

Nika Gucci

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Education

- 2018** **Arizona State University**, Doctor of Education (EdD) in Leadership and Innovation, Outstanding Graduate Award
“Recovery 101: Providing Peer-to-Peer Support to Students in Recovery”
- 2008** **New Mexico State University**, Master of Arts (MA) in Communication Studies
Outstanding Graduate Assistant Award
“Соединение: A Cultural Discourse Theory Perspective on the Reunification of the ROC”
- 2004** **Columbia University in the City of New York**, Bachelor of Arts (BA) in Russian

Professional Experience

2014-present **Arizona State University** **Phoenix, AZ**
7/24-present – Executive Director, University Engagement Office of the Chief Wellness Officer (CWO)

Infuse wellness as a foundational value across all aspects of ASU’s infrastructure.

- **Lead CWO Strategy:** As deputy to the CWO, lead initiatives to embed wellness strategy, content, and expertise across ASU’s three Enterprises and ASU Health. Develop and scale a comprehensive health literacy initiative aligned with Arizona Board of Regents priorities, driving actionable outcomes across the health ecosystem and positioning ASU as a leader in wellness values and practices. Directed wellness priorities for students, faculty, and staff; supported program development to align with Enterprise initiatives and employee offerings; and applied agile methodologies to continuously refine wellness initiatives in high-priority areas such as mental health, suicide prevention, and loneliness.

7/17-6/24 – Executive Director, ASU Center for Mindfulness, Compassion and Resilience

Inaugural Director for institution-wide initiative to build whole-person well-being through a holistic, multidisciplinary, and innovative approach.

- **Executive Administration:** Spearheaded strategy and implementation for well-being initiatives for 140k+ diverse students and surrounding community; impacting 40k+ constituents through 1k+ collaborations and programming events.
- **Cross-Departmental Leadership:** Led the development and execution of a comprehensive health strategy at ASU. Collaborated with senior administrators, AVPs, deans, and department heads to align strategic wellness initiatives across Disability Services, Wellness, Veterans Affairs, Health and Counseling, International, Athletics, Parking, Housing and Council of Religious Advisors.
- **CRP:** Spearheaded the launch of the Collegiate Recovery Program and an integrated wellness strategy across all four Fitness centers, securing executive buy-in and ensuring implementation. Demonstrated expertise in navigating ambiguity, managing crises, building Communities of Practice, and using best practices (such as the American College Health Association Standards of Practice for Health Promotion in Higher Education, Partnership for a Healthier America guidelines and Association of Recovery in Higher Education Standards and Recommendations) to achieve institutional goals.
- **Expert Communicator:** Proficient in delivering compelling written and 1k+ oral presentations across a range of audiences. Skilled in adapting tailored messages ensuring clear, impactful communication and public relations across venues, including TV, radio, and national conferences.
- **Data-Driven Assessment, Evaluation and Continuous Improvement:** Designed multiple curricula and assessment mechanisms, utilizing Action Research methodology to iteratively refine

programs, ensuring programs remained effective and adaptable to the evolving needs of the community. Developed program-specific pre-/post-tests, leading to an 18% increase in vitality among student veterans, a 46% reduction in stigma toward students in substance use recovery, and an 80% improvement in stress management skills among first-year students. Used ACHA-NCHA data to monitor campus population health leading to a 12% increase of proportion of students who engaged in mindfulness practice, and 30% decrease in tobacco use.

- **Budget Management and Donor Relations:** Successfully managed a complex operational budget, leveraging inter-departmental shared revenue, external grants, contracts, donor contributions, and revenue-generating programs to optimize resources. Actively engaged in fundraising efforts and donor stewardship, collaborating with Development to secure finances.
- **Department Operations and Supervision:** Hired, trained and evaluated 12+ employees and students. Upon completing their time with Center, staff launched successful entrepreneurial businesses, accepted post-doctoral fellowships at Yale and visiting professorships at Fordham.
- **Scaling of Staff-Led Initiatives:** Equitable Mindfulness is the initiative focused on social transformation, leading to a revenue-generating national conference. Sustainability and Mindfulness: Broadened mindfulness to implement sustainability into curricula and office practices leading to thought leadership for Sustainability Consortium, a national advocacy group.
- **Academic Affairs - Curriculum:** Created academic courses in Mindfulness, Belonging, Resilience. Developed comprehensive, evidence-based employee wellness curricula. Lead workshops for national audiences (Waste Management, UW- Superior, HS Districts, City of Flagstaff). Faculty for OSHER Lifelong Learning Institute (OLLI).
- **Programming:** Inter-departmental and community collaboration on numerous events (Puppies in the Park; Mindfulness in the Park; Annual Conferences; Hope and Healing lectures, Dr. Kerzin)
- **Community Health:** Contracted by the Arizona Department of Health on the Health Improvement Plan to develop a state-wide loneliness curriculum and toolkit, incorporating feedback from Trusted Messengers (CHWs, birthworkers, senior services) to ensure broad applicability, impact.
- **Partnership Engagement:** Initiated teacher training by founders of Koru Mindfulness for Emerging Adults. Guided cohorts of teachers through scaling efforts of subsequent courses taught nationally, reaching over 600+ learners in 2019.

2023 – Senior Fellow, Strategic Initiatives, ASU Learning Enterprise

Inaugural Senior Fellow Lead on personal development offerings for lifelong learners.

- **Venture Design:** Lead on strategic planning of a scalable, equitable portfolio of personal development offerings, reflecting expertise in health program design and execution. OKRs included development and testing of learner archetypes and hypotheses; demand testing, curating and launching prototype offerings; and defining and measuring core metrics.

