



## **Biography of Rachelle Manieri**

Rachelle Manieri is a dedicated professional with over three decades of diverse experience spanning community education, high risk military training, emergency and rehabilitative medicine, human resources management, and holistic wellness. She is a passionate advocate for individual potential and brings unique solutions to complex problems, an approach she would bring to the board of Starfish Foundation.

### **Professional Expertise and Skills**

Rachelle's professional background includes a wide range of certifications and experiences that demonstrate a commitment to health, safety, and service to veterans and civilians.

- Served multiple roles with the Dept of Defense, including Instructor (NEC 9502) in high-risk training environments and Subject Matter Expert (SME) in Water Survival (NEC 9510), Physical Fitness (Command Fitness Leader), and Small Arms Marksmanship.
- Private practice owner for over a decade, specializing in chronic pain and trauma.
- Credentialed provider in the Community Care Network, serving Veterans from Edward Hines Jr. VA Medical Center and Cpt James A Lovell Federal Health Care Center
- Support staff for multiple events, the largest being 4 days and 600 attendees
- Served on Parish Council of her Church
- Volunteer catechist teaching Religious Education
- Licensed Emergency Medical Technician (EMT)
- Certifications in Wilderness Advanced Life Support (WALS) and Tactical Combat Casualty Care (TC3)

- Served on Cadre of Trainers of Instructor Trainers for Lifeguard Instructor, Water Safety Instructor, Standard First Aid/CPR, AED Instructor, Basic Life Support/CPR for Healthcare Instructor (LGIT, WSIT, SFA/CPR/AEDIT, BLS/CPRIT) through the American Red Cross

In addition to her medical background, Rachelle holds a Bachelors of Business in Human Resource Management, providing a strong foundation in organizational leadership, strategy, and administration. This dual expertise allows her to approach challenges from both a practical, hands-on perspective and a strategic, management-focused viewpoint.

### **Nonprofit Commitment and Community Focus**

Rachelle is the mother of four children, one of whom had special needs. She spent fifteen years employed by the Department of Defense working with members of all five military branches. She also works with individuals experiencing multiple and chronic medical conditions and their families. These experiences have deeply influenced her personal and professional journey. They have provided a unique understanding of the impact of service on veterans' (and their families') needs, navigating complex care requirements, and advocating for vulnerable populations.

Most recently, she staffed at her first Healing Warrior Hearts Retreat (MST) in Milwaukee. She was so impressed by the quality and attention to detail of the retreat format, how it was led, and the transformation experienced by the participants, she flew herself to Houston to staff there two weeks later.

Her work has evolved into holistic health, helping people overcome pain, heal trauma, and live to their fullest potential. Her decades of vast experience have honed her ability to work with individuals of all ages with varying needs, demonstrating adaptability and a deep sense of care. Rachelle's passion for the community is evident in her desire to use her diverse skill set to serve others and support positive and sustained change in their lives.

### **Vision for the Board**

Rachelle has extensive experience in health services, human resources, business experience and dedication to community wellness. She is eager to leverage those attributes to continue and contribute to the strategic vision and governance of The Starfish Foundation. She is committed to ensuring the organization effectively serves its mission, maintains its growth trajectory and sustainability, and helps the community thrive.