**KAREN Y GREGORY-MERCADO**, Ph.D., MPH, MCHES, NBC-HWC

|  |  |  |
| --- | --- | --- |
| **ACADEMIC TRAINING** |  |  |
| University of Arizona Tucson, AZ | Doctor of Philosophy (Ph.D.)  Nutritional Sciences | May 2004 |
| University of Arizona Tucson, AZ | Master of Public Health (MPH),  Health Education and Health Promotion | Dec 2001 |
| University of Connecticut Storrs, CT | Master of Science (MS)  Microbiology | May 1994 |
| InterAmerican University San German, PR | Bachelor of Science (BS)  Microbiology | May 1992 |

Population Health | College of Health Solutions (CHS) | [kgregor3@asu.edu](mailto:kgregor3@asu.edu)

|  |  |  |
| --- | --- | --- |
| **CREDENTIALS** |  |  |
| ***ACLM Certified Lifestyle Medicine Practitioner*** | [***ACLM***](https://ablm.org/how/) | ***In progress*** |
| ***Body-Centered Coaching*** | ***Real Balance Global***  ***Wellness*** | ***September 2021*** |
| ***Group Coaching*** | ***Mentor Coach*** | ***August 2020*** |
| Certified Chronic Care Professional (CCP) | Health Sciences Institute | Sep 2019 – present |
| Certified Lifestyle Coach | DTTAC | Nov 2018 – present |
| National Board-Certified Health & Wellness [Coach](https://nbhwc.org/nbchwc-directory/%23!directory/map) (NBC-HWC) | NBHWC # 13741 | Sep 2017 – present |
| Certified Health and Wellness Coach (CHWC) | [WellCoaches](https://www.wellcoachesschool.com/health-coach?gclid=CjwKCAiAgJWABhArEiwAmNVTBwV8nnrpNnTwa_Zj_RyeVGSGQ6bLDjgZtCJhKQR4san19R0XzrvI4RoCOTQQAvD_BwE) | Oct 2016 – present |
| Master Health Education Specialist (MCHES) | NCHEC# 13741 | Oct 2011 – present |
| Certified Worksite Wellness Specialist  (CWWS) | [NWI](https://nationalwellness.org/) | Aug 2013 – present |
| Certified Worksite Wellness Program  Manager (CWWPM) | NWI | Aug 2013 – present |
| Tobacco Intervention Specialist | State of AZ and University of AZ | Jan 2009 |
| Certified Health Education Specialist (CHES) | NCHEC# 13741 | Oct 2007 |
| Certified Intrinsic Coach® (CIC) | Intrinsic Solutions  [International](http://isintl.com/) | June 2007 |
| CITI | ASU | June 2016 |
| **ACADEMIC EXPERIENCE** |  |  |

Arizona State University

|  |  |
| --- | --- |
| ***Healthy Lifestyles and Fitness Science (HLFS) Degree Director and Health and Wellness Coach (HWC) Certificate Director***  ***(50% teaching, 10% service, 20% administration/coordination, 20% researcy)*** | ***May 2021-present*** |

|  |  |  |
| --- | --- | --- |
| Healthy Lifestyles and Fitness Science (HLFS) Degree and Health and Wellness Coach (HWC) Certificate Director  (70% teaching, 10% service, 20% administration/coordination) | Aug 2018 – May 2021 |  |
| Associate Teaching Professor  (50% teaching, 10% service, 20% administration/coordination, 20 % Research) | Nov 2022 – present |
| Senior Lecturer  (60% teaching, 20% service, 20% administration/coordination) | Aug 2020 – Nov 2022 |
| Lecturer  (70% teaching, 30% service) | Jan 2016 – Aug 2020 |
| Instructor  (100% teaching) | Aug 2014 – Dec 2015 |
| Faculty Associate | Jan 2013 – May 2014 |

# **COURSE LEAD, TEACH, AND QUALITY DEVELOPMENT ACTIVITIES**

Course leading and quality assurance activities have focused on, developing courses and incorporating active learning tools, supporting authored content, using new technologies, aligning content with quality matters format and the National Board for Health and Wellness Coaching expectations, assessing learner skills, and agile adaption to changes and increased demands in registration while maintaining academic rigor. Explore alternative apps and technologies that would propel students learning and skills acquisition. Hiring faculty and support for classes such as GSA, UGTA or Academic Associates. Explore and pilot the use of new technologies. Academic leadership activities align with my teaching philosophy.

