



JAMES F. PESTANER

Life & Health Coach

PROFILE

Provide customized, goal-oriented services to adults and children in the DC DMV area. Assist clients in creating healthy routines and responding to challenges, e.g., weight control, increasing independence, and homelessness.

10+ years' experience as a program manager and case worker for clients with learning disabilities such as autism, ADHD, and substance abuse issues.

Former IT Network Manager / Specialist

Encourage healthy daily routines to alleviate stress, promote self-assurance, and enhance overall well-being. Provide evening care, homework assistance, and senior care. You can find me on LinkedIn, Care.Com, and CritiqueCircle.com.

I write fiction and beta-read other author's work. I work on my physical fitness through HIIT, bodyweight, and TUT workouts in the gym and pool. I practice targeted IF and modified Keto.

CONTACT

PHONE:
(301) 529-4074

WEBSITE:
pestaner.com

EMAIL:
james.pestaner@gmail.com

HOBBIES

Fantasy Fiction Writing
Microbusiness Development
Cooking
Fitness

EDUCATION

University of Maryland Global Campus (UMGC)
MS Technology Management

Strayer University
BS Computer Information Systems

WORK EXPERIENCE

Pestaner Services

Life & Health Coach

2012 – Present

- Providing Direct Care Health Services: meal prep, shopping, exercise, companionship, and transportation.
- Independence Management: housing, budgeting, shopping, socializing, managing stress, requesting help.
- Improving IT Processes for micro businesses.
- K12 / College Student Coach: homework assistance, oversight
- Special Needs Coach: companion. community activities, ADLs
- Website Design & Feature Implementation for micro businesses
- Executive Function Coach: organizing homework / living space.
- Care Provider for Seniors: companion, appts, meds, exercise, ADLs
- After-school Care for Children: Infant to young adult

SKILLS

