



I am excited to introduce myself and share my experiences with you. Mindful-Ish® is a culmination of all I have learned, experienced, and created over the last 32 years. The current titles and certifications list attached focuses mainly on my previous decade of learning. I have taught elementary and middle grades in the public, private, and nonprofit sectors throughout my career. Additionally, I volunteered for eight years on a marine mammal rescue and rehabilitation team. I studied parent-child communication between Atlantic Bottlenosed Dolphin mothers and calves during an Executive Internship at the Miami Seaquarium, where I worked at the park's nursery tank.

My personal and professional development has been shaped by my experiences raising my own family, especially with a child with different neurodevelopmental and behavioral needs, as well as a child with different learning needs. Although my first marriage did not survive the differences we experienced with our children or ourselves, it became the greatest blessing of my life as it helped me find my voice. Today, I am happily remarried and proud to be part of a blended family that's the family of my dreams.

As a perpetual student, I am always seeking more knowledge and opportunities for growth. I invest significant time, money, and energy into personal and professional development to stay on top of cutting-edge information that can help children and their caregivers be their best. My thirst for knowledge is backed by my belief that performance-based application components are crucial, allowing me to be continually taught, coached, and corrected by experts in real-time or recordings.

Whether you are considering me for a speaking engagement, professional development, or coaching, I thank you for reviewing my qualifications.

With love and light,

coach franny

Founder, Owner & Operator of Mindful-Ish® and Coach Franny LLC
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Fran Rubio-Katz

Current Titles & Certifications

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Online Yoga Yeladim (OYY) | 2022-present

OYY offers a distinctive program of kids' yoga that integrates Jewish themes and lessons. As a certified Kidding Around Yoga (KAY) teacher, Coach Franny utilizes both KAY and OYY to teach children important skills such as body awareness, self-awareness, and self-regulation.

Access Consciousness® Bars Practitioner | 2021-present

Access Bars is a therapeutic modality involving 32 points on the head as key sites for releasing mental, emotional, and energetic blockages. This hands-on technique fosters relaxation, clarity, and a rebalance of energies across various aspects of life and is one of Coach Franny's favorite tools for releasing limiting beliefs.

Collaborative & Proactive Solutions (CPS) Certified Provider | 2021-Present

CPS is an empirically researched and evidence-based model of psychosocial treatment that was pioneered by clinical psychologist Dr. Ross Greene and is described in his books, including "The Explosive Child." Coach Franny is not only a certified outpatient provider but also a certified school provider. This accomplishment showcases her deep expertise in implementing CPS principles in both clinical and educational settings.

MNRI® Specialist Core in Training | 2021-Present

MNRI® (The Masgutova Neurosensorimotor Reflex Integration - MNRI® Method) is a hands-on therapy approach that focuses on the integration of primary motor reflexes in order to promote healthy nervous system development and facilitate natural healing processes. Developed by Dr. Svetlana Masgutova, a renowned developmental and educational psychologist, MNRI® has been used to successfully address a wide range of conditions, including developmental delays, sensory processing disorders, traumatic brain injuries, PTSD, and more. Coach Franny utilizes the approach to help children with social-emotional, learning, and behavioral differences unlock their potential.

- MNRI® Dynamic and Postural Reflex Integration - 2023
- MNRI® Archetype Movement Integration - 2023
- MNRI® Toolbox for Dyslexia - 2022
- MNRI® NeuroTactile Integration - 2022
- MNRI® Reflex Integration: Maximizing Brain Potential - 2016

Usui/Tibetan Reiki Master | 2020-Present

Reiki is a Japanese healing technique that involves the transfer of energy between practitioner and patient to promote relaxation, encourage healing, and reduce stress. Coach Franny uses Reiki to help parents, teachers, tweens, and teens address a range of physical, emotional, and mental conditions, improve energy levels, and enhance the body's natural healing processes.

