Joy Colbert-Jetton:  
As We Receive Light, So We Give Light  
Alumni of the Month * Lighthouse Class of 2014

Joy Jetton found the key to her future on Facebook. “I was checking Facebook one day and this ad for a massage therapy school in Emeryville came up. I went to their website (the National Holistic Institute in Emeryville), reached out online, took a sample class and fell in love,” Joy reported, smiling.

Earlier this month, Joy completed her coursework and exams at the National Holistic Institute (NHI) and is now a state-licensed massage therapist. “Normally when I start something, I don’t finish it,” Joy remarked, “but everything at NHI was so hands-on and the atmosphere was so welcoming. It’s an amazing school.”

At NHI, Joy learned both Eastern and Western massage techniques. Her favorite type of massage is Swedish because it incorporates the use of oils and lotions. She is also skilled at Thai massage, energy massage, deep tissue massage, and Shiatsu. Joy is currently trying to start her own private practice as a massage therapist and is also weighing job offers from Burke Williams Spa in San Francisco and Hands and Stone Spa in Alameda.

At Joy’s graduation from the National Holistic Institute, graduates passed candles to represent the giving and receiving of each other’s light.
Before becoming a massage therapist, Joy struggled to find direction in her life. High school was challenging for her and although she graduated Lighthouse with the goal of studying to become a chef at Laney College, that didn’t work out either.

“There were too many distractions for me at Laney. I’ve always wanted a career that makes me happy and I realized that I do like cooking, but I don’t want to do that for the rest of my life, day in and day out. I still cook for my family, but I don’t want cooking to be my job,” said Joy.

While Joy didn’t discover her chosen career path until later in life, she still credits Lighthouse with helping her develop valuable skills that have helped her get to where she is today. “Lighthouse taught me how to advocate for myself, to keep asking until you understand it,” Joy expressed. “One of the reasons I was so successful at NHI was that I was constantly checking in with my teachers.”

Joy’s advice to other Lighthouse students is: “Do what makes you happy. Be yourself. Practice self-care. And choose a job that you love so you’ll never have to work again.”

Anyone who would like to contact Joy for a professional massage can email her at joycolbert15@gmail.com.