

# Javelin Lawrence

## SUMMARY

Doctor of Clinical Nutrition (DCN) with a pending Master of Science in Health Promotion, combining clinical, biochemical, and metabolic expertise, and 4 years of successful entrepreneurship formulating advanced botanical products and directing local wellness operations. Expertly positioned to bridge the gap between complex clinical nutrition diagnoses, data-driven systems tracking, and daily lifestyle modification. Dedicated to leveraging evidence-based lifestyle medicine, advanced medical nutrition therapy (MNT), and an intentional Healing Presence to eliminate health disparities among underserved women and minority populations.

## EDUCATION & CERTIFICATIONS

MS, Master of Science - Health Promotion - Notre Dame of Maryland University, Baltimore, MD, 2026, pending

DCN, Doctor of Clinical Nutrition - Maryland University of Integrative Health, Laurel, MD (2024)

MS, Master of Science - Nutrition and Integrative Health – Maryland University of Integrative Health, Laurel, MD (2021)

MS, Master of Science - Information Systems - DePaul University, Chicago, IL (2002)

Certifications: Professional Scrum Master I (PSM I); ITIL v3 Foundation

## CORE HEALTH PROMOTION SKILLS

- Clinical nutrition assessment, metabolic health coaching, and advanced dietary intervention plans for complex chronic conditions.
- Skilled in leading all aspects of community needs assessments, cultural barriers identification, and mixed-method program evaluation.
- Health data systems, process improvement, data security, and technology integration for population health.
- Proven track record in multi-channel community communication strategies, building cross-functional trust, and scaling regional business footprint.

## GRADUATE PRACTICUM & PROGRAM DESIGN

Program Designer & Clinical Coordinator | Thrive and Rise Above MS| Java Green Herbal Teas | 2026- Present

- Designed and coordinated an 8-session health promotion curriculum for African American adults living with Multiple Sclerosis, integrating culturally responsive nutrition education, adaptive movement, and stress-regulation meditation.
- Developed a mixed-methods needs assessment protocol using Modified Fatigue Impact Scale data and focus group feedback to identify barriers to specialized care and guide program improvement.
- Coordinate program logistics, community outreach, marketing strategies, site communication, and biweekly professional updates.

## PROFESSIONAL EXPERIENCE

### Java Green Herbal Teas LLC

Founder / Lead Herbalist | 2019 - Present

- Created and formulated 72 proprietary blends of organic herbal and functional teas, utilizing the most current clinical knowledge of botanical biochemistry for nervous system regulation, immune health, endocrine support, and holistic wellness.
- Managed all on-site community health engagement, education, and consumer relations across regional farmers' markets through four years of successful enterprise management.

- Created and introduced e-commerce platform (javagreenherbalteas.com) to improve digital accessibility, while managing online assets with simultaneous academic and professional obligations.

### **Teach Plus, Illinois Affinity Group Network**

Featured Guest Speaker | Feb 2026

Presented strategic, evidence-based presentations on health equity, stress mitigation models, and resolution of clinical and cultural care disparities for minority populations within regional institutions to state educators and professional advocacy networks.

### **Heartland Community College Herbal Tea Workshop II**

Guest Lecturer & Panelist | May 2026

Designed and led an intermediate herbal tea workshop on popular plant ingredients, traditional health applications and practical blending techniques for daily health and wellness. Illustrated how to select, mix and make herbal teas from a holistic living perspective, highlighting the value of safe, informed and evidence-based use of plants.

### **Heartland Community College Herbal Tea Workshop I**

Guest Lecturer & Panelist | Feb 2026

Developed and facilitated a beginner's herbal tea workshop which included the history of tea, sensory evaluation of herbs, blending fundamentals, and the appropriate brewing temperature. Led participants in creating personalized herbal tea blends for relaxation, health education, and connection to plant traditions..

### **Heartland Community College Menopause Conference**

Guest Lecturer & Panelist | Nov 2025

Presented key clinical and integrative wellness insights regarding hormonal health, anti-inflammatory dietary transitions, and evidence-based lifestyle tracking to empower middle-aged women navigating structural barriers to transitional care.

### **Illinois Department of Innovation & Technology (DoIT)**

Information Systems Analyst I (O365 Developer) | Jul 2024 - Present

- Deliver application services across requirements, design, build, test, and implementation for Microsoft 365 and Power Platform solutions; partner with business owners to define goals, constraints, and impacts to existing systems.
  - Perform technical analysis and solution design; develop and configure SharePoint Online, Power Apps, Power Automate, and related components in accordance with security and governance standards.
  - Designed and deployed a Power BI SharePoint Governance Dashboard spanning 57 agencies and 8,461 SharePoint sites, providing leadership with visibility into external sharing exposure, sensitivity labeling compliance, and lifecycle risk.
  - Built the analytical layer using Power Query (M) and DAX (URL-based agency normalization; measures such as Days Since Active and compliance ratios) to enable interactive drilldowns and repeatable reporting.
  - Developed a Workshop Registration application (Power Apps Canvas + Power Automate) implementing seat-capacity controls, automated waitlisting, and scheduled promotions; generated instructor rosters and attendee notifications via Outlook connector workflows (two weeks prior).
- Provided Tier 3 support, technical documentation, and hands-on workshops for makers and administrators to drive adoption of Microsoft 365 and Power Platform solutions.