




City of Seattle Boards & Commissions Notice of Appointment

Appointee Name: <i>Nicole Jon Sievers</i>		
Board/Commission Name: <i>Seattle Music Commission</i>		Position Title: <i>Member</i>
<input type="checkbox"/> Appointment OR <input checked="" type="checkbox"/> Reappointment		Council Confirmation required? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Appointing Authority: <input type="checkbox"/> Council <input checked="" type="checkbox"/> Mayor <input type="checkbox"/> Other: <i>Fill in appointing authority</i>	Date Appointed: <i>7/29/2016</i>	Term of Position: * <i>9/1/2016</i> to <i>8/31/2019</i>
Residential Neighborhood: <i>Madrona</i>	Zip Code: <i>98122</i>	Contact Phone No.: <i>[REDACTED]</i>
Background: <i>Nicole is an activist, speaker, writer, and social worker with deep connections in Northwest arts and music. For two decades, Nicole has worked with youth as a social worker and advocate. Her roots in the Northwest music scene go back decades, and her capacity to build personal connections in disparate communities have helped her be an effective organizer. She's served on the Seattle Music Commission since 2014, where she champions political advocacy, social justice, and community-building initiatives.</i> <i>In 2011, Nicole started the Stand for Courage Foundation (www.standforcourage.org) which raises awareness about bullying, intolerance, and hatred, and empowers youths towards awareness and healing. Stand For Courage was recognized with an American Psychological Association Visionary Award in 2015. Nicole's 2015 book, "It's Your Mind: Own It!" addresses many of the issues her foundation works on, and has proved popular with teens. She has been a frequent radio and television guest, and speaks to many professional groups around the nation.</i> <i>Nicole lives in Seattle with her husband and their five sons.</i>		
Authorizing Signature (original signature): 		Appointing Signatory: <i>Edward B. Murray</i> <i>Mayor of Seattle</i>

*Term begin and end date is fixed and tied to the position and not appointment date.

Nicole Jon Sievers, MSW, LCSW

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CITY OF SEATTLE

2016 AUG -4 PM 2:10

CITY CLERK

Bio overview:

Nicole is an activist, speaker, writer, and social worker with deep connections in Northwest arts and music. For two decades, Nicole has worked with youth as a social worker and advocate. Her roots in the Northwest music scene go back decades, and her capacity to build personal connections in disparate communities have helped her be an effective organizer. She's served on the Seattle Music Commission since 2014, where she champions political advocacy, social justice, and community-building initiatives.

In 2011, Nicole started the Stand for Courage Foundation (www.standforcourage.org) which raises awareness about bullying, intolerance, and hatred, and empowers youths towards awareness and healing. Stand For Courage was recognized with an American Psychological Association Visionary Award in 2015. Nicole's 2015 book, "It's Your Mind: Own It!" addresses many of the issues her foundation works on, and has proved popular with teens. She is a frequent radio and television guest, and speaks to many professional groups around the nation.

Nicole lives in Seattle with her husband and their five sons.

Qualifications:

Masters degree in Social Work: Portland State University, Summa cum laude 1993

NPI #: 1407097066

License No. and State: L2658 Oregon

Career Highlights:

Founder and Executive Director of The Stand for Courage Foundation (formed 2011) Portland, OR, Seattle, WA.

www.standforcourage.org

Stand For Courage

Program conceptual overview:

When youth get the attention they seek by doing the right thing, we can create a self-sustaining culture of courage and inclusivity. Stand for Courage provides the recognition, community support and cultural currency to shift an entire generation from dominance and bullying to inclusivity and compassion.

When reward systems change, so does behavior. We recognize and reward positive behavior in culturally significant ways, creating a domino effect among youth and their peers. Backed by science along with local and national celebrities, Stand for Courage is a recognized cultural movement for a new generation based on hope, possibility and encouragement.

Innovations in Counseling (1997- 2007)

Private practice providing services to private clients and the community.
Adolescents, adults, couples, groups, workshops
Portland, OR.

West Linn-Wilsonville School District (1997-1999) West Linn, OR
Consulting services for individuals, small groups, families. Consultations on evaluations. IEP development. District and educational design to support all students and staff in their capacity to thrive.

Pacific Crest Outward Bound Challenge course instructor - 2 years

Christie School lead therapist in residential facility - 5 years

St. Mary's Home for Boys, private school teacher - 3 years

Providence Hospital, Adolescent Psychiatric unit - 4 years

State of OR, Family Enhancement Program - 2 years

Noteworthy:

- Published, "It's your mind: own it!" 2015. *"It's Your Mind: Own It!" is a treasure chest of neuroscience-based information to help youth 1) understand why they're thinking what they're thinking and why they're feeling what they're feeling, 2) learn to exterminate automatic negative thoughts (ANTs), and 3) master strategies for dealing with setbacks and for embracing challenges.*
- Professional speaking engagements: from Rotary Clubs to hospitals, schools, community centers: Love, the brain and relationships, Parenting, Stress, Bullying in the workplace, Supporting Adolescents
- Forensic: Expert witness, client preparation, discovery, attorney consultation
- Continuing education instructor for NASW, Co-creating healthy families
- Recipient of Ambassador for Peace Award
- National and international television interviewee and radio. Live and pre-recorded talk shows, news and entertainment interviewee including and not limited to: E Hollywood True Story, Bob Rivers, KOMO, KGW 8 news, King 5 news, Beck & Burns talk show, KATU 2 (further interview information and links upon request)
- Contribution to national and international news articles, entertainment, books, magazines.