1/16-7/17 - Associate Director, Health & Counseling Services Executive Team Educational Outreach and Student Services (EOSS)

All services, support and resources to help students with mental and physical health events that challenge an ability to stay in college or graduate.

- **Data-Driven Leadership:** Led Educational Outreach and Student Services (EOSS) leadership in prioritizing high-need areas of a multi-campus wellness initiative that combined data-driven (via the annual American College Health Association – National College Health Assessment) and higher education frameworks and best practices to improve academic success, retention, and persistence.
- **Project Management:** Directed first Collegiate Recovery Program, an student-focused initiative consistent with diversity focus through a grant from the Governor’s Office. Created anti-stigma campaigns; Yoga for 12-Step; special graduation for students in recovery and sexual violence prevention (“Sun Devils Rising: A Celebration of Community, Academic Success and Resilience”)

8/06 – 5/10 **New Mexico State University**
Communication Studies Department Instructor

Preparing undergraduate students to become effective and ethical communicators.

- Taught introductory “Principles and Practices of Human Communication” course.

Media

Dec 2023 “Mindful Tips for the Holidays,” with Tess Rafols, Good Morning Arizona 3TV

Dec 2023 “Feeling down this holiday season? Why the holiday blues happen and how to deal with it,” by Dylan Wickman, Arizona Republic

Nov 2023 “Making the Holiday Season Mindful” with Dan Mitchinson, KCBS Radio

Nov 2023 “ASU Experts Share Mindfulness Tips for the Holiday Season: Center for Mindfulness, Compassion and Resilience to Launch New Course in Spring,” Amanda Goodman, ASU News

Oct 2023 “Daily Inspiration: Meet Nika Gucci,” VoyagePhoenix Magazine

Aug 2023 “Nurturing Body and Mind in Higher Education,” Higher Ed Podcast by Engine Research

June 2023 “Women with Cool Jobs,” podcast with Julie Berman

May 2023 “Practicing Mindfulness can Help Climate Scientists,” Scott Bordow, ASU News

Aug 2022 “‘News addiction’ can cause stress, anxiety, study says” by Scott Bordow, ASU Now

Sept 2021 “The Post-9/11 Generation: Relating to the Recent Past,” Emma Greguska, ASU News

May 2021 “Navigating Post-Pandemic Life through Mindfulness,” ASU News

April 2021 “Devils in the Details: Mindfulness Matters” with Annie DeGraw

March 2021 “Finding Peace Amid Chaos,” by Emma Greguska, ASU News

Feb 2021 “How mindfulness helps manage stress at work,” CareerCatalyst Newsroom

March 2020 “Points Of View: The Toll The Coronavirus Is Taking On Our Mental Health” KJZZ 91.5 National Public Radio (NPR)

March 2020 “Mindfulness Goes Digital: New ASU Mindfulness Initiative Promotes Caring, Connection during COVID-19 Outbreak,” Katherine Reedy, ASU News

March 2020 “Online Mindfulness Initiative Promotes Caring and Connection During the COVID-19 Outbreak,” Newswise ASU

July 2019 “And they called it puppy love,” Katherine Reedy, ASU News

April 2019 “Self-Care in a Busy World” with Yetta Gibson, Good Morning Arizona 3TV

April 2019 “Self-care for Sale: Commercialization of Whims and Ways of Self-care,” Kiera Riley, State Press

Jan 2019 “Conference to Explore the Power of Mindfulness for Social Change,” Amanda Goodman, ASU News

Feb 2018 “ASU Promotes Mental Health and Wellness through Unplugging,” Emily Taylor, State Press

Jan 2018 “ASU Center Introduces Community to 'Mindfulness through the Senses' at Open Door Event,” Emma Greguska, ASU News

- Dec 2017** “3 Ways to Transform your Outlook through Mindfulness,” Emma Greguska, ASU News
- July 2017** “Nika Gucci Named ASU Mindfulness Center's Executive Director for University Engagement,” ASU News

Presentations

- Nov 2024** “Bridging Loneliness and Mindfulness: A Pathway to Connection and Well-Being,” Invited Presenter, 11th Annual Adverse Childhood Experiences (ACEs) and Resilience Summit
- Oct 2024** “Transcending Loneliness: An Exploration of Self-Awareness, Compassion and Connection,” Invited Presenter, OSHER Lifelong Learning Institute
- Sept 2024** “Strengthening Ourselves from the Inside Out,” Invited Keynote, 19th Annual MASTERS Institute - Creating & Activating Hope
- June 2024** “Renew and Restore,” Invited Presenter, Gellert Health
- April 2024** “Hope for the Next Generation,” Invited Panelist, The Center for Biodiversity Outcomes: 10 Year Anniversary Celebration
- April 2024** “Recharge and Thrive: Mastering Mindfulness to Revitalize Your Workday,” Invited Presenter, Pediatric Nurses Association Annual Conference
- March 2024** “Graduate Student Mental Health: Community, Connection, and Resilience,” Invited Presenter, Western Association of Graduate Schools Annual Conference
- March 2024** “From Graduation to Profession: Sustaining Self-Nurturing and Self-Compassion in Genetic Counseling,” Invited Presenter, ASU Genetic Counseling workshop
- Feb 2024** “The Art of Comforting: Understanding and Supporting Others,” Invited Presenter, OSHER Lifelong Learning Institute
- Feb 2024** “Embracing Your Inner Heart: Cultivating Self-Compassion,” Invited Presenter, Edson College 4-Center event
- Oct 2023** “Leading from Within: Nurturing Resilience and Well-Being in the Modern Workspace,” Invited Presenter, Wildfire Annual Conference
- Oct 2023** “We Make Each Other Better: The Human-Animal Connection,” Invited Presenter, OSHER Lifelong Learning Institute
- Oct 2023** “Live Podcast,” Invited Presenter, Women with Cool Jobs
- Sept 2023** “Intentional Sustainability and Leadership Transition: Co-Creating an Academic Mindfulness Center,” Accepted Oral Presenter, Mindful Leader Summit Washington DC
- Aug 2023** “Mindfulness, Resilience and Compassion in Leadership,” Invited Keynote, Goodyear Grows, City of Goodyear AZ
- Aug 2023** “English Teachers for Ukrainians,” Invited Presenter, for Ukrainian refugees
- Aug 2023** “Mindful Resilience,” Invited Presenter, ASU School of Sustainable Engineering and the Built Environment Advance
- June 2023** "Powering Up Your Willpower," Invited Presenter, OSHER Lifelong Learning Institute
- June 2023** “Resilient Leadership: Propelling Health, Well-Being, and Quality of Life for All,” Invited Keynote, Healthy Arizona Worksites Program (HAWP)

