

# BETTY MERRITT'S BIO

Born and raised in Texas, attended Baylor, lived in Oklahoma, Kansas, New Jersey, Connecticut, Illinois, Michigan before coming to her senses in Arizona.

Worked in the computer field over 15 years from technician to systems analyst to vice president of sales at ADP. Was on the leading edge of human resource management: exploring partnering - beyond team building.

Founded The Merritt Center in 1987 as the culmination of her dream to provide a space for people to experience renewal and empowerment; to learn and grow. In 1993 The Merritt Center became a 501C3, organization. It was named the Best Non Profit by the Chamber of Commerce of Payson, AZ in 2013.

Consultant to the Mesa Arts Center, Mesa Parks and Recreation Division, Changing Hands Bookstore, and other organizations facilitating transitions and participatory management teams.

Speaker to many organizations including: the BIA, ASU Solid Program, Headstart, Optimists, Lions Club, Elks and other civic groups. Keynote speaker for the Wellness Forum in April, 2000. Closing speaker for the NABVETS, November 2009. Kick off speaker for: Regional VA Nurses conference March, 2010; Annual conference of National Nurses Organization of the Veterans Administration, July 2011: and Nurses Recognition Day at the Phoenix VA May 10, 2012.

Creator of many workshops and programs including: Women Journey, Empowerment Coaching, Couples-Growing Together, Silent Wisdom Quest, Spiritual Fasting. Led Stress Management for Hospice Volunteers for ten years. Created Stress Release Group 10 week series in 2010-2012. More than 2,500 people have experienced her workshops. HEATH, a national magazine, featured her Vision Quest April 1998.

In 2005 created a Free program for returning combat veterans to aid in reentry to civilian life and in the last 10 years held 16 programs for male vets and 13 programs for women vets - each consisting of four weekend retreats or 7day programs. Created an on line and hard copy workbook for combat veterans: Basic Training for Life. The Arizona Republic and The Payson Roundup have carried several articles about this work. See the YOUTUBE PSA: "It's No Secret" on the homepage of the website: [www.merrittcenter.org](http://www.merrittcenter.org)

Created a body work technique: KIATSU, based on Shiatsu - incorporating breath, toning, Process Oriented Acupressure, Healing Touch and other energy releasing methods. She has taught Kiatsu to therapists since 1989. Completed Healing Touch Training June 2000 and certified as a Healing Touch Practitioner in January 2001 and renewed that certification in 2005 and 2010. Hosted and coordinated Healing Touch classes at The Merritt Lodge for over 15 years. Worked with many clients using Kiatsu/Healing Touch in her process work since 1994. Published her book: Driving Lessons in 2000.

Created and led Stress Release Sessions using the techniques learned in the program for Professionals at the Mind Body Medicine Institute 2009-2010.

Served three terms as President of the Board of Directors for The Payson Center for Spiritual Awareness - a non-denominational, non-profit, new thought center. Was ordained as a New Thought Minister in September 2005 and is known as Reverend Grandmother.

Served as President of The Merritt Center Board, a non-profit, 501C3 organization, since 1993.

With, Al, her husband since 1972 she shares four children and nine grandchildren and four great grandchildren.