



Stan Kimer, Founder and President of Total Engagement Consulting, is recognized as an internal/external consultant with unique skills in workplace diversity and employee career development. Stan formed his own consultancy around these areas in 2010 following a 31-year diverse, success, multi-functional career at IBM.

Stan's final position at IBM was as Director of Global Sales Operations for IBM's consulting practice, where he coordinated IBM's Sales Operations processes and execution across IBM's five geographies including extensive interaction with the Japan and Asia-Pacific teams. Earlier in his career, Stan served four years on IBM's global corporate diversity staff, and led IBM into industry leadership in LGBT (Lesbian, Gay, Bisexual, Transgender) diversity.

Since forming his own consulting practice, Stan has trained or spoken in over 70 venues reaching over 5,000 professionals. He is a certified Out and Equal Workplace Advocates Building Bridges Trainer and a certified Training Management Corp / Berlitz Cultural Competency Trainer / Practitioner. In addition, Stan serves on the faculty of the National Diversity Council's DiversitytFIRST Certification Program and facilitates the "Best Practices" modules on diversity recruiting, diversity councils, employee resource groups and diversity training,

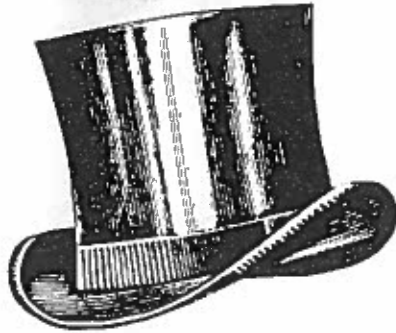
He is active in leadership roles in dozens of community and civic organizations including as a volunteer instructor on his church denomination's leadership development faculty. In 2013, the Triangle Business Journal recognized Stan with one of their "Leaders in Diversity – role model" awards. Stan received his MBA from the University of Chicago's Booth School of Business and BS in Management Science from Georgia Tech.



Caroline D. Smith, MA, LPC, CSAT-S, CMAT-S, CIP,

Pine Grove Director of Addiction Services & Intensive Workshops

Ms. Smith is a LPC, Certified Sex Addiction Therapist, Certified Multiple Addiction Therapist, and Certified Interventionist Professional. She holds a Master's degree in Counseling Psychology from Ottawa University.



Sally Burleson, MS, LCAS, CCS

Clinical Director

Sally is a Licensed Clinical Addiction Specialist and a Certified Clinical Supervisor. She has been working in the substance abuse field for over 25 years. She is passionate about providing direct client care as well as providing supervision to professionals seeking their license in the field. Both her personal and professional life has been dedicated to helping others with the disease of addiction.

Sally began her career in a local detox center. She has worked in patient for several years at Swain Recovery Center. She has provided services on an outpatient basis at several of the local treatment facilities, Orange Street Recovery, ARP Phoenix, Copestone IOP and Professionals in Recovery.

The last 12 years, Sally has provided substance abuse specific treatment in wilderness settings. She began her time in the wilderness at SUWS of the Carolinas. and has worked at Phoenix Outdoor, Stone Mountain School and Four Circles. After spending sometime in private practice and providing supervision, Sally is excited to be back on the clinical team at Four Circles full time.



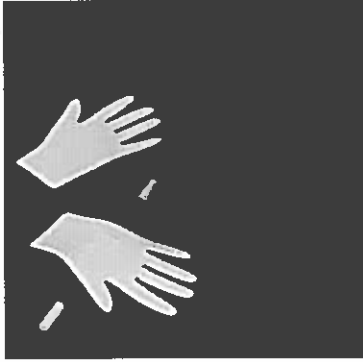
Brandon Knutson

Program Manager

Before graduating from Warren Wilson College in 2011 with a B.A. in Outdoor Leadership, Brandon spent seven years in the U.S. Coast Guard. He initially spent a year in Alaska working as a fireman on the Coast Guard Cutter Ironwood, tending buoys out in the Bearing Sea. He then transitioned to a career in aviation in which he primarily repaired helicopters, while also filling the role of Flight Mechanic operating a rescue hoist during search and rescue cases.

Upon completion of his enlistment he began to pursue his Commercial Pilot's license and a degree in Aviation Management. During that time, while working as a Kayaking guide, Brandon was introduced to the world of Wilderness Therapy. After finishing his degree and deciding to take a break from flying, he moved to Asheville and began studying Outdoor Leadership at Warren Wilson.