June 2023 “Powerful Presence: Mindfulness Training for Student Veteran Resilience at ASU,” Accepted Presenter, American College Health Association Annual Conference

April 2023 “Resilience as Remedy and Protective Factor: Mindfully Addressing Systemic Stresses,” with Dr. Barry Kerzin, Founder of the Altruism in Medicine Institute and Personal Physician to the Dalai Lama, and Author of No Fear, No Death: The Transformative Power of Compassion and Nagarjuna's Wisdom: A Practitioner's Guide to the Middle Way

March 2023 "Night Market," Invited Presenter, Learning Enterprise Advance

March 2023 “Loneliness as Social Determinant of Health,” Invited Panelist, Edson Four-Center Panel Discussion

Feb 2023 “Well-being and Grad Students,” Invited Panelist, ASU Graduate College Town Hall

Jan 2022 “Healthy Boundaries and Mindfulness,” Invited Presenter, ASU Healthy Boundaries course

Nov 2022 “Loneliness, Social Isolation, and Building Resilience” Invited Keynote, Arizona Community Health Workers Association

Nov 2022 “Resilience in Times of Transition,” Invited Presenter, Bureau of Chronic Disease and Health Promotion, Arizona Department of Health Services

Nov 2022 “Burnout and Exhaustion” Invited Presenter, International Coaching Federation Annual Conference, Glendale, AZ

Aug 2022 “Mindfully Navigating the Post-Pandemic Landscape,” Invited Speaker, Arizona Presenters Alliance (APA), Sedona, AZ

April 2022 “Dissertation in Times of Change: Overcoming Challenges,” Invited Keynote, Mary Lou Fulton Teachers College at ASU Doctoral Research Conference (DRC)

Dec 2021 “Compassion Fatigue and Role Strain,” Invited Presenter, Arizona Women in Higher Education

Oct 2021 “Personal Resiliency,” Invited Panelist, Rocky Mountain Association for Healthcare Resource and Materials Management, Advancing Health Care through Supply Chain Excellence West Region Conference

Oct 2021 “Reflect, Recognize, Rise,” Invited presenter, Arizona Nurses Association (AzNA) Annual Convention

May 2021 “Mindfulness and Resilience: A Self-Care Reminder for Leaders Navigating the Post-Pandemic Landscape,” Invited presenter, Mindfulness for Healthcare – virtual mindful.org conference

May 2021 “Mindfulness and Resilience in the Post-Pandemic Landscape,” Invited presenter, Behavioral Health Initiative, St. Patrick’s Church annual conference

May 2021 “Mindfulness and Ambition: Can they co-exist?”, SOAR to Empower, ASU’s University Technology Office

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

March 2021 “525,600 Moments,” Invited presenter, ASU Graduate College, ASU LGBTQ+ Faculty and Staff Association, and Tais Spontaneous Theater

Nov 2020 “A Self-Care Reminder for Counselors,” Invited presenter, counselors at Access ASU

Oct 2020 “Manifesting Professional Fulfillment and Planning for your Future Mindfully, Preparing Future Faculty and Scholars (PFx),” Invited Presenter, Non-faculty Career Development seminar

Sept 2020 “Mindfulness and Resilience in Uncertain Times,” Invited presenter, Be a Leader Foundation and College Success Arizona

Sept 2020 “Imposter Syndrome,” Invited presenter, ASU Graduate College, Grad 15 webinar

Aug 2020 “Resilience in Uncertain Times,” Invited presenter, Students and Teachers for Restoring A Watershed (STRAW) Watershed Week

July 2020 “Building Self-Awareness through Mindfulness,” Invited presenter, ASU University Technology Office

Oct 2019 “Mindfulness skills workshop,” Invited presenter for Wastecon, Solid Waste Association of North American (SWANA) annual conference

Sept 2019 “Mindfulness and Self-Care,” Invited presenter, University Senate annual retreat

Aug 2019 “Spark the Park - Mindfulness: Mind, Body and Soul,” Invited presenter, City of Phoenix Parks and Recreation department annual retreat

July 2019 Invited panelist following speech by Swami Sarvapriyananda, HonorHealth Shea Medical Center

