

Molly Haydon

Experience

May 2021 – May 2022 Certification

Certified Health Teacher *Chopra Center*

This year long program taught how to help people achieve a better, balanced state of mind and body through healthy practices in the six pillars of health: mindfulness, movement, nutrition, sleep, emotions and self-care.

May 2021 - Present

Support Group Facilitator *Alzheimer's Association*

I lead three support groups; two are for the LGBTQ+ community in Oregon and SW Washington and the other is for families in the SW Portland area. In 2018, I wrote a book called "From Christmas To Broadway" which is the memoirs of my mentor, who received an early onset diagnosis at the age of 50. This was a 100% donation-based project.

June 2020 - Present

Founder & Chief Giving Officer *The Treat Stop*

I developed a first of its kind branded "Treat Stop" outside our home in Sellwood. Every day we give out 3 sizes of dog treats adding up to more than 60lbs of treats being 'served' every month.

2010 - Present

Wish Granter *Make-A-Wish*

Facilitating making wishes come true for kiddos who have suffered an unfair health experience. I act as the interface with the family and the wish office for Oregon and SW Washington. My favorite responsibilities are caring, giving, believing and above all, fun.

Pre-2020

Owner

M Haydon Inc.

Skills

- High EQ
- Skilled Communicator
- Finding calm in chaos
- Seeing the big picture

I AM

A Humanitarian
An Egalitarian
A Vegetarian

Contact

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