Sample segments:

<http://www.kgw.com/lifestyle/Managing-kids-holiday-expectations-180442361.html>

<http://www.kgw.com/lifestyle/health/Study-reveals-what-lies-parents-tell-most-188135311.html>

<http://www.kgw.com/video?id=147254925&sec=547977>

<http://www.kgw.com/news/How-to-help-kids-stop-a-bully--179363981.html>

<http://www.kgw.com/home/How-to-talk-to-kids-about-elder-bullying-159954525.html>

<http://www.kgw.com/thesquare/Hot-Story-Local-Kids-Perform-with-Roger-Waters-152831385.html>

Scholarships:

Casey Family Program Scholarship, 1992-1993

Hispanic Leadership Scholarship, 1992

Certifications:

IMAGO therapist

PAIRS (Practical Application of Intimate Relationship Skills) Instructor

Continuing education in interpersonal neurobiology, PSU

Holotropic Breath-work advanced study

Current projects:

-Crowd sourcing Mobile App

-Stand for Courage Foundation Development and Leadership

References, interviews, articles and more information upon request

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Nicole Jon Sievers, MSW, LCSW

Founder: Stand for Courage Foundation

Author: It's Your Mind: OWN IT!

website

"I expect to pass through this world but once;
any good thing therefore I can do,
any kindness I can show any fellow creature,
let me do it now; let me not defer to neglect it,
for I shall not pass this way again"

— Étienne de Grellet

Seattle Music Commission

21 members: Per Ordinance 124422, all subject to City Council confirmation, 3-year terms, max of 6 years:

- 10 City Council-appointed
- 11 Mayor-appointed

*D	**G	Position No.	Position Title	Name	Term Start Date	Term End Date	Term #	Appointed By
6	M	1.	Chair	Jody McKinley	3/13/2013	8/31/2017	2	Mayor
6	F	2.	Commissioner	Patty Isacson Sabee	6/5/2014	8/31/2017	1	Council
6	M	3.	Commissioner	Alex Kochan	5/1/2013	8/31/2016	2	Mayor
2	M	4.	Commissioner	Timothy Lennon	6/1/2015	8/31/2017	1	Council
1	F	5.	Commissioner	Hollis Wong-Wear	12/1/2014	8/31/2017	1	Mayor
6	M	6.	Commissioner	Adrian Burton	5/1/2015	8/31/2017	2	Council
6	F	7.	Commissioner	Nadine Zgonc	2/1/2015	8/31/2017	2	Mayor
6	M	8.	Commissioner	Jon Stone	5/1/2013	8/31/2016	2	Council
2	M	9.	Commissioner	Wyking Garrett	5/1/2013	8/31/2016	2	Mayor
2	M	10.	Commissioner	DeVon Manier	5/1/2013	8/31/2016	2	Council
6	F	11.	Commissioner	Joan Sandler	2/1/2015	8/31/2018	2	Mayor
7	F	12.	Commissioner	Marissa Tanimura	8/17/2015	8/31/2018	1	Council
6	M	13.	Commissioner	Marcus Womack	5/1/2013	8/31/2016	2	Mayor
2	M	14.	Commissioner	Ricardo Frazer	5/1/2015	8/31/2018	2	Council
9	F	15.	Commissioner	Nicole Jon Sievers	9/01/2016	8/31/2019	1	Mayor
6	F	16.	Commissioner	Karen P. Thomas	9/11/2013	8/31/2016	1	Council
6	F	17.	Commissioner	Megan Jasper	5/1/2013	8/31/2016	2	Mayor
6	M	18.	Commissioner	Ben London	5/3/2013	8/31/2016	2	Council
6	M	19.	Commissioner	Tom Mara	5/1/2013	8/31/2016	2	Mayor
6	F	20.	Vice-Chair	Holly Hinton	5/26/2013	8/31/2016	2	Council
6	M	21.	Commissioner	John Roderick	11/1/2013	8/31/2016	1	Mayor

Diversity Chart:

Diversity Chart:					(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
	Men	Women	Vacant	Minority	Asian-American	Black/ African American	Hispanic/ Latino	American Indian/ Alaska Native	***Other	Caucasian/ Non- Hispanic	Pacific Islander	Middle Eastern	Multiracial
Mayor	6	5	0		1	1				8			1
Council	6	4	0		0	3				6	1		
Total	12	9	0		1	4				14	1		1

Key:

- *D List the corresponding *Diversity Chart* number (1 through 9)
- **G List *gender*, M or F
- ***Other Includes diversity in any of the following: *race, gender and/or ability*