July 2019 “Self-Care,” Invited presenter, Fulton Engineering Leadership annual retreat

May 2019 “Elevating Collegiate Recovery Programs” Accepted Presentation, American College Health

May 2019 “Elevating Collegiate Recovery Programs: Understanding Student Needs and Employee Roles” Accepted Oral Presentation at the American College Health Association (ACHA) annual conference

May 2019 “Toward an advanced understanding of CRPs: Identifying student needs and employee roles” Accepted Oral Presentation, Building Healthier Academic Communities (BHAC) annual conference

Spring 18-19 Invited mindfulness skills presenter for pre-law students LSAT: Justice and Praxis

Feb 2019 “Work Life Balance,” Invited Presenter, Trio staff retreat

Nov 2018 Invited Presenter on mindfulness to the Delegation on the National Council on Aging

Nov 2018 “Work Life Balance,” Invited Presenter, WP Carey Sales Advisory Board

Nov 2018 Invited co-host of the Venerable Gelong Kalsang Rinpoche in conjunction with ASU Law College

Oct 2018 Invited Presenter on the student experience at the Carnegie Project in the Education Doctorate Convening

Oct 2018 “Mindfulness, Leadership and Sustainability: Self Care for Busy Professionals,” Invited Keynote, “First Things First” conference

Oct 2018 “Life by Design” Accepted Presenter, Commission on the Status of Women conference

Sept 2018 “Mindfulness, Creating a Life by Design” Invited Presenter, ASU Sanford School annual retreat; Success Courses at ASU department retreat

Sept 2018 “Mindfulness at Work” Invited Presenter for social workers and nurses at Marcos de Sol High School in Tempe, AZ

- Aug 2018** “Mindfulness Skills,” Invited Presenter, ASU Meeting Event Coordinators and Associates
- Aug 2018** “Mindfulness: Create a Life by Design,” Invited Presenter, Tempe Coalition “Be the Change” conference
- June 2018** “Mindfulness, Leadership and Sustainability,” Invited Presenter, Arizona Veterinary Medical Association (2 CE credits)
- Jan 2018** “Mindfulness in Daily Life” Invited Presenter, ASU Enrollment Services Lunch-and-Learn
- Jan 2018** “Mindfulness, Leadership and Sustainability,” Invited Presenter, ASU Sexual Violence Prevention Symposium at ASU
- Nov 2017** “Mindfulness in Leadership” Invited Presenter, Maricopa Public Health Leadership conference
- Sept 2017** “Resilience,” Invited Panelist, Faithful City
- Sept 2017** “Welcoming Gratitude through Mindfulness,” Invited Presenter, Soroptimist Club
- 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
- Aug 2016** “Recovery 101:” Administering Training to Support Students in Recovery from Alcohol and Other Drug Addiction,” Invited Presenter, Kickstart for Residence Life staff
- Oct 2015** “Fork the Smoke! ASU Tobacco-Free Challenge – Administering an Online Health Promotion Program to Support the University Environment,” Accepted Oral Presentation, Pacific Coast College Health Association (PCCHA)
- April 2009** “Discourses of Reunification: A Cultural Discourse Analysis of the Reunification of the Russian Orthodox Church,” Accepted Oral Presentation, National Communication Association (NCA) Annual Conference

Publications

- 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>
- Cash, T., Gueci, N., Pipe, T. “Equitable Mindfulness: A Framework for Transformative Conversations in Higher Education.” *Building Healthier Academic Communities*, Spring 2021
- Gueci, N. & Cash, T. (2020, Spring). <https://www.linkedin.com/pulse/expansive-model-mindfulness-nika-gueci-tiara-cash-nika-gueci/?trackingId=ksnfXHxrRouGTjiG5XBfGw%3D%3D>. LinkedIn page.
- Gueci, N. (2019, Spring). The power of narrative and vulnerability in self-disclosure. *Recovery Campus Magazine*.
- Gueci, 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>

Editor

- 2019-20** Peer manuscript reviewer, Building Healthier Academic Communities (BHAC) journal
- 2020** The Newest New York English by Mieko Green (reprint)
- 2011** W.K. Kellogg Foundation: “Is It Just a Matter of ‘Descuido’? The Healthcare Seeking Journey of Latino Men in New York City Manual

Grant Writing, Funding Acquisition, Reporting and Fiscal & Program Management

Grants

- PI for Arizona Parents Commission on Drug Education and Prevention Agreement - State of AZ Governor’s Office of Youth, Faith, and Families (Collegiate Recovery Program): \$250K
- Program Manager, Arizona Department of Health Services, Bureau of Women’s and Children’s Health (Sexual Violence Prevention at ASU): \$1.9M
- PI for AZ Department of Health Services, Health Improvement Plan, Mental Health (Loneliness and Social Isolation): \$125K
- Program Manager, IGNITE Grant from the Maricopa County Health Department (Tobacco Use Cessation and Policy Support): \$40K
- Co-PI, Substance Abuse and Mental Health Services Administration (SAMHSA) through The Campus Office of Substance & Alcohol Prevention (COSAP) at University of New Mexico: \$85K
- Co-PI, SAMHSA Garrett Lee Smith Award (Campus Suicide Prevention): \$359K
- Co-PI, New Mexico Department of Health (Crisis Assistance Listening Line): \$315K
- Co-PI, City of Las Cruces, Crisis Assistance Listening Line (Suicide Prevention): \$22K
- Co-PI, State of New Mexico Children, Youth & Families (Alcohol prevention): \$160K
- PI for Commission on the Public’s Health System (Advocacy for NYC safety net hospitals): \$10K