* ***HSC 440 Health Coaching Concepts and Skills (developer, lead, informal mentor, QM certified-present, incorporates micro-credentials, competencies alignment, DEI and UDL requirements, and lead-present)***
* ***HSC 441 Applied Health Coaching Techniques (developer, taught synchronously using ZOOM, formal/informal mentor, DEI and UDL requirements, textbook update, submitted course through ACLM Fall 2022 Pilot Academic Pathway for health professions students, former students, professionals in the field guest lecturers and lead-present)***
* ***EXW 446 Worksite Wellness (requested permission in 2021 to develop and include in HLFS curriculum, currently developing to include in Fall 2023, lead-present)***
* HSC 494 (developer, formal/informal mentor and lead)
* HSC 340 Changing Health Behaviors (developer and lead-2017)
* HSC 598, NTR 598 Special Topics in Health and Wellness Coaching (developer, formal/informal mentor, and lead-present)
* NTR 511 Medical Nutrition, Behavioral Change Lecture as a guest video lecturer
* Health and Wellness Coaching Faculty Training for ASU instructors (developer, formal/informal mentor, and lead-Spring 2017 and Summer 2020)

## **Teaching and Engaging Immersion and Online Students**

* + ***CHS –guest lecture***
  + ***CHS 340 Health Behavior (new in Fall 2020)***
  + ***HSC 210 Cultural Aspects Health (2015/new version in Spring 2022, partner with Downtown Multicultural Center (DMC))***
  + ***EXW 344 Physical Activity in Health and Disease (new, prep in Fall 2020/taught Spring 2021/2022)***
  + ***EXW 450 Social Determinants of Health (new, prep in Summer 2021/taught Fall 2021, involved students in*** ***CHS Racial & Social Justice Discussions )***
  + ***EXW 484 Internship (Spring 2022/Fall 2022)***
  + HSC 320 Applied Medical/Healthcare Ethics
  + HSC 330 Healthcare Systems in the US

# **ADMINISTRATIVE ACTIVITIES**

Focused on HLFS and HWC curriculum development, major map re-design, implementation, maintenance, assessment, alignment, and compliance with national competency standards established by the National Board for Health and Wellness Coaches (NBHWC). Some of the unique activities that I completed are bulleted below.

