

Nika Gueci

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Established leader with expert communication skills (over 1k presentations delivered), education management (doctorate in leadership and innovation) and holistic development (wellness background of 12+ years). Skillsets include relationship building, excellent capability to work in ambiguous/rapidly changing environments, and functional expertise to solve complex problems.

EDUCATION

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

PROFESSIONAL EXPERIENCE

- 2014-present** **Arizona State University** **Phoenix, AZ**

**1/23-present – Senior Fellow, Strategic Initiatives
ASU Learning Enterprise**

Senior Fellow Lead on Personal Development Solutions for lifelong learners.

- **Personal Development Solutions:** Venture design lead for a scalable, equitable and self-sustaining portfolio of personal development offerings. OKRs include development and testing of learner archetypes and hypotheses; demand testing, curating and launching prototype offerings; and defining and measuring core metrics.

**7/17-present – Executive Director, University Engagement
ASU Center for Mindfulness, Compassion and Resilience**

Inaugural Director for institutional-priority initiative to build human capacity through a holistic, whole-person, innovative approach.

- **Scale and Reach:** From 2017-22, Center reached over **36k** students, faculty, community members through **821** events, presentations, and Think Tanks.
- **Define and Execute Strategic/Responsive Plan:** Led development of newly established Center. In collaboration with senior leadership, cross-functional talent, stakeholders, Center reached 37k people (via 821 F2F events), 100k+ virtually
- **Presentations and Communications:** Expert speaker with over 1k presentations (in-person and virtual). Invited presenter/commentator (National Public Radio Points of View: The Toll The Coronavirus is Taking on Our Mental Health; Interview with an Expert; Mindfulness matters: Devils in the Details; ASU Now: News addiction, Navigating post-pandemic life through mindfulness; Finding peace amid chaos, Mindfulness goes digital, And they called it puppy love, Puppies in the Park, How mindfulness helps manage stress at work; AZ3TV: Self-Care in a Busy World).
- **National Model for Online Mindfulness:** During stay-at-home orders, launched “Caring and Connection in the Time of Covid-19” to help the public cope with distress, world-wide inequity, racism, and advocacy through mindfulness. The 3-pronged strategy for community engagement involved: social media messaging, written content, “Midday Mindfulness” YouTube live-streams, garnering **2,603,166** impressions and **75,960** views from March 2020-Nov 2021.

- Supported Center staff in the development and scaling of initiatives:
 - Equitable Mindfulness, or mindfulness for all, focuses on the intersection between mindfulness and social transformation, activation, social justice and equity for an equitable world through sustained practice of compassion and mindfulness. **This initiative led to a successful conference organized by Center with recognized keynote speakers and a national audience.**
 - Sustainability and Mindfulness: Broadened mindfulness awareness to include care for the natural environment and implement sustainability into curricula, events and office practices. **This initiative led to thought leadership for The Sustainability Consortium, a national advocacy group.**
- **Partnership Engagement:**
 - Initiated teacher training by the founders of Koru Mindfulness for Emerging Adults. Guided cohorts of Koru teachers through scaling efforts of subsequent courses taught at ASU and nationally, **reaching over 600+ learners in 2019.**
 - Mayo Clinic/Career Catalyst series: Invited to develop, curate, write, secure partnerships as SME for Health and Wellness: Mind and Body online series, an institutional-priority initiative for distribution across national/global markets, **enrolling over 4,000 learners.**
 - Mayo Clinic Selective: Bridged partnership with Mayo Clinic Alix School of Medicine, taught annual elective course, creating ripple effects throughout the hospital systems, as physicians focused on their own well-being and brought those skills to their patients.
 - Maricopa Public Health: Awarded Gold-Level Healthy Arizona Worksite Award for the commitment to the health and wellness of faculty and staff for 7 years in a row
 - Leadership Professional Development Certificate: Created curriculum, lead workshops for the public as well as national audiences (Waste Management, University of Wisconsin at Superior, Tempe Union High School District, City of Flagstaff). Pre-/post-tests to provide data on effects of mindfulness.
 - Mesa Arts Center: commissioned for the Creative Catalysts Collective program, fueling creativity and activating leadership skills across sectors.
- **Program/Department Operations:** Hired, onboarded and supervised Center employees and students; oversaw all internal and external partnerships. Upon completing their time with Center, **students launched successful entrepreneurial businesses, accepted post-doctoral fellowships at Yale and visiting professorships at Fordham.**
 - Development and scaling of staff-led initiatives:
 - Equitable Mindfulness, is the intersection between mindfulness and social transformation. This initiative led to a **revenue-generating national conference** organized by Center.
 - Sustainability and Mindfulness: Broadened mindful awareness to implement sustainability into curricula, events and office practices. This initiative led to thought leadership for The Sustainability Consortium, a **national advocacy group.**
- **Budget:** Stewardship of IMM donor gift, secured \$200k+ philanthropic funding, secured contracts with state agencies such as the Az Department of Health Services.

