



Kyle Jason Leitzke

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STATEMENT OF PURPOSE

My fulfilling work is to help conscientious people going through an identity crisis feeling uncertain and overwhelmed to clarify their direction in life and lead a fulfilling life without regret or burnout.

WORK EXPERIENCE

03/22-present

Founder

Kyle Jason Leitzke LLC and Sacred Brotherhood - www.KyleJasonLeitzke.com
[Fulfillment Coaching](#) | Identity & Leadership Specialist

- Empower purpose-driven professionals and leaders to cultivate sustainable fulfillment through identity work, holistic practices, and intentional action
- Guide clients through life transitions, burnout recovery, and leadership development using the Fulfillment Code™ approach
- Provide high-touch 1:1 coaching, group facilitation, and experiential programs rooted in values alignment, emotional intelligence, and self-led growth

[Ayurvedic Counseling](#) | Mind-Body Wellness Practitioner

- Offer personalized Ayurvedic lifestyle guidance integrating constitution (prakruti) and current imbalances (vikruti) for optimal vitality
- Bridge ancient wisdom with modern wellbeing through somatic practices, daily routines, and diet/lifestyle interventions for emotional and physical balance
- Support clients in restoring harmony, building resilience, and aligning with their natural rhythms

[Sacred Brotherhood](#)

- Facilitate transformational men's circles that foster vulnerability, brotherhood, and embodied leadership
- Design and lead seasonal journeys and rituals to help men navigate identity transitions, emotional depth, and self-actualization
- Cultivate inclusive spaces for heart-centered men to explore purpose, presence, and power in community

[Speaker](#) | Conscious Leadership & Men's Wellness

- Deliver dynamic talks on purpose, resilience, emotional wellbeing, and spiritual growth for teams, retreats, and conferences
- Inspire diverse audiences with relatable storytelling from former football star to spiritual counselor
- Translate complex inner work into actionable insights and grounded practices

[Author](#) | [The Fulfillment Code™](#)

- Creator of The Fulfillment Code™, a proprietary framework integrating Purpose, Prosperity, Pleasure, and Peace to help individuals live holistically aligned lives

- Currently authoring a self-guided workbook and quiz-based resource to support sustainable growth and transformation
- Utilize writing and content to blend ancient wisdom, modern psychology, and real-world application

06/15-06/21

Academic and Career Advisor

Humboldt State University, Arcata, CA (707) 826-5223

- Primary academic advisor for undecided and exploring students
- Leadership member in Learning Community for Undeclared 1st year student
- Co-instructor of First Year Seminar course for Undeclared 1st year students
- Explain academic policies and procedures, and act as mentor and advocate
- Assist students to build schedules and academic plans for degree completion
- Empower students on academic probation for a return to good standing
- Connect students with appropriate campus resources
- Provide co-curricular and curricular programming for undeclared students
- Develop and facilitate advising course on Canvas (LMS) for advisees
- Develop and facilitate workshops to help students develop exploration and decision-making skills, particularly in regards to majors
- Develop and facilitate presentations to current and/or prospective students
- Participate in the development, administration, analysis, and reporting of program evaluation and performance outcomes
- Serve as member of liaison team to academic college(s) in an effort to support faculty & staff in matters related to academic advising and career development
- Maintain complete and accurate records on campus CRM about students served, conduct student needs assessments, and report findings when necessary

08/14-06/15

Physical Education and Health, Apprentice Teacher

Arcata High School, Arcata, CA

07/13-04/14

Running Backs & Tight Ends Coach | Video Coordinator

Humboldt State University, Arcata, CA (707) 826-3667

01/11-05/13

Tight Ends Coach | Offensive Assistant | Strength & Conditioning Assistant

Sacramento State University, Sacramento, CA (916) 925-1212

08/08- 06/09

Assistant Site Coordinator

San Juan Unified School District: ASSET's - Sacramento, CA (916) 979-8417

EDUCATION

2014-2015

Teaching Credential, Single Subject in Physical Education | Sociology
Cal Poly Humboldt (Formerly Humboldt State University), Arcata, CA

2012-2013

Master of Science, Recreation and Sport Coaching
Ohio University, Athens, OH

2006-2008

Bachelor of Arts, Sociology
California State University of Sacramento, Sacramento, CA

CERTIFICATIONS

2022

[Ayurveda Psychology, Relationships, & Subtle Energies Certificate](#) (522 hour)
[Ayurvedic Living School](#), Arcata, CA