- Reiki Master Certification | June 2020
- 2nd Degree Reiki | August 2019
- 1st Degree Reiki | July 2019



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Breathe For Change (B4C) Wellness Champion | 2019 - Present

B4C is the world's only 200-hour wellness and yoga teacher training designed specifically for educators to support schools and families' social and emotional well-being. As a B4C Wellness Champion, Coach Franny is committed to creating positive and inclusive environments where individuals can thrive physically, mentally, and emotionally. She helps parents and educators prioritize self-care practices such as mindfulness, movement, and breathwork, recognizing that taking care of themselves is essential to their ability to support the children in their care.

- 200-HR Registered Yoga Teacher (RYT) | Yoga Alliance
- CASEL Aligned Social-Emotional Learning Facilitator
- Trauma-Informed Yoga & Meditation Teacher

Robbins-Madanes Strategic Intervention Life Coach | 2019-Present

Robbins-Madanes is the official training school of Tony Robbins, the renowned motivational speaker, and self-help expert, and Cloe Madanes, a prominent figure in family therapy. Coach Franny uses this certification to help families make positive transformations by understanding and fulfilling the 6 Human Needs, including certainty, variety, significance, love and connection, growth, and contribution.

Creative Relaxation Level 1: Yoga Therapy for Special Needs | 2016-Present

Creative Relaxation: Yoga Therapy for Special Needs was created by Louis Foss as an innovative approach to support individuals with autism spectrum disorder, Asperger's, ADHD, sensory processing disorders, anxiety, and other special needs. Coach Franny's favorite part of this program is the visual curriculum that is readable for children allowing them to move their bodies in ways they never knew they could!

Kidding Around Yoga (KAY) Kids Yoga Teacher | 2016-Present

KAY is a beloved program and organization that specializes in yoga, breathwork, and mindfulness for children. KAY has a very playful and engaging approach, so Coach Franny uses it to help her youngest clients establish body awareness, self-awareness, and self-regulation.

Connection Coalition (CoCo) Certified Volunteer | 2015-Present

Connection Coalition (CoCo), formerly known as Yoga Gangsters, is a non-profit organization that aims to bring the healing benefits of yoga and mindfulness to youth populations who have experienced trauma or are facing adversity. Their mission is to empower these young individuals to develop resilience, self-awareness, and positive coping strategies. Through CoCo, Coach Franny served as a volunteer at a Florida Department of Juvenile Justice detention center for incarcerated males aged 13-18, where she taught yoga, breathwork, and other self-regulation skills.



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Fast ForWord Brain Training Provider | 2014–Present

Fast ForWord is an evidence-based intervention program designed to improve reading and language skills in individuals with language-based learning difficulties, such as dyslexia, auditory processing disorder, and ADHD, by accelerating the brain's learning capacity. The program stimulates neural plasticity and strengthens cognitive skills such as memory, attention, and processing speed, to help individuals overcome their learning challenges and achieve academic success.

Math & Movement Certification | 2014–Present

Math & Movement is an educational program that uses kinesthetic learning techniques to teach mathematical concepts through physical movements and games. By combining math with physical activity, the program stimulates neural pathways to improve memory, focus, and problem-solving skills, resulting in better academic performance and a positive attitude toward learning.

IMSE Orton-Gillingham Certification | 2010 – Present

The IMSE Orton-Gillingham Certification is a comprehensive program that provides in-depth training in teaching literacy using the Orton-Gillingham approach, which is a sequential, multisensory, and phonics-based instructional method designed for individuals with language-based learning difficulties.

Former Titles & Certifications



Founder and Co-Owner, Learning Lab | 2011–2019

The Learning Lab is a safe space for kids who struggle with their social, emotional, and academic health at school. Programs include academic interventions for children with ADHD, dyslexia, and other learning challenges and focus on giving kids the tools they need to take charge of their learning. Fran left her role at the Learning Lab in 2019 to focus on running Coach Franny full-time.

Founder, Franny911 | 2011–2018

Franny911 was the original way to work with Coach Franny, offering emergency support and coaching to parents struggling with challenging behaviors in their children.

Conscious Discipline® | 2007–2018

Conscious Discipline® is a multidisciplinary, trauma-informed, and evidence-based neurodevelopmental Social Emotional Learning (SEL) approach.

- Social Media Manager 2015-2018
- Certified Instructor 2014-2018
- Practiced as a parent and educator since 2007