

Nika Gucci

718.844.0736 | nikagucci@gmail.com | nikagucci.com

Vibrant leader with extensive experience in directing comprehensive health and wellness programs to diverse audiences. Proven track record in building human capacity, leading strategic initiatives, and fostering collaborative partnerships to advance health equity. Adept at program development, evaluation, and quality control and leading in fluid and ambiguous situations. Seeking to leverage expertise to contribute to the effective administration of whole-person health services and initiatives.

Education

2018 Arizona State University, Doctor of Education, Leadership and Innovation
2008 New Mexico State University, Master of Arts, Communication Studies
2004 Columbia University in the City of New York, Bachelor of Arts, Russian

Professional Experience

2014-present Arizona State University Phoenix, AZ
7/17-present – Executive Director, ASU Center for Mindfulness, Compassion and Resilience Edson College of Nursing and Health Innovation

- Spearheaded wellbeing and health initiatives for a university of 140k+ students, 26k faculty/staff, and surrounding population; reaching 40,000+ constituents through 1,000+ events and generating over 2.6 million impressions via digital outreach, exemplifying proficiency in program management, leadership and mass communication.
- Expert Communicator: Proficient in delivering compelling written and oral presentations, workshops, curricula across a range of diverse audiences, including local, state, national media. Skilled in adapting tailored messages ensuring clear, impactful communication across all venues.
- Developed a comprehensive employee mental health and wellness curriculum based on the *Surgeon General’s Framework for Workplace Mental Health and Well-Being*, enhancing leadership skills and promoting well-being among staff.
- Contracted with ADHS on a state-wide loneliness curriculum and toolkit developed in conjunction with equity-seeking populations; co-chair of *ADHS Mental Well-Being Committee*.
- Managed a complex budget exceeding \$2 million, sourced from internal funding, external grants, contracts, and donor contributions, optimizing resource allocation and ensuring financial sustainability of key programs.

2023 – Senior Fellow, Strategic Initiatives, ASU Learning Enterprise

- Venture design lead on strategic planning and implementation of a scalable, equitable portfolio of personal development offerings, reflecting expertise in health program design and execution.

9/14-7/17 - Associate Director, ASU Wellness & Health Services Executive Team

- Established ASU’s first collegiate recovery program, demonstrating commitment to diversity and inclusiveness in the Charter, through a grant from the Governor’s Office of Youth, Faith, Families.

2014 St. John’s University Queens, NY
Grants Specialist, Office of Grants and Sponsored Research

- Managed pre-award administration for over \$13M in research grant revenue, showcasing proficiency in budgeting, accounting, and federal compliance.

2011-2013 City University of New York (CUNY) Bronx, NY
Deputy Director, Institute for Health Equity

- Led applied work in social determinants of health, directing public health improvements through innovative initiatives. Focus areas included food deserts, equity and nutrition leading to the Vending Machine Initiative, which incorporated DoH Standards across CUNY.

2007 - 2011 **New Mexico State University** **Las Cruces, NM**
Health Educator, Wellness, Alcohol, Violence Education

- Championed state-wide prevention programs in suicide prevention, substance use, and sexual assault, demonstrating a foundational commitment public health education and population safety.

Relevant Skills

- Leadership in Public Health and Well-Being Initiatives
- Strategic Planning and Implementation
- Program Evaluation and Management (PM)
- Population Health, Community Engagement and Partnership Building
- Employee Health and Well-Being, Building Human Capacity
- Health Equity and Social Determinants of Health
- Continuous Quality Improvement (CQI) of programs through data collection and analysis

Sponsored Research

2022-4 Principal Investigator, Arizona Department of Health Services 2021- 2025 Health Improvement Plan state-wide strategy in the Mental Well-Being Action Plan (\$125,000)

2019 Grant funded by the Jed Foundation accepted in conjunction with ASU Graduate Student Support Services at the ASU Graduate College, “CGS-JED travel grant proposal: Supporting graduate student mental health and wellness”

2017 Joint proposal: Center for Mindfulness (Robert Wood Johnson Foundation) and Obesity Solutions (Virginia Piper Foundation). Creative Director (Mindful Eating, Types of Hunger) (\$10,000)

2017 “Recovery 101: ASU Students Bust Stereotypes” video: Creative Director

2016-2017 Governor’s Office of Youth, Faith, and Family grant (\$50,000/year)

2016-2017 Transforming Youth Recovery grant (\$10,000)

2014-2015 PSC-CUNY grant award: Using Risk Terrain Modeling to Examine the Spatial Variability of Mortality in New York City, Research Assistant (\$5,000)

