ON	(613) 314-7243
Brian McCutcheon (Owner, Operator and Expedition Guide for ROAM Adventures) brian@iroamtheworld.com	www.iroamtheworld.com (250) 551-7600
Jim Coffey (W.I.L.D. Director & Instructor, Owner of Esprit Rafting) jim@whitewater.ca	www.wild.ca (819) 683-3241