

Tia Platte

Holistic Household Manager

612 Bancroft Ave., Richmond, VA 23222 / info@tajyogawellness.com / [linkedin.com/in/tia-platte-b86670330](https://www.linkedin.com/in/tia-platte-b86670330)



Professional summary

Compassionate household manager bringing wellness expertise and operational coordination to create balanced, health-focused home environments. ERYT500-certified with deep knowledge in nutrition counseling, fitness planning, and stress reduction techniques developed through client-centered yoga instruction and health coaching. Committed to enhancing daily living through personalized wellness integration and efficient household management.

Employment history

OCT 2000 – PRESENT

RICHMOND

ERYT500 Yoga Instructor, Yoga Alliance

- Developed personalized wellness plans for clients through holistic support, improving their health outcomes and integrating somatic movement techniques.
- Utilized innovative yoga instruction methods to enhance mind-body wellness and stress management.
- Collaborated with healthcare professionals to implement yoga as a complementary therapy, demonstrating strong client relations and problem solving.

APR 2023 – PRESENT

RICHMOND, VA

Owner/Health Coach, Taj Wellness, LLC

- Spearheaded development of holistic wellness packages combining yoga instruction, nutrition counseling, and stress management workshops to broaden service appeal and improve client engagement.
- Conducted private yoga sessions incorporating somatic movement tailored to meet individual goals, improving physical and mental health through empathy and client relations.
- Developed corporate yoga programs driving employee retention and reducing work-related stressors through targeted wellness planning and event coordination.

APR 2025 – JUL 2025

RICHMOND, VA

Clinical Medical Assistant, Richmond Integrative & Functional Medicine

- Assisted in patient intake and assessment, enhancing workflow efficiency through appointment scheduling and improving patient satisfaction through timely service and empathy.
- Coordinated with healthcare providers to streamline patient care plans, demonstrating problem solving and holistic support that led to noticeable improvements in treatment outcomes.
- Monitored patient vitals and documented changes accurately, enabling proactive interventions and enhancing overall patient care through time management and client relations.

NOV 2024 – JAN 2025

MIDLOTHIAN, VA

Personal Assistant/Yoga Instructor, David Turner

- Managed daily calendars for an executive through appointment scheduling and time management, minimizing conflicts and optimizing household operations.
- Handled confidential correspondence, drafted responses, and prioritized messages for executive review, demonstrating client relations and problem solving.
- Organized filing system for personal records and medical documents to speed retrieval during appointments, supporting holistic support and wellness planning coordination.
- Designed personalized yoga sequences for client recovering from injuries, adapting poses to individual mobility and comfort levels.

AUG 2023 – JUN 2024

RICHMOND, VA

Program Director - Yoga, Revolution Brazilian Jujitsu

- Streamlined wellness programs at Revolution BJJ through operations management and wellness planning strategies.
- Boosted member retention through innovative appointment scheduling, mentoring, and client relations.
- Expanded client base via effective email marketing and social media strategies, demonstrating event coordination and time management.
- Developed structured progression frameworks for enhanced student engagement, integrating yoga instruction and somatic movement principles.
- Achieved measurable program growth through holistic support and health coaching approaches.

JUN 2007 – MAR 2022
RICHMOND, VA

Owner/Operator, Yoga Source, LLC

- Led all aspects of yoga studio operations management, driving business growth through strategic marketing and exceptional client relations while maintaining financial sustainability.
- Pioneered innovative yoga instruction programming incorporating wellness planning and somatic movement that responded to evolving market trends, building a loyal community of practitioners.
- Directed comprehensive household operations including staff management, appointment scheduling, financial oversight, and facility maintenance while ensuring regulatory compliance through time management and problem solving.
- Cultivated strong relationships with instructors, clients, and community partners through empathy and holistic support to create an inclusive studio environment that fostered personal growth and wellbeing, coordinating over 50 wellness events annually.
- Directed of teacher training programs: 200-hr basic, 300-hr advanced, prenatal, and continuing education immersions and community workshops

Education

AUG 1995 – DEC 1999
RICHMOND, VA

BFA Dance & Choreography, Va Commonwealth University

Certifications

AUG 2026 – PRESENT

Household Management, Sage Haus

OCT 2000 – PRESENT

ERYT500 - Experienced Yoga Instructor, National Yoga Alliance

2016 – PRESENT

YACEP - Continuing Education Provider, National Yoga Alliance

MAY 2021 – MAY 2027

CCMA Certification - Clinical Medical Assistant, National Healthcare Association

MAR 2023 – 2024

Health & Wellness Coach, Dr. Sears Wellness Institute

Skills

Adaptability, Appointment Scheduling, Communication, Client Relations, Creativity, Customer Service, Empathy, Event Coordination, Fitness Planning, Health Coaching, Health Education, Healthcare Navigation, Holistic Support, Household Operations, Medical Coordination, Mindfulness Practices, Nutritional Guidance, Patient Advocacy, Problem Solving, Operations Management, Project Management, Research Skills, Self-Care Guidance, Social Media Strategy, Somatic Movement, Stress Management, Team Collaboration, Technology Utilization, Time Management, Wellness Coaching, Wellness Planning, Yoga Instruction