## **Curriculum Development, Enhancement, and Support**

* ***Added HEP 410 as a permanence course in HLFS curriculum***
* ***Explore possibilities of revamping: MS PAH Market Research & alignment with HLFS and the American College of Lifestyle Medicine (ACLM).***
* ***Develop a survey to explore HLFS faculty needs to connect, celebrate special events, and define meaning and potential.***
* ***Develop and receive approval for a study abroad proposal to extend opportunities CHS and HLFS students:*** [***Puerto Rico: ‘Al garete’ no more! Wellbeing among Rural Communities***](https://studyabroad.asu.edu/index.cfm?FuseAction=Programs.ViewProgramAngular&id=11480)***.***
* ***Develop a Coaching Competency Alignment process with all EXW courses to incorporate case studies and vignettes that include health and wellness coaching skills in these courses: EXW 101, EXW 215, EXW 217, EXW 335, EXW 400, EXW 424, EXW 450, CHS 340, and HEP 350.***
* ***Initiate conversations to include HEP 410 in HLFS curriculum, follow up with the curriculum committee and incorporate changes in for Fall 2023.***
* ***Develop a proposal to develop EXW 446 Worksite Wellness, received approval and began design process.***
* ***Develop strategies and invite course owners to revamp EXW 101 and EXW 450.***
* ***Lead a group to redesign EXW 101 Foundations of Exercise and Wellness. Through a clear definition of pathways, students will have opportunities to define their work in one or more of these occupational areas: individual one-on-one care, community health care, clinical work, or worksite/workplace opportunities.***
* ***Expand HLFS major map to include six focus areas: 1) Health Care Compliance and Regulations, 2) Health Education and Promotion, 3) Health Leadership and Management, 4) Health Psychology, 5) Healthy Nutrition, and 6) Integrative and Integrated Health.***
* ***Led discussions about incorporating cohort-based educational systems and peer support to align HLFS curricular structure and create an evolving sense of community and a collaborative learning ecosystem.***
* ***Create justifications for hiring faculties, and lead search committees to hire new faculty for HLFS.***
* ***Train enrollment and academic advisors on HLFS and HWC curriculum and their changes.***
* ***Establish a vetting process for internship sites for students in HLFS, BS.***
* ***Create and receive approval for the proposal to split the coordinator’s roles and responsibilities***
* ***Participate as a guest speaker faculty in CHS 101 and EXW 101.***
* ***Explore opportunities to expand the HLFS degree to incorporate a 4 +1 option.***
* ***Collaborate with other college graduate programs to incorporate their program descriptions into HLFS major map.***
* ***Explore opportunities to offer Comprehensive or Proficiency Exams to HLFS as a substitute of degree specific courses.***
* ***Connect with faculty members to propose changes in courses to have more experiential learning courses-example NTR 360.***
* ***Connecting ASU SAMHSA grant recipients to the NBHWC leadership group to explore Student Training SBIRT Grant & Licensing Exam Questions.***
* ***Develop a*** [***five domains competency model***](https://drive.google.com/file/d/1uPrh6GgUACfXyWVNpwzQIW8XqRBAEqSI/view?usp=sharing) ***for the HLFS, BS to identify the skills and competencies of the 21st-century healthy lifestyles and fitness coach and create a microcredentialing structure in one of the advanced coaching courses.***
* ***Oversee course evaluation and tagging system that provides data to use in the degree UOEEE Assessment Planning and Process.***
* ***Use the curriculum alignment process and gap review allowed faculty teaching in the HLFS degree (22 courses) to 1) become familiar with the degree assessment language, 2) recognize the impact of sound course development and the ability to capture critical skills, 3) outline course work that made a significant contribution to the overall content of the degree, and 4) address degree redundancies.***
* ***Work with instructional designers to plan a QM workshop for course leads.***
* ***Participate in the CHS 20 for 20 Series - Sponsored by the Social & Emotional Learning & Intelligence (SELI) Affinity Network.***
* ***Lead and coordinate, semester video meetings with all LFS students named “Is Becoming and Health and Wellness Coach Right for me?” In these meetings, I review curricular content and give students ideas and context about what to expect in their HLFS, BS and HWC, certificate.***
* ***Lead, develop and coordinate monthly Committee meetings of Health and Wellness Coaching Academic Program of Directors/Coordinators (UWSP, Point Loma Nazarene University and California Institute of Integral Studies).***
* ***Lead HLFS three Lecturer Position Search Committees.***
* ***Lead the effort to submit all the documentation and align the curriculum for the Healthy Lifestyles Coaching Certificate to move from a transition to receiving permanent approval by the National Board for Health & Wellness Coaching.***
* ***Design program HLC and HWC outcomes using IRMA Mapping and micro-credentialing tools.***
* ***Based on information obtained through IRMA mapping activities, revise and re-design HLC major map to align curriculum content with standards from NBHWC to grant students aptitudes to become National Certified Health and Wellness Coaches (NBC-HWC).***
* ***Apply for the NBHWC permanent phase approval in 2020, received permanent approval in May 2020.***
* ***Develop, coordinate, and deliver study/review sessions for HWC students completing the National Board certification.***
* ***Engage peers in the modification of the HCL curriculum, course descriptions, and academic catalog to reflect established changes.***
* Develop proposal with Health Education Health Promotion (HEHP) degree coordinator to combine both HLC & HEHP.
* Lead and facilitate a Health and Wellness Collaborative specific to HLC students with DRC director.
* Develop, implement, and evaluate the Commit to be Well Program (CtbW) a wellness program designed to improve the health and wellbeing of staff, faculty and ASU students while providing coaching trainees training opportunities.
* Develop and submit proposal with Exercise and Wellness (EXW) degree coordinator to combine both HLC & EXW.
* Work with Exercise and Wellness Curriculum committee and community stakeholders to explore the development of a Worksite/Corporate Wellness Degree.
* Hire academic associates to support HLC needed expertise.
* Establish contact and a repository of AZ NBH-HWCs and their CVs.
* Develop HLC and HWC information scripts for Pearson marketing and infographic development.
* Develop and confirm scheduling plan with faculty and academic program scheduling coordinator.
* Plan strategies for converting the nutrition course NTR 360 to an online platform/format and its availability for HLC students.
* Design proposal for developing of Health and Wellness Coaching training to be incorporated in Executive Education.
* Identify internal and external resources for curriculum development and scheduling logistics.
* Propose, developed, submitted, and led the HWC Certificate, which was approved and began in Spring 2018.
* Maintain liaison with students, faculty, staff and outside/community agencies in facilitating program objectives.
* Define HLC degree mission statement, assessment plan, and began assessment strategies.

