

Liliana Caraciuc

Address Texas

E-mail coachliliana@yahoo.com



Dedicated and compassionate professional with a strong foundation in psychology, education, and coaching. Experienced in supporting adolescents, parents, and diverse communities through goal-oriented coaching, effective communication strategies, and group facilitation. Skilled at fostering positive relationships, promoting resilience, and empowering individuals to reach their personal and academic potential. Currently pursuing a Master's in Mental Health Counseling at Bradley University and planning to pursue a doctoral degree to further expand expertise and impact in the field.



Professional Skills

- Coaching & Goal Achievement Strategies
- Adolescent & Teen Development Support
- Motivational Techniques & Accountability
- Active Listening & Empathic Communication
- Conflict Resolution & Mediation
- Classroom & Behavior Management
- Cultural Competence & Diversity Awareness
- Stress Management & Relaxation Practices (e.g., EFT, Guided Meditation)
- Parent & Teen Communication Coaching
- Time Management & Organization Skills



Technical Skills / Tools

- Microsoft Office Suite (Word, Excel, PowerPoint)
- Zoom and other video conferencing platforms
- Google Workspace (Docs, Sheets, Slides, Calendar), Google Forms
- SurveyMonkey
- Wix & WordPress for website management and content creation
- Online scheduling and client management tools



Work History

2025-06 -
Current

Coach & Founder

CHAM LLC, Katy, TX

- Provide one-on-one and group coaching for parents and teens, focusing on communication, goal-setting, and personal growth.
- Develop and deliver workshops, webinars, and resources to support clients' skill-building and confidence.
- Create and manage digital content (website, social media) to engage and educate target audiences.
- Apply evidence-based techniques such as motivational strategies, goal-setting frameworks, and relaxation practices to support client success.
- Track client progress, provide feedback, and adjust coaching plans to meet individual needs.
- Developed and manage professional website: CoachLiliana.com

2023-08 -
Current

Substitute Teacher, K-12

Katy Isd Education, Katy, TX

- Follow lesson plans and deliver instruction in the absence of regular teachers.
- Supervise and support students, maintaining a safe and positive classroom environment.
- Enforce school rules and behavior management policies consistently.
- Perform non-instructional duties as assigned (e.g., cafeteria, hall duty, playground supervision).
- Take and maintain accurate records of attendance, student progress, and classroom incidents.
- Communicate professionally with students, staff, and administrators.
- Adapt to various grade levels, subjects, and classroom settings as needed.
- Follow district policies, safety protocols, and emergency procedures.
- Demonstrate strong organizational and time management skills to keep classrooms running smoothly.
- Build rapport with students and support their academic and social development.

2022-12 -
Current

Hospice Volunteer

Katy Hospice, Katy, TX

- Provided compassionate companionship to terminally ill patients in home and facility settings, enhancing their emotional well-being during end-of-life care.
- Offered respite to family caregivers, allowing them time for personal needs while ensuring continuous patient support.
- Assisted patients with light household tasks, such as reading, playing games, and engaging in meaningful conversations.
- Delivered spiritual and emotional support, including prayer and listening, respecting patients' individual beliefs and preferences.

- Collaborated with the hospice interdisciplinary team to report patient observations and contribute to holistic care planning.
- Participated in ongoing training to stay informed about hospice care practices and improve service delivery.

2016-12 -
2022-10

Real Estate Professional

Keller Williams, Coral Springs, FL

- Assisted clients with buying, selling, and leasing residential and commercial properties, ensuring smooth transactions and client satisfaction.
- Conducted property showings, market analyses, and comparative pricing to guide client decisions.
- Developed and maintained strong client relationships, providing personalized support throughout the real estate process.
- Negotiated contracts, offers, and closing terms between buyers, sellers, and other stakeholders.
- Coordinated with lenders, inspectors, and attorneys to facilitate timely closings.
- Implemented marketing strategies including online listings, social media promotion, and open houses to increase property visibility.
- Stayed current on local real estate market trends, zoning regulations, and industry best practices.
- Maintained accurate records of transactions, client communications, and contracts in compliance with state regulations.



Education

Expected
in 2026-01

Master of Arts: Mental Health Counseling

Bradley University - Peoria, IL

- GPA: 4.0 / 4.0
- Honors & Acknowledgements: Inducted into Chi Sigma Iota, Counseling Academic & Professional Honor Society International, 2023–Present
- Relevant Coursework: Foundations of Mental Health Counseling; Group Counseling Techniques; Multicultural Counseling & Diversity; Adolescent & Child Counseling; Research Methods in Counseling; Ethics and Professional Issues in Counseling; Assessment & Intervention Strategies
- Projects & Applied Experience:
 - Mini Meta-Analysis on Emotional Freedom Technique (EFT): Conducted literature review and analysis of EFT interventions in counseling.
 - Parenting Communication Group Project: Designed and facilitated a 30-minute interactive session for parents of adolescents on effective communication strategies.
 - Cultural Autobiography Assignment: Explored personal multicultural experiences and implications for multicultural counseling relationships.
 - Field Project with Indian-American Individuals: Engaged in multicultural counseling research in educational and community settings.

2023-06

Bachelor of Arts: Psychology/ With Conc. On Mental Health

Southern New Hampshire University - Hooksett, NH

- Completed AP course in Personality Psychology, Cognition, Sensation and Perception, Foundations of Addiction, and Counseling. Process/Technique, Assessment and Testing, Cross-Cultural Psychology, Community Psychology, and Research Methods.
- 3.862 GPA
- Extracurricular Activities: Hospice Volunteer/ Emotional Support
- Magna Cum Laude Graduate
- Capstone Project: Pain Perception in Hypnosis, Essay

2021-12

CHt: Hypnosis

Hypnosis Motivation Institute - Tarzana, CA

- Honors Graduate
- Director's Award
- Academic Achievement Award
- Clinical Achievement Award
- 4.1 GPA
- Ranked in the Top 5% of the class
- Capstone Project: Research Proposal, **Internet Gaming Disorder: Hypnosis and Mindfulness for Gaming Addiction**



Affiliations

- American Psychological Association (APA), Student Affiliate Member, 2023–Present
- Phi Theta Kappa Honor Society, Member, 2022–Present
- Chi Sigma Iota, Counseling Academic & Professional Honor Society International, Member, 2023–Present
- American Counseling Association (ACA), Student Member, 2024–Present
- American Society of Clinical Hypnosis (ASCH), Student Affiliate Member, 2022–Present



Certifications

- Certified Hypnotist, [American Hypnosis Association], [2020] – Present
- First Aid & CPR Certified, [Red Cross], [2025] – Present
- Certified End-of-Life Doula, [IAP Career College], [2022] – Present



Languages

English

Full Professional

Romanian

 Native or Bilingual

French

  Limited Working

Spanish

  Limited Working

Arabic

  Elementary



Publications

Mini Book of Hypnoscripts

Amazon link: <https://a.co/d/etfBSNV>