2021	Ayurveda Foundations & Nutrition Certificate (522 hour) Ayurvedic Living School , Arcata, CA
2021	Creating Online Professional Development using NACADA Core Competencies NACADA: The Global Community for Academic Advising
2016	Advising Undecided Students eCertificate NACADA: The Global Community for Academic Advising
2015	Academic Success and the Student-Athlete eCertificate NACADA: The Global Community for Academic Advising & NCAA

AREAS OF EXPERTISE

- Identity-Based Coaching
- Emotional Intelligence & Conscious Communication
- Somatic & Spiritual Integration
- Ayurvedic Lifestyle & Holistic Health
- Group Facilitation & Curriculum Design
- Personal Transformation & Purpose Alignment
- Retreat & Workshop Leadership
- Client-Centered Behavior Change
- Self-led Leadership

TEACHING & FACILITATION EXPERIENCE

August 2023 - Present	Sacred Brotherhood - Online and In-person monthly
Sept. 2024 - Present	"Art of Conversations" at Carbondale Library - Carbondale, CO
May 2024 - Present	"Common Roots Men's Group" at Headquarters - Basalt, CO
October 2025	"HeadQuarters Men's Meditation Retreat" at 13 Moons Ranch - Carbondale, CO
September 2025	"Mountain Heart Men's Ceremony" at 13 Moons Ranch - Carbondale, CO
June 2025	"Healing & Celebrating Fatherhood" at 13 Moons Ranch - Carbondale, CO
April 2025	"The Fulfilled Man" at True Nature Healing Arts - Carbondale, CO
September 2024	"Balance & Bliss in Bali" at Tulus Hati Resort - Ubud, Bali, Indonesia
August 2024	"Mountain Heart Men's Ceremony" at 13 Moons Ranch - Carbondale, CO
June 2024	"Summer Strength and Serenity" at True Nature Healing Arts - Carbondale, CO
February 2024	"Optimise Your True Nature Series" at True Nature Healing Arts - Carbondale, CO
June 2023 - Jan 2025	Leit Haus Collective - Online weekly
November 2023	" Navigating Complex Conversations: with CALM & CARE ". Online
October 2023	" Fortify Your Fall: Autumn Wellness with Ayurveda Wisdom ". Online
September 2023	"Being Still: Meditation" at Wahi Ho'ola Yoga Studio - Wailuku, HI
August 2023	"Optimize Your True Nature" at True Nature Healing Arts - Carbondale, CO
June 2023	Sacred Brotherhood Circle at Rose Fest - Salida, CO
June 2023	Heart Chakra Activation at Rose Fest - Salida, CO
May 2023	Sacred Brotherhood Circle: Heart Chakra at A Restful Space - Eureka, CA
May 2023	"Awaken your power with CARE" at North Coast Men's Gathering - Petrolia, CA
May 2023	"Living Free from the Inside Out" at The Flamingo Stage Gathering - Moab, UT
January 2023	Deepak Chopra's 21 Days of Abundance Meditation Group Facilitation . Online
September 2022	Know & Trust Yourself with Ayurveda workshop . Online
September 2022	Arcata Men's Group Open Support Circle. Arcata, CA
July 2022	Deepak Chopra's 21 Days of Abundance Meditation Group Facilitation. Online
May 2022	Authoring Your Life Purpose. North Coast Men's Gathering. Petrolia, CA