In the spring of 2012 he joined the Four Circles' team and spent the next year working as a Wilderness Field Instructor advancing to Senior Guide. After a year in the field Brandon transitioned into a number of roles but is currently working as the Programs Manager. Fortunately, Brandon still gets the opportunity to contribute to the positive change and development of our clients by helping teach wilderness skills and facilitating activities and initiatives on our challenge course. Brandon also facilitates the challenge course for our Family Workshop.



Jim Porter is the author of dozens of books, workbooks, audios and videos on managing stress including “The Stress Profiler” and “Stop Stress This Minute” which together have sold over 400,000 copies. Mr. Porter also lectures on stress management and resiliency for a variety of organizations including: Blue Cross and Blue Shield, GlaxoSmithKline, Time Inc, Homeland Security and The FBI, The US NAVY and the US Army. He has appeared on The CBS Morning News, and his work has been reported on by Good Morning America, Ladies Home Journal, The Associated Press, and The NY Daily News. He has a monthly column on stress in the Huffington Post and has been published online by Forbes, National Geographic, Science Daily and Apple News.



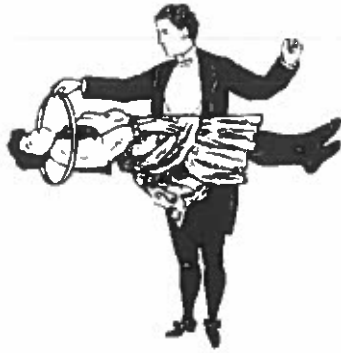
Paige Armstrong – MSW, LCSW

Founder, Relationship Coach and Psychotherapist

Paige Armstrong, MSW, LCSW, has over 15 years of international and national clinical, program development, and management experience. She has served as psychotherapist, coach, educator and speaker across small to mid- size companies. Over the course of her career, she has successfully fostered personal growth and development, and recovery for a diversity of populations – at-risk youth, Fortune 500 CEOs, professional athletes, veterans, and high achievers.

In 2006, Armstrong single-handedly established Life Enrichment Resources (LER), a successful private practice specializing in treating addictions, trauma, codependency, and relationship issues. LER expanded in 2015 to become a holistic, Relationship Wellness Center for Singles and Couples (and their loved ones) desiring thriving, healthy relationships. Psychotherapy, Coaching, Yoga, Therapeutic Massage, Reiki (Energy Work), Workshops, and Seminars are services that LER provides. She is passionate in collaborating with clients to provide tools, strategies and techniques that help them achieve the enrichment, fulfillment, happiness, joy, connection, and intimacy they deserve and desire. Armstrong has also been a featured guest on WNCN TV – My Carolina Today, and an expert contributor for Cary Living, The News and Observer and Elite Men Magazine.

She received her Master of Social Work through the Advanced Standing Program at Virginia Commonwealth University and her Bachelors of Social Work from East Carolina University (ECU) where she was awarded “Outstanding Social Worker” by the ECU faculty.



Mr. Brian S. Hissom is a Licensed Professional Counselor and Licensed Professional Counselor Supervisor, National Certified Counselor (NCC), and Distance Credentialed Counselor (DCC). He is an active member of the International Employee Assistance Professionals Association (EAPA) and the North Carolina Chapter of EAPA and serves on their Annual Conference Planning Committee. Mr. Hissom is also an Adjunct Professor in the Lenoir-Rhyne University School of Counseling where he has developed and taught courses entitled *Professional Counseling in Employee Assistance Programs* and *Private Practice and Entrepreneurship* for graduate counseling students. He also has presented *The Role of Employee Assistance in Managing Healthcare Costs* for the 3rd Annual Lenoir-Rhyne University Symposium of the Future of Healthcare and continues to serve on the planning committee for that annual event. He is a presenter for the Northwest Area Health Education Center at Wake Forest University School of Medicine providing training on topics such as chronic pain management and caring for patients and families with substance abuse and addiction, and serves as a trainer of clinical supervisors for the Licensed Professional Counselors Association of North Carolina.

Mr. Hissom has assisted employers in the development and implementation of substance use, drug testing, and mandatory EAP evaluation policies, provided consultation in the development of ethics policies, and provided management consultation and conflict resolution for educational institutions and manufacturers. In addition to working with business and industry, his interdisciplinary medical team experience includes serving as program director and counselor in pain management, work hardening and head injury rehabilitation programs, and serving as consulting and treating clinician in cardio-pulmonary rehabilitation programs, in-patient rehabilitation units, and patient-centered medical home clinics. Mr. Hissom, in association with the Lenoir-Rhyne University School of Counseling is currently assisting with the development of a patient-centered medical home clinic model in a local free medical clinic.