2013 Center for Alcohol Policy Solutions: Community Capacity-Building Consultant

2012 Commission on the Public Health’s Systems (CPHS) grant award: Brooklyn Community Health Needs Assessment, Consultant

2011-2012 New York City Department of Health grant: Incorporating Department of Health Standards into Lehman College Vending Machine (\$5,000)

Publications, Presentations, and Media Appearances

- April 2024** “Nurturing Resilience: A Mindfulness Journey” Invited Presenter, Society of Pediatric Nurses
- Dec 2023** “Feeling down this holiday season? Why the holiday blues happen and how to deal with it,” by Dylan Wickman, Arizona Republic
- Dec 2023** “Mindful Tips for the Holidays,” Good Morning Arizona 3TV
- Nov 2023** “Making the Holiday Season Mindful” with Dan Mitchinson, KCBS Radio
- June 2023** “Resilient Leadership: Propelling Health, Well-Being, and Quality of Life for All” Invited Keynote, Healthy Arizona Worksites Program
- June 2023** “Powerful Presence: Mindfulness Training for Student Veteran Resilience at ASU” Accepted Presenter, American College Health Association Annual Conference
- April 2023** Gerber, L. R., Reeves-Blurton, Z., **Gueci, N.**, Iacona, G. D., Beaudette, J., Pipe, T. (2023, April 25). Practicing mindfulness in addressing the biodiversity crisis. Conservation Science and Practice. <https://doi.org/https://doi.org/10.1111/csp2.12945>
- Nov 2022** “Loneliness, Social Isolation, Resilience,” Arizona Community Health Workers Association
- Nov 2022** “Resilience in Times of Transition” Bureau of Chronic Disease and Health Promotion, ADHS
- Aug 2022** “‘News addiction’ can cause stress, anxiety, study says” by Scott Bordow, ASU Now
- March 2022** “As Arizonans Return to the Office, Tips for Reducing Anxiety” Public News Service Radio
- Oct 2021** “Personal Resiliency,” Panelist, Rocky Mountain Association for Healthcare Resource and Materials Management, Advancing Health Care through Supply Chain Excellence Conference
- Oct 2021** “Reflect, Recognize, Rise,” Invited presenter, Arizona Nurses Association Annual Convention
- April 2021** “Wellness Innovations Instituted at the Organizational Level” Invited presenter, “Here Comes the Sun” Virtual Clinician Wellness Conference through the Alaska Academy of Physician Assistants
- April 2021** “Devils in the Details: Mindfulness Matters” with Annie DeGraw
- March 2020** “Points Of View: The Toll The Coronavirus Is Taking On Our Mental Health” KJZZ 91.5 Radio
- May 2019** “Elevating Collegiate Recovery Programs” Accepted Presentation, American College Health
- May 2019** “Toward an advanced understanding of CRPs: Identifying student needs and employee roles” Accepted Oral Presentation at the Building Healthier Academic Communities annual conference
- April 2019** “Self-Care in a Busy World” Good Morning Arizona 3TV

Nov 2018 Gucci, N. (2018, November). Collegiate Recovery Program: Student needs and employee roles. *Building Healthier Academic Communities*, 2(2), 33-44.
doi:<http://dx.doi.org/10.18061/bhac.v2i2.6393>

Aug 2018 “Mindfulness: Create a Life by Design” Invited Presenter, Tempe Coalition “Be the Change”

Jan 2018 “Mindfulness, Leadership and Sustainability” Invited Presenter, Sexual Violence Prevention

2016 & 2017 “Recovery 101: Administering Training to Support Students in Recovery from Alcohol and Other Drug Addiction” Invited Presenter, AZ Summit on Volunteerism and Civic Engagement

Oct 2015 “Fork the Smoke! ASU Tobacco-Free Challenge: Administering Online Health Promotion Program to Support the Environment” Accepted Presenter, Pacific Coast Health Association

Curriculum Development and Instruction

2024 New academic courses: “**Foundations of Mindfulness and Resilience: Science and Practice**” and “**Organizational Mindfulness: Leadership and Success in the Workplace.**”

2023 Curriculum development, Trusted Messenger focus group research for “**Solving Loneliness: A Mindfulness-Based Toolkit**” interactive online series for the ADHS Arizona Health Improvement Plan state-wide strategy to address loneliness and social isolation.