May 2022	Arcata Men's Group Open Support Circle. Arcata, CA
April 2021	Academic & Career Advising for RAMP Spring Mentor Education Training
April 2021	Academic & Career Advising Preview (co-facilitated) for Freshmen & Transfers
March 2021	Knowing Your Major: Identifying Majors That Fit You. Humboldt State University
March 2021	Knowing Yourself: First Step to Exploring Majors. Humboldt State University
March 2021	Undeclared Spring Welcome for prospective Freshman & Transfers w/ Panelists
January 2021	Undeclared Major Orientation for new Freshman & Transfers
Spring 2021	Career Values Skillshop (co-created) for HSU students via the University Library
Spring 2021	First Year Seminar (co-taught) for Global Humboldt Learning Community at HSU
Fall 2020	Major Discovery Workshop
Fall 2020	Knowing Yourself: First Step to Exploring Major. Humboldt State University
Fall 2020	First Year Seminar (co-taught) for Global Humboldt Learning Community at HSU
Spring 2020	First Year Seminar (co-taught) for Global Humboldt Learning Community at HSU
Spring 2020	Career Panel with Faculty & Staff for Global Humboldt First Year Seminar
Spring 2020	Networking and Informational Interviewing (2 lessons)
December 2019	Deepak Chopra's 21 Days of Abundance Meditation Commitment
Fall 2019	Clifton StrengthsQuest assessment and Interpretation (2 lessons)
Fall 2019	Wandering Map. Humboldt State University
Fall 2019	Knowing Yourself: First Step to Exploring Major. Humboldt State University
Fall 2019	StrengthsFinder for Students. Humboldt State University
Fall 2019	Registration Workshop. Humboldt State University
Fall 2019	College to Careers. Humboldt State University
Fall 2019	Undeclared Major Orientation. Humboldt State University
Spring 2019	Discovering Possibilities: Getting ahead for your second year. Humboldt State University
Fall 2018	Knowing Yourself: First Step to Exploring Major. Humboldt State University
Fall 2018	StrengthsFinder for Students. Humboldt State University
Fall 2018	Registration Workshop. Humboldt State University
Fall 2018	College to Careers. Humboldt State University
Fall 2015	Undeclared Major Orientation. Humboldt State University
Spring 2019	I'm Going to College, Own Your Future. Humboldt State University
Spring 2018	I'm Going to College, Own Your Future. Humboldt State University
Spring 2018	Preview Plus Academic & Career Advising Center. Humboldt State University
Fall 2017	Class Registration Workshop (Co-Facilitated). Humboldt State University
Spring 2017	Wandering into Your Major. Humboldt State University
Fall 2015	Class Registration Workshop (Co-Facilitate). Humboldt State University
Spring 2015	Physical Education 1 & 2 apprentice teaching at Arcata High School
Spring 2013	Practice Planning for College Athletics. Sacramento State University
Spring 2012	Practice Planning for College Athletics. Sacramento State University

CONFERENCE PRESENTATIONS

2025	<i>"The Fulfillment Code: Timeless Wisdom for Longevity in the Digital Age"</i>
	National Ayurvedic Medical Association (NAMA) - Irving, TX
2021	<i>"Equity-driven Advising and Programming for Undecided and Exploring Students to Improve Student Success and Graduation Rates."</i>
	California Collaborative Advising Conference. Online
	Co-facilitated with Dr. Kathy Thornhill
2017	<i>"Breaking Down Silos: Using Skyfactor Mapworks Functionality for Implementing Strategic Partnerships for Student Success."</i>

	Skyfactor Mapworks Conference - Orlando, FL
	Co-facilitated with Tracy Smith
2014	<i>"Running Backs in Pass Protection."</i>
	Winning Up Front Football Clinic - Sacramento, CA
2013	<i>"Tight Ends in the Passing Game."</i>
	Winning Up Front Football Clinic - Sacramento, CA
2012	<i>"Offensive Line Run Blocking Fundamentals."</i>
	Winning Up Front Football Clinic - Sacramento, CA

COURSES AND TRAININGS

2025	Shamanic Journeying Training with Meghan Gilroy (Don Miguel Ruiz Toltec lineage)
2022	Manual Executive Coaching training: Emotional FITness, Conscious Communication, CLEVR Leadership
2015 - 2021	Resume, Cover Letter, and Interview training
2020	Recreation Adventure Theory and Practice course at Humboldt State University
2019	Motivational Interviewing training
2018	Clifton StrengthsQuest / StrengthsFinder Assessment training
2017	Appreciative Advising training
2017	MBTI Personality Assessment training
2017	Knowdell Career Values and Motivated Skills Assessments training
2016	Emotional Intelligence training with Six Seconds
2015	Nonviolent Communication training
2014	Non-violent Crisis Intervention training
2014	Equine leadership training with Mearas: "The Connected Leader: Mastering The Power of the Herd"
2013	Oakland Raiders Offensive Strategy & Technique training
2012	BYU Offensive Strategy & Technique training

SUPPLEMENTAL WORKSHOPS

2021	Restoring Attention with Contemplative Practices workshop
2021	Men, Masculinity, & Leadership workshop by Made in the CSU
2021	Studying Abroad Finance Opportunities workshop by International Education
2021	Strategic Action for Equity by Dr. Shaun Harper
2021	Creating space for engagement with Black students by Dr. Kyle Boone
2020	Yoga for Ecological Grief series by Dr. Laura Johnson, RYT-500
2020	Life Design Catalyst Coaching workshop by William "Bill" H Johnson
2017	Reiki energy healing workshop through Eureka Vet Center

CONFERENCES & FESTIVALS

2025	NAMA (National Ayurvedic Medical Association) Annual Conference- Irving, TX
2024	NAMA (National Ayurvedic Medical Association) Annual Congerence - Vail, CO
2023	Hanuman Yoga Festival - Boulder, CO
2023	Drishti Beats Yoga & Music Festival - Snowmass, CO
2023	CAAM "Conscious Health with Ayurveda Masters" - Milpitas, CA
2022	Chopra "Healers & Practitioners Summit" - Online

