

Sabrina Matheny



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RELEVANT EXPERIENCE

Guest Column Writer: Welcome the Woo

Smoky Mountain News, Waynesville, North Carolina
2021 - Present

- Authored engaging articles on empowerment, energy work, and Feng Shui design as the columnist of Welcome the Woo for Rumble, a weekly newsletter created by women, for women.
- Captivates readers with compelling storytelling and engaging narratives, sparking curiosity and encouraging exploration of metaphysical concepts and ideas.
- Efficiently manages time and deadlines to conduct research, write, revise and publish articles in a timely manner. Collaborated with the editorial team to select content to increase readership.

Coach + Intuitive Guide

Spiritual Solutions with Sabrina, Shepherdstown, WV
2018 - Present

- Educates and coaches clients in spiritual matters to empower them on their spiritual journey to growth, self-discovery, and inner peace.
- Guides clients in integrating spiritual practices into their daily lives by uncovering their limiting beliefs and intuitive gifts.
- Collaborates with other experts in a variety of capacities to share knowledge and experiences.

Interior Designer

Sabrina Matheny Designs, Whittier, NC
2002 - Present

- Utilizes Feng Shui and eastern design philosophies to design or redesign homes and businesses by developing design concepts that reflect client styles, functional requirements, and aesthetic preferences.
- Implements expertise to optimize the layout and functionality of interior spaces, considering energetic factors such as traffic flow, furniture placement, and spatial organization to create harmonious, efficient and enriching environments.
- Collaborates with clients in a constructive, open and transparent manner, pinpointing their needs, preferences, and budget to manage expectations and deliver desired outcomes.

SKILLS

Communication | Empathy
Adaptability | Patience
Organization | Creativity
Open-Mindedness
Time Management
Resilience Cultural
Sensitivity

AWARDS

Recipient of the North Carolina
Teaching Fellows Scholarship,
1988

EDUCATION

Bachelor of Arts in French, 1992
Meredith College, North Carolina

French Immersion: Institute Jacques
Lefevre
Merville- Franceville, Summer 2023

Harvard University Summer Studies
for French, Summer 1991
Cambridge, MA

CIDEF Intensive Study French,
Language and Culture Study Abroad
Angers, France, Fall 1989

Summer Study Program: American
Institute for Foreign Studies
Cannes, France, Summer 1988