Foundation Grants

- Program Director, Virginia G. Piper (Obesity Solutions): \$10K
- Program Director, Kellogg Foundation (Latino Men’s Health): \$250K
- Program Director, New York Health Foundation (PhotoVoices for food justice): \$10K

Transformational Gifts & Major Donors

- \$1.1M Unrestricted operating funds for ASU Center for Mindfulness - Stewardship
- \$125K Unrestricted operating funds for ASU Center for Mindfulness - Acquisition/stewardship
- \$75K and > Operating, sponsorship for ASU Center for Mindfulness - Acquisition/stewardship

Revenue-Generating Programs & Internal Funding Mechanisms:

- Responsible for developing funding streams through service fees for online Health and Wellness series with ASU-Mayo Clinic Alliance; for-profit workshops and presentations: \$186K
- ASU Provost: \$650K
- Co-PI of Professional Staff Congress - City University of New York Research Award: \$5K

Professional Associations and Awards

- 2024-present** ASU Year One (Y1) Initiative (an interdisciplinary effort to advance health equity and systemic change in the early childhood ecosystem) Advisory Board
- 2024-present** Well-Being Collaborative of Arizona Steering Council

- 2019-present** Co-Chair of the Mental Health and Well-Being Priority Area Committee, Arizona Department of Health (ADHS)
- 2018-present** Arizona Department of Health (ADHS) Health Improvement Plan (HIP), Steering Committee
- 2024** Recognition of Excellence, OSHER Lifelong Learning Institute
- 2024** Emerging Leader Award, Arizona Women in Higher Education (AWHE)
- 2023** Senior Fellow, Strategic Initiatives, ASU Learning Enterprise (Fellowship in venture design)
- 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
- 2020-21** Arizona State University Leadership Institute, Class 3
- 2018-2022** Maricopa Public Health Healthy Arizona Worksites Program (HAWP) designation for ASU as Gold-Level awardees, coordinator
- 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 (NASPA), Region VI Knowledge Community Advisory Board Representative for Wellness and Health Promotion
- 2015-24** Institutional membership to the American College Health Association (ACHA)
- 2015** Membership to the Association of Recovery in Higher Education (ARHE)
- 2014-19** Arizona Institutes for Higher Education (AZIHE) Board member
- 2012** Latino Men’s Health: A Programmatic and Policy Agenda, Conference Facilitator and Moderator

Instructional Design & Curriculum Development (*select*)

- 2024** Faculty and developer of academic courses: “HCR 294 Foundations of Mindfulness and Resilience: Science and Practice” and “HCR 394 Organizational Mindfulness: Leadership and Success in the Workplace.”
- 2023** Curriculum development, Trusted Messenger focus group research for “Solving Loneliness: A Mindfulness-Based Toolkit” online series for ADHS HIP statewide loneliness reduction strategy.
- 2022** Curriculum development, facilitation of Arizona Musicfest: A Mindful Deep-Listening program.
- 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 and build belonging, (2,603,166 impressions and 75,960 views).
- 2018-23** Curriculum development, instruction, data collection and analysis on an 8-hr Mindfulness Leadership Professional Development certificate, with over 400 learner graduates.

- 2018-20** Curriculum development, Subject Matter Expertise and talent management on Mayo Clinic and Arizona State University Alliance for Health Care 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, substance use recovery.
- 2018-19** Mesa Arts Center: commissioned for the Creative Catalysts Collective leadership program.
- 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, instruction, and ongoing quality control on 40-hour training for Southern New Mexico’s first warmline, the Crisis Assistance Listening Line (CALL)

Mentorship (*formal, select*)

- 2024** Site Preceptor, Process Owner in the areas of Resources and Guidance Mindfulness and Psychological Resilience Expert Advisor for IPE for Vanessa Delgado, Doctor of Behavioral Health (DBH), College of Health Solutions (CHS) student
- 2020** Mentorship of Mayo Clinic Medical Students in developing research protocols, data analysis
- 2020** Leadership and Innovation TEL 792 EdD Mentor for Kara Lord, University of Guyana international doctoral student, Mary Lou Fulton Teachers College, ASU
- 2020** Capstone preceptor for Beth Kovach, Capstone II: Higher Education, “Stress and Mindfulness”
- 2019** Committee member for Evaline Brown, “Well-Being in ASU Students,” Barrett Honors Thesis
- 2018** Preceptor for Hanna Layton, “Integrating Sustainable Practices into Center for Mindfulness through Creative Outreach and Events,” Master 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 Cronkite 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

YouTube Lectures - Midday Mindfulness series

Led the creation, development, and management of "Caring and Connection in the Time of Covid-19: Midday Mindfulness," a YouTube live-stream series of 234 videos designed to help the public cope with distress and foster belonging, garnering over 2.6 million impressions and 75,960 views in 94 countries.