1/16-7/17 - Associate Director, ASU Health Services Executive Team

Promoting wellness as a fundamental human right and not simply an absence of disease.

- **Evaluation and Assessment:** Led Educational Outreach and Student Services (EOSS) leadership in prioritizing high-need areas of a multi-campus wellness initiative that combines data-driven (via the annual American College Health

Association – National College Health Assessment) public health and higher education approaches to improve student academic success, retention, and well-being

- **Innovative Design:** Directed ASU’s first Collegiate Recovery Program, “Recovery Rising,” an ASU-wide, student-focused initiative consistent with diversity focus in the ASU charter through a grant from the Governor’s office of Youth, Faith, and Families. Created anti-stigma campaigns; lasting annual programs such as Yoga for 12-Step Recovery (Y12SR); and the resiliency graduation for students working in addiction recovery and sexual violence prevention (“Sun Devils Rising: A Celebration of Community, Academic Success and Resilience”)
- **Training and Curriculum:** Innovative, outcomes-driven model to advance a university culture that is inclusive of students in recovery from addiction
- **Supervision:** Manage and mentor student employees, recruit graduate interns and practicum students. Provide professional development opportunities to students
- **Diverse Constituencies:** Build and foster relationships with community partners and leadership throughout ASU academic and student-service departments in order to grow innovative programs through stakeholder input. Measure and share relevant data and research, consult on best practice development and **secured 3 years of funding through the Governor’s Office.**
- **University-Wide Collaborations:** Evidence-based, peer-to-peer initiatives to increase student success (“Well Devil” Initiative), market and implement policy (“Fork the Smoke” tobacco-free campus), leverage and enhance collaboration across ASU departments (Well-Being Committees)
- **National Reach:** Collaborated with various departments and entities to be awarded a “Healthier Campus” designation from Partnership for a Healthier America

9/14-12/15 - Associate Director, ASU Wellness

- **Supervision:** Managed a team of 12 Health Educators, student employees, and interns throughout 4 ASU locations, managed departmental operations, and provided leadership for a coordinated approach to wellness across campuses
- **Partnerships:** Served on special project workgroups, advised coalitions. Instituted formalized internship program, recruited and mentored interns through SMART goals
- **Strategic Planning:** Provided consultation on the strategic plan to incorporate Wellness into the Sun Devil Fitness Complex across all campuses, translating institutional goals to implementation of tactical programs and marketing
- **Online Learning:** Guided direction of departmental websites, online learning modules, and social media.

2014

St. John’s University

Queens, NY

Grants Specialist, Office of Grants and Sponsored Research

Pre-award administration across all units in over 13M research grant revenue.

- **Faculty development:** researched funding opportunities; provided grantsmanship instruction; presented time management support.
- **Pre-award:** acted as University’s co-lead for all proposal submission systems. Reviewed submissions for compliance required by agency. Edited proposals, budgets and budget justifications
- **Post-award:** researched, managed, and reported for accuracy on awarded budgets, budget modifications, and Time and Effort

2011-2013

CUNY Institute for Health Equity (CIHE)

Bronx, NY

7/12-7/13 – Deputy Director

Locus of scholarly and applied work in social determinants of health and disease.

- **Supervision:** Recruited, onboarded, and supervised a team of 12+ staff, student workers and interns, overseeing development of scope of work to ensure optimal achievement towards completion of grant goals.
- **Mobilize Stakeholders:** Directed and promoted health and wellness advocacy events in collaboration with CIHE's 14 community partners
- **Teamwork:** Supervised the Vending Machine Initiative, which incorporated Department of Health Standards across Lehman College/CUNY. Directed quality control
- **Grants Management:** Identified and researched sources of funding, wrote grant proposals and managed grants from deadline submission to deliverables

8/11 – 6/12 - Program Director

- **Supervision:** Responsible for intern recruitment, new employee training and onboarding process
- **Communication:** Represented CIHE's various initiatives (alcohol policy, minority men's health, GIS environmental audits, food justice, and infant mortality) to local media sources including print news (Inside Lehman), and TV (BronxNet)

2007 - 2011

New Mexico State University

Las Cruces, NM

Wellness, Alcohol, Violence Education (WAVE)

6/08 to 2/11 – Health Education Specialist/Program Coordinator

University-wide efforts in suicide prevention, substance use prevention, sexual assault awareness.