2022	CAAM “Ayurveda Day” - Online
2022	CAAM “Conscious Health with Ayurveda Masters” - Online
2019	National Learning Community Conference - Indianapolis, IN
2018	Student Success Network: First-Year Student Success in the CSU - Northridge, CA
2018	NACADA Academic Advising Region 9 Conference - Santa Rosa, CA
2017	Skyfactor Mapworks - Orlando, FL
2016	NCORE Race & Ethnicity Conference - San Francisco, CA
2015	NACADA Academic Advising Annual Conference - Las Vegas, NV
2014	Winning Up Front Football Coaches Clinic
2013	Winning Up Front Football Coaches Clinic
2013	American Football Coaches Association National Conference - Nashville, TN
2012	American Football Coaches Association National Conference - San Antonio, TX
2010	Glacier Football Clinic - Santa Clara, CA

MEMBERSHIPS / ASSOCIATIONS

2024 - Present	NAMA (National Ayurvedic Medical Association)
2024 - Present	COLORAMA (Colorado Ayurvedic Medical Association)
2022 - Present	CAAM (California Association of Ayurvedic Medicine)
2015 - 2021	NACADA: The Global Community for Academic Advising
	Participating member in: Academic Coaching Advising Community; Advisor Training & Development Community; Appreciative Advising Community; Career Advising Community; Undecided and Exploratory Students Advising Community
2014 - 2015	Teaching Games for Understanding (TGfU)
2011 - 2014	American Football Coaches Association (AFCA)

SERVICE & COMMITTEES

2024 - present	13 Moons Ranch Advisory Council
2023	CAAM Student Committee
2023	CAAM Conference Marketing
2022	CAAM (California Association of Ayurvedic Medicine) Conference Sponsorships
2021	HSU Advising Communication Committee with SLATE
2019	HSU Undeclared Marketing Intern Hiring Authority
2018 - 2021	HSU Global Humboldt Student Learning Community Coordinators
2018	HSU Phase One Advising DARS Planning Curriculum Committee
2018	HSU Undeclared Administrative Intern Hiring Authority
2018 - 2021	HSU RAMP Peer Mentoring Liaison for ACAC
2017 - 2018	HSU Strategic Enrollment Management Retention Committee
2017	HSU Transfer and Graduation Counselor Hiring Committee
2016 - 2021	HSU RAMP Peer Mentoring Hiring Committee
2016 - 2019	HSU ACAC Student Communications Committee
2016	HSU First Year Experience Committee
2016	HSU Academic Advisor for Student Athletes Hiring Committee

HONORS & AWARDS

2020	HSU CAHSS Staff Appreciation in a Student Learning Community
2020	Humboldt State University Outstanding Staff Recognition Award

2018	Student Services Personnel II, In Range Progression Personal Salary Raise
2010	Department MVP for 2nd Quarter- Product Process; Best Buy 133 - Arden
2010	Promoted to Lead Asset Protection Specialist
2009	Promoted to T-2 position (Assistant to Site Coordinator). SJUSD
2007	Honorable Mention All Big Sky Conference, Sacramento State Football
2007	Offensive MVP- Football: Sacramento State
2007	Team Captain- Football: Sacramento State
2005	Honorable Mention All Mission Conference, Palomar Community College
2005	Team Captain- Football: Palomar CC
2003	First Team All-Palomar League, Rancho Buena Vista High School Football
2003	Team Captain- Football: Rancho Buena Vista High School

PERSONAL COUNSELING & COACHING

2023 - Present	Marketing coaching with Dana Escamilla of Stargazer Group
2023 - Present	Ayurveda Business Mentoring with Anjali Deva of Madhya Way Ayurveda
2022 - Present	Personal and Business coaching with Vish Chatterji of Head and Heart Insights
2021 - 2022	Ayurveda Health & Life coaching with Lynn Hanger of Ayurvedic Living School
2019 - 2020	Personal counseling with Shawna Young, MFT
2018 - 2020	Wellness coaching with Mary Nichols at Priority Care Center
2017 - Present	Men's support group member & facilitator with Arcata Men's Group
2015 - 2017	Personal counseling with Dr. Katharine O'Connell
2014 - 2019	Couples counseling through Eureka Vet Center
2014 - 2015	Veteran spousal support group through Eureka Vet Center
2014	Career counseling with Loren Collins at Humboldt State University