- Apr 2021 | Community Well-Being: End of Series Show, ASU, Midday Mindfulness, Phoenix, AZ, April 22nd
- Apr 2021 | An Invitation to Experience Your Wholeness: A Teaching and Experiential Practice, ASU (Guest: Natalie Gruber), Midday Mindfulness, Phoenix, AZ, April 20th
- Apr 2021 | Lessons From the Pandemic: The Power of Connection, Hope, & Optimism, ASU (Guest: Dr. Christine McNulty-Buckley), Midday Mindfulness, Phoenix, AZ, April 14th

Apr 2021 | Self-Care: Protecting Our Own Well-Being When Life is Disrupted, ASU (Guests: Dr. Samantha Casselman, Wayne Tormala), Midday Mindfulness, Phoenix, AZ, April 13th

Apr 2021 | Follow the Nursing Code: Reframing Your Worldview, ASU (Guest: Heidi Sanborn), Midday Mindfulness, Phoenix, AZ, April 8th

Apr 2021 | Your Student's Transition to College, ASU (Guest: Dr. Kellyn Johnson and Parent Panelists), Midday Mindfulness, Phoenix, AZ, April 7th

Apr 2021 | Dancing Your Nervous System, ASU (Guest: Molly Schneck), Midday Mindfulness, Phoenix, AZ, April 6th

Apr 2021 | Mindfulness: Implications for Medical Practice, ASU (Guests: Dr. Kari Bernard, Dr. Eve Hoover, Dr. Bettie Copeland), Midday Mindfulness, Phoenix, AZ, April 1st

Mar 2021 | Conscious Eating: Healing the Mind, Body, and Spirit with Nutrition, ASU (Guest: Victoria Abel), Midday Mindfulness, Phoenix, AZ, March 31st

Mar 2021 | How to Be Mindfully Intelligent: The Relationship Between EQ and Mindfulness, ASU (Guests: Corinne Corte, Amanda Voight), Midday Mindfulness, Phoenix, AZ, March 30th

Mar 2021 | Healing the Collective. Healing the Masculine. Healing the Self, ASU (Guest: Niko Baker), Midday Mindfulness, Phoenix, AZ, March 17th

Mar 2021 | Bullying: Mindfulness Changes the Conversation, ASU (Guest: Jason Lalli), Midday Mindfulness, Phoenix, AZ, March 10th

Mar 2021 | Igniting Human Connection, ASU (Guest: Dr. Sophia Town), Midday Mindfulness, Phoenix, AZ, March 9th

Mar 2021 | Community Well-Being, ASU (Guest: Evaline Brown, ASU Alumnus), Midday Mindfulness, Phoenix, AZ, March 4th

Mar 2021 | The Science and Practice of Mindfulness and Well-Being, ASU (Guest: Randy Barker, University of Wisconsin), Midday Mindfulness, Phoenix, AZ, March 3rd

Feb 2021 | Community Well-Being – The Many Hats of Nursing Faculty Members, ASU (Guest: Dr. Aliria Rascon, Associate Director and Clinical Associate Professor Edson CONHI), Midday Mindfulness, Phoenix, AZ, February 25th

Feb 2021 | The Suffering and Thriving of Healthcare Heroes during Covid-19, ASU (Guest: Dr. Joan Fleishman and Dr. Tina Runyan), Midday Mindfulness, Phoenix, AZ, February 23rd

Feb 2021 | Human-Animal Connection, ASU (Guest: Firefly Farms), Midday Mindfulness, Phoenix, AZ, February 16th

Feb 2021 | Valentine's Day: Cultivating Love for Ourselves and Others, ASU, Midday Mindfulness, Phoenix, AZ, February 10th

Feb 2021 | Community Well-Being, ASU (Guest: Susan West, Founder of M2), Midday Mindfulness, Phoenix, AZ, February 11th

Feb 2021 | Advancing the Humility Paradigm (Guest: Dr. Barret Michalec, Director for CAIPER), ASU, Midday Mindfulness, Feb 9th

Feb 2021 | Transformation: The Tail of Time, ASU, Midday Mindfulness, Feb 3rd

Feb 2021 | Groundhog's Day, ASU, Midday Mindfulness, Feb 2nd

Jan 2021 | Trauma Informed Yoga, ASU (Guest: Andrea Kappas-Mazzio, Ph.D. Candidate / Research Assistant at the Office of Gender-Based Violence at Arizona State University's Watts College of Public Service and Community Solutions School of Social Work), Midday Mindfulness

Jan 2021 | The Mindfulness of Many Hats, ASU, Midday Mindfulness, Phoenix, AZ, Jan 26th

Jan 2021 | Yoga Nidra for PTSD, ASU (Guests: Leslie Rowans, Instructor at ASU College of Health Solutions), Midday Mindfulness, Phoenix, AZ, January 21

Jan 2021 | Courage, Part II, ASU, Midday Mindfulness, Phoenix, AZ, January 20

Jan 2021 | Transformational Courage, ASU, Midday Mindfulness, Phoenix, AZ, January 19

Jan 2021 | Yoga Nidra for Stress Reduction, ASU (Guests: Leslie Rowans, Instructor at ASU College of Health Solutions), Midday Mindfulness, Phoenix, AZ, January 14th

Jan 2021 | Mary Lou Fulton Teacher's College, ASU (Guests: Stuart Rice, Director of Digital Initiatives; Sarah Rabbani, Product Manager Associate), Midday Mindfulness, Phoenix, AZ, January 13th

Jan 2020 | Beginner's Mind, ASU, Midday Mindfulness, Phoenix, AZ, January 12th

Dec 2020 | Mental Well-Being Through Drama, ASU (Guests: TAIS Drama Group), Midday Mindfulness, Phoenix, AZ, December 22nd

Dec 2020 | Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, December 17th

Dec 2020 | 2020 Hindsight, ASU, Midday Mindfulness, Phoenix, AZ, December 15th

Dec 2020 | [Human Flourishing](#), ASU, Midday Mindfulness, Phoenix, AZ, December 8th