- **Curriculum Development:** Provided 40-hour crisis hotline training to up to 100 community and student volunteers.
- **Supervision:** Recruited and trained Peer Educators to become nationally certified through the BACCHUS program to raise awareness on campus-wide student-focused well-being initiatives.
- **Communication:** Promoted WAVE's start-up crisis call center, the Crisis Assistance Listening Line, to local news media outlets, including print news (Las Cruces Sun News, Las Cruces Bulletin), Radio (K-SNM) and TV (K-Fox TV, CLC-TV) by developing press releases, public service announcements, and articles for newspapers. Represented WAVE/CALL on local AM 570 radio talk show, "Prescription for Health," leading to a 298% increase in call volume from FY09-FY10

8/07 to 5/08 – Communication Associate

- **Evaluation and Assessment:** Led research projects, such as the Core Institute and Student Lifestyles survey

8/06 – 5/10 New Mexico State University

Communication Studies Department

Instructor

Preparing undergraduate students to become effective and ethical communicators.

- **Curriculum Development:** Taught section of introductory Communication Studies course, "Principles and Practices of Human Communication," to undergraduate students.

YOUTUBE VIDEOS PLAYLIST (SELECT)

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 Celozza, 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 Lopusky, 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 1st
 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

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** to *“improve awareness of, and address, the impact of social isolation and loneliness on health,”* “Mindfulness as an intervention strategy for loneliness and social isolation” (\$125,000)
- 2019** Grant application accepted and funded by the Council of Graduate Studies and 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 through Center for Mindfulness (Robert Wood Johnson Foundation funds) and Obesity Solutions at ASU (Virginia Piper Foundation funds)** video: Creative Director ([Mindful Eating](#) and [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 (DoH) grant award:** Incorporating Department of Health Standards into Lehman College Vending Machine, implemented standards throughout Lehman (\$5,000)

PROFESSIONAL DEVELOPMENT, MEMBERSHIPS and CERTIFICATIONS

- 2023** [Top 50 Leaders of Arizona](#) Award, Women We Admire
- 2019-present** Arizona Health Improvement Plan (AzHIP) Steering Committee
2021-2: Co-Chair, Mental Well-Being committee
- 2021** Edson College of Nursing and Health Innovation Faculty Writing Group
- 2021** Wellness A to Z, Greater Phoenix Chamber Foundation, Steering Committee member
- 2020-2021** [Arizona State University Leadership Institute, Class 3](#)
The ASU Leadership Institute is a competitive 9-mo professional development program that “works to enlighten, inspire and transform leaders from diverse professions and communities.”
- 2014-present** Certified, registered, and insured 200-hr RYT Yoga Teacher through Yoga Alliance
- 2014-2019** Arizona Institutes for Higher Education (AziHE) member

- 2018-2022** Coordinator for Maricopa Public Health Healthy Arizona Worksites Program (HAWP) designation for ASU as Gold-Level awardees
- 2018** Member of the Harvard Resilience Consortium
- 2015-18** Recovery Rising at ASU Advisory Board member
- 2018** Served as an invited guest for doctoral research course session, ASU Mary Lou Fulton Teachers College
- 2017** Writer and coordinator for Partnership for a Healthier America (PHA) designation for ASU as a “Healthy Campus”
- 2017** Presented policy recommendations on collegiate recovery proposal to invited meeting with Acting Director of National Drug Control Policy, Office of National Drug Control Policy (ONDCP)
- 2015-17** Tempe Coalition for Youth, Families and Community
- 2016** Doctoral internship with Dr. Linda Lederman, Director of the Hugh Downs School of Human Communication at Arizona State University
- 2015-16** National Association of Student Personnel Administrators (NASPA) Region VI Knowledge Community Advisory Board Representative for Wellness and Health Promotion
- 2015** ASU Commission on the Status of Women (CSW) Summer 2015 Cohort - Mentee
- 2015** Membership to the Association of Recovery in Higher Education (ARHE)
- 2014-16** IGNITE (Influence, Guide, Network for Intercollegiate Tobacco Education) grant-funded participant
- 2014** Membership to the National Council of University Research Administrators (NCURA)
- 2012** Latino Men’s Health: A Programmatic and Policy Agenda for Addressing their Needs, Conference Facilitator and Moderator
- 2008-10** New Mexico Higher Education Prevention Consortium grant-funded participant
- 2008** Membership to the National Communication Association; Award for Outstanding Graduate Teaching Assistant, International Communication Association

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: committee member and mentor for Wellness Champions of the pilot “One Wellness” program
- 2018-2020** Follow Your Heart Animal Rescue (nonprofit): foster

2019-2020 Arizona Humane Society Planning: committee member

PUBLICATIONS

Gerber, L. R., Reeves-Blurton, Z., **Guerci, 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., **Guerci, N.**, Pipe, T. "Equitable Mindfulness: A Framework for Transformative Conversations in Higher Education." *Building Healthier Academic Communities*, Spring 2021

Guerci, 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*.