2020-21 Initiative creation, lecture development, talent management, and presenting for “**Caring and Connection in the Time of Covid-19: Midday Mindfulness**” YouTube live-streams to help the public cope with distress, world-wide inequity, racism, and advocacy, garnering 2,603,166 impressions and 75,960 views 3/2020-11/2021.

2018-23 Curriculum development, instruction, data collection and analysis on an 8-hr **Mindfulness Leadership Professional Development certificate**, with over 400 learners graduates.

2018-20 Curriculum development, instruction and talent management on **Mayo Clinic and Arizona State University Alliance for Health Care** 5-part Health and Wellness: Mind and Body online certification. Courses developed: Mindfulness, Sleep, Physical Activity, Nutrition, Whole-Person Well-Being reaching over 5k learners in 5 years.

2018-19 Curriculum development, instruction and talent management on a **20-hr Mindfulness Selective to Mayo Clinic Alix School of Medicine students**. Students received knowledge-building well-being skills, hearing from 14 different skilled professionals and community members on topics such as: mindfulness for realizing implicit biases, Trauma-Informed Communities, recovery from substance use.

2017-18 Curriculum development, instruction, data collection and analysis on “**Recovery 101: Peer-to-Peer Training for Students in Recovery from Substance Use and Misuse**” training.

2007-10 Curriculum development and 40-hr training on **state-wide suicide prevention hotline**.

Mentorship

2020 Mentorship of Mayo Clinic Medical Students in developing research protocols, data analysis

- 2020** Leadership and Innovation EdD Mentor, University of Guyana international doctoral student
- 2020** Capstone preceptor for Beth Kovach, Capstone II: Higher Education, “Stress and Mindfulness”
- 2019** Committee member for Evaline Brown, “Mindfulness, Compassion and Well-Being in College Students,” Barrett Honors Thesis, ASU
- 2018** Preceptor for Hanna Layton, “Integrating Sustainable Practices into Center for Mindfulness through Creative Outreach and Events,” School of Sustainability, ASU
- 2018** Internship supervisor for ASU undergraduate students: Thomas Ramson (College of Health Solutions); Miquella Young, Katelyn Carrillo, Casey McClellan and Nina Lin (Edson College of Nursing and Health Innovation); Ashlyn Coronado (Justice Studies) and graduate student Paul George Smith Jr (Thunderbird School of Global Management)
- 2017** Subject matter expert for ASU journalism student project Mindfulness by Derek Hall
- 2016** Preceptor for Andrea Collica, Final Master’s project “Faculty Understanding of Recovery Resources,” Mary Lou Fulton Teachers College, ASU

Boards, Memberships and Awards

- 2019-present** Arizona Health Improvement Plan Steering Committee Co-Chair, Mental Well-Being
- 2014-present** Certified, registered 200-hr RYT Yoga Teacher, Yoga Alliance
- 2024** Emerging Leader Award, Arizona Women in Higher Education
- 2023** Invited meeting with U.S. Surgeon General Dr. Vivek Murthy to discuss student loneliness trends
- 2023** Top 50 Leaders of Arizona Award, Women We Admire
- 2021** Wellness A to Z, Greater Phoenix Chamber Foundation, Steering Committee member
- 2020-2021** Arizona State University Leadership Institute, Class 3
Competitive 9-mo professional development program that works to enlighten, inspire and transform leaders from diverse professions and communities.
- 2018** Outstanding Graduate Award, ASU
- 2014-2019** Arizona Institutes for Higher Education board member
- 2018-2022** Coordinator for Maricopa Public Health Healthy Arizona Worksites Program Gold designation
- 2018** Member of the Harvard Resilience Consortium
- 2015-18** Recovery Rising at ASU Advisory Board member
- 2017** Writer and coordinator for Partnership for a Healthier America “Healthy Campus” designation

2017 Presented policy recommendations on collegiate recovery to Acting Director of National Drug Control Policy, Office of National Drug Control Policy (ONDCP)

2015-16 National Association of Student Personnel Administrators, Region VI Knowledge Community Advisory Board Representative for Wellness and Health Promotion

2015 Membership to the Association of Recovery in Higher Education

2012 Latino Men's Health: A Programmatic and Policy Agenda for Addressing their Needs, Conference Facilitator and Moderator

Civic Engagement and Volunteer

2022- present Elected Official, Precinct Committeeperson in Precinct 45, Pinal County, AZ

2020-present Moseley's Mutt Oasis 501c3: foster and volunteer

2019-present Arizona Veterinary Medical Association Wellness Resource Task Force

2018-2020 Follow Your Heart Animal Rescue (nonprofit): foster

2019-2020 Arizona Humane Society Planning: committee member