

# HEATHER J. STONE—CITIZEN

## QUOTES

- And when you get the choice to sit it out or dance, I hope you dance. –Lee Ann Womack  
Every person is defined by the communities she belongs to. –Orson Scott Card
- The mind, once stretched by a new idea, never returns to its original dimensions. –Ralph Waldo Emerson
- We're only as far away as the next good idea. –KC Holmes

## OVERVIEW

When it comes to improving the world, I am not a physical caretaker. I do not excel at feeding, bandaging, cleaning, and clothing. But I am pretty good at helping people break out of thinking patterns that have made them feel trapped. So usually my contribution is in the form of coaching, counseling, guiding, or facilitating.

## WHO & HOW

- **Coaching frustrated job seekers and job changers.** I'm good at helping unemployed and underemployed folks articulate their strengths and discover how to make a living by playing to those strengths.
- **Helping small business owners think their way out of financial corners.** Because I have succeeded and failed in business, I am hard to surprise. Struggling business owners come to me when they don't know where else to turn, and I help them see possibilities they never knew existed.
- **Diffusing complicated interpersonal situations between coworkers.** Managers and employees ask me to help them figure out how to get along with each better.
- **Counseling youth who are making big decisions about their futures.** I have spent many years working with teenagers and young adults in my church and community, guiding them to options they hadn't previously considered.

## SPECIFIC ACTIVITIES

- Disaster Action Team Leader for Red Cross of Northern Utah (2011-12). *Led an emergency response team that assists people displaced from their homes and workplaces by fire or natural disaster.*
- Three-Week Humanitarian Mission to Moscow, Russia (2010). *Helped digitize project records for humanitarian work in fourteen countries and created standardized reporting formats for use across Eastern Europe.*
- Community Emergency Response Team Certified (2010). *Trained on how to assist my neighbors in the event of a major incident.*
- Board of Directors and Credit Committee for non-profit Utah Microenterprise Loan Fund (2003-07). *Helped oversee operations, evaluated business plans of emerging entrepreneurs, and coached them on how to stay in business.*
- Marketing advisor for Utah Microenterprise Loan Fund (2004-2005). *Helped the organization restructure its marketing activities so as to reach more small business owners in need.*
- Counselor for Service Corp of Retired Executives (2001-02). *Helped business owners articulate their goals, assess their finances, and raise money.*
- Youth Leader in church and in Girl Scouts (various dates). *Helped children and young women reason their way through problems.*