Guerci, N. (2019, Spring). The power of narrative and vulnerability in self-disclosure. *Recovery Campus Magazine*.

Guerci, 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

2019-2020 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

PRESENTATIONS (Select)

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 (ACHA) Annual Conference

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

Nov 2022 "Resilience in Times of Transition" Invited Speaker, Bureau of Chronic Disease and Health Promotion, Arizona Department of Health Services

Nov 2022 "Burnout and Exhaustion" Invited Speaker, 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 (AWHE)

Oct 2021 “Personal Resiliency,” 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 at St. Patrick’s Church annual conference

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

April 2021 “Wellness Innovations Instituted at the Organizational Level” Invited presenter at the “Here Comes the Sun” Virtual Clinician Wellness Conference through the Alaska Academy of Physician Assistants

March 2021 “525,600 Moments” with ASU Graduate College, ASU LGBTQ+ Faculty and Staff Association, and Tais Spontaneous Theatre

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

Oct 2020 “Manifesting Professional Fulfillment and Planning for your Future Mindfully, Preparing Future Faculty and Scholars (PFx),” 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 for ASU Graduate College, Grad 15 webinar

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

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

Oct 2019 Mindfulness skills workshop, Invited presenter for Wastecon, the Solid Waste Association of North American annual conference

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

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

July 2019 Invited panelist following speech by Swami Sarvapriyananda at Honor Health Shea Medical Center

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

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 at the Building Healthier Academic Communities (BHAC) annual conference

Spring 2018-19 Invited mindfulness skills presenter for pre-law students LSAT: Justice and Praxis

Feb 2019 “Work Life Balance” Invited Presenter to 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 at WP Carey Sales Advisory Board

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

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” Keynote at the “First Things First” conference

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

Sept 2018 “Mindfulness, Creating a Life by Design” Invited Presenter for the 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 to ASU Meeting Event Coordinators and Associates (MECA)

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

June 2018 “Mindfulness, Leadership and Sustainability” Invited Presenter at the Arizona Veterinary Medical Association (2 CE credits)

Jan 2018 “Mindfulness in Daily Life” Invited Presenter at ASU Enrollment Services Lunch-and-Learn

Jan 2018 “Mindfulness, Leadership and Sustainability” Invited Presenter at the ASU Sexual Violence Prevention Symposium at ASU

Nov 2017 “Mindfulness in Leadership” Invited Presenter at the Maricopa Public Health Leadership conference and subsequent webinar for online participants

Sept 2017 Invited panelist, Resilience discussion with the Faithful City

Sept 2017 “Welcoming Gratitude through Mindfulness:” Invited Presenter, Soroptimist Club

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

- Aug 2016** Kickstart for Residence Life staff, Presenter: “Recovery 101:” Administering Training to Support Students in Recovery from Alcohol and Other Drug Addiction
- Oct 2015** Pacific Coast College Health Association (PCCHA), Presenter: Fork the Smoke! ASU Tobacco-Free Challenge – Administering an Online Health Promotion Program to Support the University Environment
- April 2009** National Communication Association (NCA), Presenter: Discourses of Reunification: A Cultural Discourse Analysis of the Reunification of the Russian Orthodox Church

ACADEMIC MENTORSHIP

- 2023** Mentorship for James Bock, dissertation course TEL 709
- 2020** Mentorship of Mayo Clinic Medical Student in developing research protocols, data analysis, and academic journal writing and submission
- 2020** Leadership and Innovation EdD Leadership Mentor, University of Guyana international doctoral student cohort
- 2020** Capstone preceptor for Beth Kovach, Capstone II: Higher Education, “Stress and Mindfulness at ASU”
- 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 (School 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
- 2015-17** Mentored three 60-hr nutrition (dietetics) interns per semester on final project (Arizona State University)
- 2011-12** Mentored three 240-hr nutrition (dietetics) interns per semester on final project (Lehman College)
- 2007-2009** Mentored crisis line employees and volunteers in suicide prevention, active listening

YOGA INSTRUCTION

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|---------------------|----------------------|----------------------------|
| 2022-present | Upward Light Healing | Mesa, AZ |
| 2015-19 | Gilbert Yoga | Gilbert, AZ |
| 2013-14 | Harmony Yoga | Whitestone, NY |
| 2013-14 | Om Sweet Om | Port Washington, NY |

LANGUAGES

Fluent in English and Russian