



M'Lissa Parker, Ed.S., M.Ed.

School Counselor • Special Educator • Emotional & Behavioral Support Specialist • Educational Consultant

Ocean Springs, MS • mlissa31@gmail.com • 228-334-2273 • mymightyself.com • [linkedin.com/in/mlissa-parker-my-mighty-self](https://www.linkedin.com/in/mlissa-parker-my-mighty-self)

ABOUT M'LISSA

M'Lissa Parker, Ed.S., brings more than two decades of experience in education, spanning special education, school counseling, emotional and behavioral services, program development, professional learning, and educational consulting. From the Mississippi Gulf Coast to rural and remote communities across Alaska, her career reflects a passion for students, strong relationships, and the unique culture, strengths, and circumstances of each school community.

Her perspective extends beyond professional experience. Personal and family experiences with loss, mental health, neurodiversity, and perseverance have added another dimension to how she connects with and empowers others. Those experiences have deepened her awareness of listening, being present, and walking alongside others with care, grace, and empathy.

Throughout her career, M'Lissa has approached each setting with curiosity, compassion, creativity, and humility. She values what is already strong, remains attentive to what may be needed, and believes meaningful support begins with connection.

AREAS OF EXPERTISE

School Counseling • Special Education • Emotional & Behavioral Support • Social-Emotional Learning • Crisis Response • Program Development • Trauma-Responsive Practices • Restorative Approaches • Professional Learning • Educator Coaching • Technical Assistance • Rural & Remote Education

ALASKA EXPERIENCE

URBAN • RURAL • REMOTE • ONSITE • VIRTUAL

M'Lissa's Alaska experience spans statewide consultation, professional learning, technical assistance, and direct school-based service across more than 20 communities, including Anchorage, Craig, Ketchikan, Sand Point, Dillingham, Teller, Savoonga, Gambell, Chevak, Glennallen, and Unalakleet. Through SESA, she collaborated with educational teams serving approximately 50 students with complex emotional, behavioral, educational, and social-emotional needs, and in 2026 returned to direct K–6 service to assist with special education services with Bering Strait School District in Unalakleet.

SIGNATURE PRACTICE & APPLICATION

CONNECTION, RELATIONSHIPS & STUDENT SUPPORT

Beginning with connection and building from there.

Individual and small-group support • Student check-ins • Relationship-building experiences • Social-emotional learning • Shared language and connection-centered activities • Have You Filled a Bucket Today? • The Mighty Bucket Fillers student play • Mighty SEL Toolbox

ENVIRONMENTS THAT SUPPORT STUDENTS

Creating environments that support how students learn, connect, and regulate.

Sensory and regulation spaces • Calming corners • Classroom zone design • Explore Room • Visual supports • Purposeful use of lighting, seating, sensory tools, themes, and environmental cues • Spaces shaped around student, classroom, and school needs

EDUCATORS, TEAMS & SHARED PRACTICE

Supporting educators as they show up for students every day.

Customized professional learning • Targeted trainings • Educator coaching • Technical assistance • Collaborative problem-solving • Modeling and consultation • Common language and shared practices • Practical strategies and resources connected to current student and classroom needs

PROGRAMS, TOOLS & RESOURCES

Designing practical tools and resources around student and school needs.

Schoolwide and targeted programming • SEL resources • Behavior and self-regulation tools • Visual supports • Student materials • Educator and family resources • Implementation tools • Materials adapted to age, culture, setting, priorities, and available resources

FLEXIBLE SERVICE DELIVERY

Meeting each school community where it is and responding to what matters most.

Onsite • Virtual • Hybrid • Direct student support • Individual and team consultation • Technical assistance • Educator coaching • Professional learning • Resource development • Continued collaboration and follow-up

PROFFESIONAL EXPERIENCE

My Mighty Self Consulting, LLC | 2023–Present | K–12 | Onsite & Virtual

Founder / Educational Consultant

Leads consultation, professional learning, coaching, and program development centered in school counseling, student services, social-emotional learning, and supportive educational environments. Services include technical assistance, professional development, positive environment design, sensory and self-regulation spaces, calming spaces, and practical tools tailored to student and school needs.

Bering Strait School District, Alaska | 2026 | K–6 | Temporary Assignment

Special Education Teacher

Provided individualized special education programming, academic, behavioral, related services, and social-emotional supports, and collaborative school-based services for elementary students while collaborating with educators, families, and multidisciplinary teams in Unalakleet.

Special Education Service Agency (SESA), Alaska | 2024–2025 | K–12

Emotional Disabilities Specialist

Partnered with school teams across Alaska through onsite and virtual consultation, technical assistance, professional learning, and specialized guidance related to emotional and behavioral disabilities.

Moss Point School District, Mississippi | 2019–2023 | K–8

Professional School Counselor

Developed and coordinated schoolwide and individualized supports addressing social-emotional learning, student well-being, behavior, attendance, family engagement, crisis response, and comprehensive student services.

Ocean Springs School District, Mississippi | 2008–2019 | Grades 4–6

Special Education Teacher / Behavior & SEL Specialist

Designed and implemented individualized academic and behavioral programming across resource, inclusion, and self-contained settings and developed a district behavioral program to provide specialized services for students with significant behavioral and emotional needs.

New Hope Center, Mississippi Gulf Coast | 2005–2008 | K–2

Behavior Facilitator

Facilitated behavioral services across diverse communities and populations in Bay St. Louis, Gulfport, and Biloxi, developing individualized behavioral interventions and collaborating with families and educational teams to strengthen student learning, behavior, and well-being.

EDUCATION & PROFESSIONAL CREDENTIALS

EDUCATION

- Ed.S., Emotional & Behavioral Disorders — William Carey University, 2018
- M.Ed., School Counseling — William Carey University, 2010
- B.S., Psychology — The University of Southern Mississippi, 2005

LICENSURE

- Alaska Professional Educator Certificate — valid through December 2026; renewal pending
- Alaska Type C School Counseling Certificate — pending
- Mississippi AAA Educator License — valid through 2030
- Endorsements: Special Education K–12 • Emotional Disabilities K–12 • School Counseling K–12 • Elementary Education 4–6

PROFESSIONAL PRESENTATIONS

- Alaska Special Education Conference — Presenter, 2025
- CASEL Conference — Invited Presenter, 2025
- Responsive Classroom: First Weeks of School — Invited Presenter, 2025

PROFESSIONAL RECOGNITION

- Marquis Who's Who in America 2024—

Recognized for contributions to special education and social-emotional learning

- Influential Women 2026 —

Recognized for leadership in education and social-emotional learning