Dec 2020 | [Community Well-Being Wellness Panel](#), ASU (Guests: Dr. Jillian McManus, Emma Celoza, Corina Tapscot), Midday Mindfulness, Phoenix, AZ, December 3rd

Dec 2020 | [Graduate College](#), ASU (Guests: Dr. Zachary Reeves-Blurton, Amanda Athey), Midday Mindfulness, Phoenix, AZ, December 1st

Nov 2020 | [Giving Thanks: Practicing Gratitude](#), ASU, Midday Mindfulness, Phoenix, AZ, November 25th

Nov 2020 | [The Human Animal Connection](#), ASU (Guest: Firefly Farms), Midday Mindfulness, Phoenix, AZ, November 24th

Nov 2020 | [Community Well-Being](#), ASU, Midday Mindfulness, Phoenix, AZ, November 19th

Nov 2020 | [Community Well-Being on Veteran's Day](#), ASU (Guests: Michelle Loposky, Danielle Snyder, Pat Tillman Veterans Center), Midday Mindfulness, Phoenix, AZ, November 12th

Nov 2020 | [Entrepreneurship & Innovation Part II](#) (Guests: Bradley Biehl, Autumn Saylor), ASU, Midday Mindfulness, Phoenix, AZ, November 10th

Nov 2020 | [Community Well-Being](#), ASU, Midday Mindfulness, Phoenix, AZ, November 5th

Nov 2020 | [Calming and Soothing Practices](#), ASU, Midday Mindfulness, Phoenix, AZ, November 3rd

Oct 2020 | [Community Well-Being](#), ASU, Midday Mindfulness, Phoenix, AZ, October 29th

Oct 2020 | [Trick or Treat](#), ASU, Midday Mindfulness, Phoenix, AZ, October 28th

Oct 2020 | [Community Well-Being](#), ASU, Midday Mindfulness, Phoenix, AZ, October 22nd

Oct 2020 | [The Human-Animal Connection](#), ASU, Midday Mindfulness, Phoenix, AZ, October 21st

Oct 2020 | [Grit: A Book Review](#), ASU, Midday Mindfulness, Phoenix, AZ, October 20th

Oct 2020 | [Community Well-Being](#), ASU, Midday Mindfulness, Phoenix, AZ, October 15th

Oct 2020 | [Ayurveda: The Knowledge of Life](#), ASU, Midday Mindfulness, Phoenix, AZ, October 14th

Oct 2020 | [Community Well-Being](#), ASU, Midday Mindfulness, Phoenix, AZ, October 1st

Sept 2020 | [Meditation Boot Camp](#), ASU, Midday Mindfulness, Phoenix, AZ, September 30th

Sept 2020 | [Community Well-Being](#), ASU, Midday Mindfulness, Phoenix, AZ, September 24th

Sept 2020 | [Entrepreneurship + Innovation](#) (Guests: Ji Mi Choi, Felicity Blackwater, Brad Biehl, Autumn Saylor), ASU, Midday Mindfulness, Phoenix, AZ, September 23rd

Sept 2020 | [Living Your Why](#), ASU, Midday Mindfulness, Phoenix, AZ, September 16th

Sept 2020 | [Exploring Your Personality](#), ASU, Midday Mindfulness, Phoenix, AZ, September 15th

Sept 2020 | [Community Well-Being](#), ASU, Midday Mindfulness, Phoenix, AZ, September 10th

Sept 2020 | [Addressing the Realities of PPE Fatigue and Resilience: an Open Dialogue](#) (Guests: Angie Haskovec, Edson College Alumnist Brooke Lavelle), ASU, Midday Mindfulness, Phoenix, AZ, September 9th

Sept 2020 | [Finding Your Why](#), ASU, Midday Mindfulness, Phoenix, AZ, September 8th

Sept 2020 | [Community Well-Being](#), ASU, Midday Mindfulness, Phoenix, AZ, September 3rd

Sept 2020 | [Mindfulness and Ambition: Can they Co-Exist?](#) (Guests: Shea Alvey and Barrett Honors College Student Panel), ASU, Midday Mindfulness, Phoenix, AZ, September 2nd

Sept 2020 | [The Wisdom of Acceptance](#) (Guest: Barbara Crisp), ASU, Midday Mindfulness, Phoenix, AZ, September 1st

Aug 2020 | [Art Forum](#) (Guest: Andrea Feller with ASU Art Museum), ASU, Midday Mindfulness, Phoenix, AZ, August 27th

Aug 2020 | [How to Maintain Wellness Programs Virtually and During COVID-19](#) (Guests: Teresa Salama and Sherry Haskins), ASU, Midday Mindfulness, Phoenix, AZ, August 26th

Aug 2020 | [Self-Leadership in a Pandemic](#) (and other crises) (Guest: Diane Sieg), ASU, Midday Mindfulness, Phoenix, AZ, August 25th

Aug 2020 | [Community Well-Being](#), ASU, Midday Mindfulness, Phoenix, AZ, August 20th

Aug 2020 | [Back to School Centering](#), ASU, Midday Mindfulness, Phoenix, AZ, August 19th

Aug 2020 | [Imposter Syndrome](#) (Guests: Dr. Zachary Reeves-Burton, Student panel), ASU, Midday Mindfulness, Phoenix, AZ, August 18th

Aug 2020 | [Community Well-Being](#), ASU, Midday Mindfulness, Phoenix, AZ, August 13th

Aug 2020 | [Collective Roots](#), ASU, Midday Mindfulness, Phoenix, AZ, August 12th