Mr. Ronald G. Begley has a Master's of Social Work from Virginia Commonwealth University. He has a private practice specializing in clinical hypnotherapy for emotional and adjustment issues as well as habit cessation. Specializing in anxiety and relationship issues.



Judah Segal has been with Beacon Health Options for eight years, originally as Clinical Care Manager. He has served as the chief professional officer of social service, central community organizations, overseeing community centers, family services agencies, and senior centers. Segal has taught at North Carolina State University as a lecturer for the School of Social Work, Master's Program. Today, he audits and trains Clinical Care Managers and is currently overseeing the work of clinicians throughout the United States. Segal is a Liscenced Clinical Social Worker in North Carolina, Liscensed Independent Social Worker in Ohio, member of the Academy of Certified Social Workers, and Treasurer of the North Carolina Employee Assistance Professionals Association. He holds a MSW from Wurzweiler School of Social Work of Yeshiva University in New York City and a BA in Psychology with Honors from the University of Florida.



Dr. Renee' Evans is a Licensed Professional Counselor and Clinical Employee Assistance Professional with a background in employee assistance programs, clinical counseling, school counseling, expert testimony, career development, and professional development training. She is a former full time and adjunct professor of Counselor Education. She has taught for UNC, North Carolina Central University, and Appalachian State University. As a consultant, she collaborates with various organizations about their organizational and systemic process. Dr. Evans is Vice President of the North Carolina Employee Assistance Professional Association (NC EAPA). She is the 2011 Past Conference Chair for NC EAPA, and has served in leadership roles on other state and community Board of Directors. Dr. Evans is the lead author of the online international training course that is offered by AHEC titled *Employee Assistance in the Civilian Workforce*.



Patrice Alexander is currently a Teaching Assistant Professor in the Department of Political Science at East Carolina University. She retired from Greenville Utilities Commission in 2017 after ten years where she served as the Director of Human Resources and OPTICS Training Manager. Her responsibilities included all aspects of Human Resources activities – strategic planning, succession planning, recruiting, employee relations, compensation, benefits, performance evaluation, training, and employee/organizational development. Prior to going to GUC she was the Human Resources Manager for Sara Lee Bakery in Tarboro. She came to that position from Wooster, Ohio where she worked as a Regional Human Resources Manager for eight container plants for International Paper. Before transferring to Ohio, she worked at the International Paper, formerly Champion International, Mill in Roanoke Rapids for 10 years where she was the Employee Relations Manager and Manager of Health & Family (EAP Services). She worked with the Pitt County Mental Health Center from 1986-1993 where she was the Coordinator of Community Services/Employee Assistance Programs.

She is a Licensed Professional Counselor (LPC) and is both certified and licensed as an Employee Assistance Professional (CEAP/LEAP). She is also certified as a Senior Professional in Human Resources (SPHR). Dr. Alexander served as the first Chair of the North Carolina Board of Employee Assistance Professionals. She is a past Chair of the Halifax-Warren County Smart Start Partnership for Children. She has served as the Legislative Chair of North Carolina Employee Assistance Professionals (EAPA) and as the Chair of the International EAPA Legislative and Public Policy Committee. She served four years as Chair of the North Carolina Substance Abuse Federation. Dr. Alexander is a past state president of the North Carolina Federation of Business and Professional Women (BPW) and has served two terms on the BPW/USA Board of Directors.

She has a Ph.D. in Psychology/Human Resource Development from NC State and a Masters in Public Administration /Community Health from ECU. Her undergraduate degree is in Theatre Design from Carnegie Mellon University.



Christopher La Tourette La Riche is double board-certified (by the American Board of Psychiatry and Neurology) in Adult Psychiatry and Addiction Psychiatry. He is an expert psycho-pharmacologist, an award-winning psychotherapist and an international keynote speaker and educator on addiction and the neuroscience of trauma and mood disorders. He was the founding medical director at Elements Behavioral Health's first start-up facility, Lucida Treatment Center, which prioritizes humanistic, evidence-based treatment of addiction and mental health disorders. Dr. La Riche has an extensive background in the humanities and entered medicine after a career in education and the arts. He received his undergraduate degree from Yale University in Comparative Literature, a Master's degree from Columbia University's department of Applied Linguistics and is a fluent speaker of six languages (English, Italian, Portuguese, Spanish, German and French). Wizardry.