

# Annette Martens

## Board Member/Grant Director, Vital Cycles



Annette lives in Fredericksburg, VA with her loving family. She enjoys family game nights Legos and beach vacations!

Why I am a part of the Vital Cycles Board

I became a founding board member as a way to continue my own healing from the effects of a traumatic childhood and to share the discoveries found along the way. By helping to shape a new healing program, my hope is to lessen the pain suffered by others by helping them to realize that healing from trauma is possible! My personal goal has been to live an authentic life; denial is no longer an option. Only by honestly acknowledging the past can I live a life that is joyous and free today!

What I like Most About Vital Cycles

It's so empowering! And I love that it's so helpful in overcoming the effects of all types of emotional trauma. The positive and healing environment created through the Vital Cycles language has proven transformative for me. No longer does anyone **have** to be defined by trauma.

Volunteer and Nonprofit Experience

2007-2011	Vital Cycles	
	Founding Board Member, Treasurer and Grant Director	
2005-2007	Member, Board of Directors	
	Survivors of Incest Anonymous	
2004-2007	New England Intergroup of Survivors of Incest Anonym	
Experience	2010-present	Administrative Support Team Supervisor
	2009 – 2010	Macy's Inc. / Fredericksburg, Virginia
	2007 – 2008	Office Manager
	2005 – 2007	
	2004 – 2005	Macy's Inc. / Fredericksburg, Virginia
	1999 – 2004	Relocated to Virginia from Massachusetts

1991 – 2004    Oversaw total renovation of Victorian era home  
 1988 – 1990    Virtual Office Manager  
 1986 – 1988    Organizational Growth Consulting / Ayer, MA  
 1983 – 1986    Owner OnOccasions! / Melrose, MA  
 1981 – 1983    Recovering from the effects of PTC  
                   Environmental Engineering Group Secretary  
                   Camp, Dresser & McKee / Boston, MA  
                   Administrative Manager / Seminar Coordinator  
                   Coopers & Lybrand / Boston, MA  
                   Assistant Marketing Manager  
                   Elscent, Inc. / Boston, MA  
                   Institutional Marketing Secretary – Grade III  
                   FMR Corp., Fidelity Group Institutional Services / Boston, MA

Education    1980    BS/BA program, Suffolk University, Boston, MA  
                   1979    AS/BA, Bunker Hill Community College, Charlestown, MA  
                   1977    Boston Business School, Boston, MA