Aug 2020 | [Feeling Stuck](#), ASU, Midday Mindfulness, Phoenix, AZ, August 11th

Aug 2020 | [Equitable Mindfulness and Health Justice](#) (Guest: Dr. Swapna Reedy), ASU, Midday Mindfulness, Phoenix, AZ, August 10th

Aug 2020 | [Community Well-Being](#), ASU, Midday Mindfulness, Phoenix, AZ, August 6th

Aug 2020 | [Love Languages](#), ASU, Midday Mindfulness, Phoenix, AZ, August 4th

Aug 2020| Bringing it Back to the Roots: Extended Meditation, ASU, Midday Mindfulness, Phoenix, AZ, August 3rd

July 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, July 30th

July 2020| The Blame Game, ASU, Midday Mindfulness, Phoenix, AZ, July 29th

July 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, July 23rd

July 2020| Cultural Intelligence, ASU, Midday Mindfulness, Phoenix, AZ, July 21st

July 2020| Midsummer Refresh, ASU, Midday Mindfulness, Phoenix, AZ, July 20th

June 2020| Hiatus to Healing, ASU, Midday Mindfulness, Phoenix, AZ, June 30th

June 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, June 25th

June 2020| Long-Term Health and Overcoming Overwhelm, ASU, Midday Mindfulness, Phoenix, AZ, June 10th

June 2020| Growing Your Mindset, ASU, Midday Mindfulness, Phoenix, AZ, June 8th

June 2020| Creativity and Mindfulness (Guest: Dr. Danah Henriksen), ASU, Midday Mindfulness, Phoenix, AZ, June 1^s

May 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, May 29th

May 2020| Grief and Loss (Guest: Wayne Tormala), ASU, Midday Mindfulness, Phoenix, AZ, May 27th

May 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, May 22nd

May 2020| Global Meditation Day, ASU, Midday Mindfulness, Phoenix, AZ, May 21st

May 2020| Mindful Eating (Guest: Dr. Dara James), ASU, Midday Mindfulness, Phoenix, AZ, May 20th

May 2020| Science of Mindfulness, ASU, Midday Mindfulness, Phoenix, AZ, May 18th

May 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, May 15th

May 2020| Financial Wellness (Guest: Jacob Gold), ASU, Midday Mindfulness, Phoenix, AZ, May 14th

May 2020| Reintegrating Mindfully, ASU, Midday Mindfulness, Phoenix, AZ, May 12th

May 2020| Attitudinal Foundations of Mindfulness, ASU, Midday Mindfulness, Phoenix, AZ, May 11th

May 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, May 8th

May 2020| Mindful Leadership in Covid-19: Part II (Guest: Dr. Sophia Town), ASU, Midday Mindfulness, Phoenix, AZ, May 7th

May 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, May 1st

April 2020| Serious Fun, ASU, Midday Mindfulness, Phoenix, AZ, April 30th

April 2020| Powering Up Our Willpower, ASU, Midday Mindfulness, Phoenix, AZ, April 27th

April 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, April 24th

April 2020| Mindful Leadership in Covid-19 (Guest: Dr. Sophia Town), ASU, Midday Mindfulness, Phoenix, AZ, April 23rd

April 2020| The Holy. Wholey. Holey NO!, ASU, Midday Mindfulness, Phoenix, AZ, April 21st

April 2020| Uncertainty & Transitions, ASU, Midday Mindfulness, Phoenix, AZ, April 20th

April 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, April 17th

April 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, April 10th

April 2020| Joy, Happiness and Comfort Foods, ASU, Midday Mindfulness, Phoenix, AZ, April 6th

April 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, April 3rd

April 2020| We Make Each other Better: The Human Animal Connection, ASU, Midday Mindfulness, Phoenix, AZ, April 1st

March 2020| It's Okay to be Okay, ASU, Midday Mindfulness, Phoenix, AZ, March 30th

March 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, March 27th

March 2020| Fuzzy Pants, ASU, Midday Mindfulness, Phoenix, AZ, March 26th

March 2020| Interconnectedness, ASU, Midday Mindfulness, Phoenix, AZ, March 16th

Certifications

2024	Leading with Kindness, NARBA Institute
2024	Six Sigma Foundations, LinkedIn Learning
2024	Instructional Design: Adult Learners, LinkedIn Learning
2024	Master Class for Teaching Online, Arizona State University
2023	Resilience to Thriving Facilitator, Organizational Wellness and Learning Systems (OWLS)

- 2022** Spark Method Facilitator, Arizona State University
- 2018** Mindfulness Institute for Emerging Adults Teacher (MIEA)
- 2013** 200-Registered Yoga Teacher (RTY)

Registered Yoga Teacher (RYT-200) Instruction

- 2022-present** Upward Light Healing, Mesa AZ
- 2015-2018** Gilbert Yoga, Gilbert AZ
- 2013-2014** Harmony Yoga, Whitestone NY
- 2013-2014** Om Sweet Om, Port Washington NY

Civic Engagement and Volunteer

- 2022- present** Elected Official, Precinct Committeeperson in Precinct 45, Pinal County, AZ
- 2021- present** Co-chair, Arizona Department of Health Services (ADHS) Mental Well-Being Committee
- 2020- present** Community Yoga Teacher, Upward Light Healing
- 2020- present** Moseley's Mutt Oasis 501c3: foster and volunteer
- 2019- present** Arizona Veterinary Medical Association (AzVMA) Wellness Resource Task Force
- 2018-2020** Follow Your Heart Animal Rescue (nonprofit): foster
- 2019-2020** Arizona Humane Society Planning: committee member