

5 Things About...

April Freier, COAFCC Administrative Assistant

1. I've worked with you all a LONG time.

I have worked as an administrative assistant for the COAFCC since 2011 (I think??). I'm honestly not sure...but it's been a hot minute. I started out as an assistant to the Treasurer (when the conferences started getting bigger and funds were getting more complex) and just kept taking on tasks from there. I've served several different boards, met hundreds of amazing humans, and learned a great deal along the way. It's a pretty sweet gig.

2. I wear another hat as well.

Actually, a couple of hats. I own and maintain two businesses. *Other People's Business* is my "day job" wherein I provide freelance administrative services to groups such as this one. I also do psychological transcription, scheduling and billing, and a myriad of assorted other tasks for busy professionals in a variety of disciplines. It's a bit of a scheduling challenge, but it helps keep my OCD in check!

By night (mostly), I am a trauma-informed birth worker with more than 20 years' experience. I own Mother Nurture Birth Services and practice as a certified birth doula, lactation educator, HypnoBirthing Instructor, HypnoMothering educator, and Faculty Trainer for HypnoBirthing International. Basically, I use hypnosis and mindfulness to teach and support families at every stage of parenting - from preconception/fertility challenges, to pregnancy and birth education, postpartum, and how to thrive through the preschool years. This too is a pretty sweet gig.

3. My family is my reason.

These humans I call my own are the most important part of my life. I married my high school sweetheart and we've kept one another alive for almost 23 years. We've also nurtured two of the world's most amazing humans into almost adulthood. Our daughter is 20 and a rising senior at Colorado College majoring in Sociology and Comparative Literature. Our 17-year-old son is soon to graduate high school and head off to party...I mean STUDY...at CU Boulder in the fall.

4. I am fluent in both Snark and Sarcasm.

If you don't know me well, this can be a surprise. But to be honest, it keeps me sane. I'm also known as something of a potty mouth. I should probably try to mend my evil ways, but instead, I've chosen to embrace these truths as character traits. I've also chosen to work primarily with adults!

5. I love adventure, but apparently hate surprises.

This is a more recent realization. My sister is gifting our son with an extraordinary graduation trip to an unknown location - for 19 days. My husband and I get to tag along as responsible adults. The kicker is, we won't learn of the destination until we arrive at the airport on May 22nd. We DO know we need hiking boots, trekking gear, and vaccinations against yellow fever and typhus. I am looking forward to this with equal measures of giddy excitement and crippling anxiety.