## **CHS Activities and Strategies**

* ***Contribute in CHS newest academic visioning activities to allow HLFS and HWC to assess the place in field of study and think about resources needed to be competitive, both academically and in research, in the years ahead.***
* ***Participate in Population Health Area Meetings.***
* ***Participate in the faculty mentor/mentee program-Christina Sheppard is my mentor.***
* ***Develop a proposal to split and transform the director role into two responsibility areas: 1) to direct alignment, certification, and assessment, and 2) to direct scheduling and course offerings logistics.***
* ***Represent HLFS in VidHugs videos shared with students in Population Health.***

## **Enrollment and Retention**

* ***Request and start HLFS degree Canvas Program Shell to communicate with all degree students.***
* ***Develop welcome videos for current and new students in Downtown, West and Poly.***
* ***Develop a survey to engage HLFS and HWC graduates in sharing their experiences at ASU and after graduation.***
* ***Collaborate with CHS Alumni Survey working group to develop a post-gradation survey to gauge students’ job opportunities.***
* ***Just Dance tournament with students at the dorm***
* ***Participate in Engagement Opportunities for Faculty.***
* ***Participate in student recognition events.***
* ***Propose and support the expansion of HLO as a member of the ACLM interest group (LMIG).***
* ***Develop HLFS*** [***Retention/Enrollment Action Plan***](https://docs.google.com/document/d/13HOO0lIa95cs3U2O-RfhA_IZ205fBTQ-/edit?usp=sharing&ouid=109879189395470009281&rtpof=true&sd=true)***.***
* ***Design*** [***Student Persistence and Engagement Fall 2022 Activities***](https://docs.google.com/spreadsheets/d/1BMx8Gpb4dBx-ZM9YH5ZE8_ncUWK6vz2PJ0Jz5ZphIT0/edit?usp=sharing)***.***
* ***ASU Online CHS Health Sciences Webinar***
* ***Develop proposals and recommendations for HLO leadership members for recognitions 1) Pitchfork Award for Outstanding Undergraduate Student Leader, Red Cirino, and 2***[***) 2022 Donald A. Pegg***](https://lifestylemedicine.org/project/dap-student-scholarship/)[***Student Leadership Award,***](https://lifestylemedicine.org/project/dap-student-scholarship/) ***Timothy Voehl. These students received the awards.***
* ***Explore enrollment and retention strategies based on feedback from advisors and program***
* ***Develop retention strategies for HLFS freshman students on all campuses: Downtown, West, and Poly.***
* ***Develop the Healthy Lifestyles Student Organization GROW Series. A group coaching gathering for students to discuss selected topics on their most vital health and wellbeing concerns (March 2020) and partnered with Counseling Services to connect Health and Wellness Coaching students with their Circles of Support during Covid-19.***
* Develop the first Healthy Lifestyles Student online organization.

## **Partnerships**

* ***Collaborate and provide insights and advice to University Recreation & Wellbeing at the University of Wisconsin-Madison and Glendale Community College as they plan to expand their offerings and create a Health and Wellness Coaching certificate.***
* ***Explore partnership with the*** [***Mary Lou Fulton Teachers College Success Coaching Strategies.***](https://education.asu.edu/student-life/success-coaching)
* ***Mentor and collaborate with Richard Kratche from Dignity Health’s Family Medicine Residency Program Coordinator as a Faculty Appointee to expand practices and work of coaches in family practice and primary care.***
* ***Develop a modified health and wellness coaching protocol for Dignity Health students interning in a clinical setting.***
* ***Collaborate with Edson’s College, Dignity Health, recruiting Health and Wellness Coaches in Training to participate in the Transforming the Primary Care Workforce Project: Primary Care Internship and Transition to Practice Clinical Experience.***
* ***Participate and collaborate in the*** [***Exercise Science, Kinesiology, Pe, Health & Wellness ATF***](http://aztransmac2.asu.edu/cgi-bin/WebObjects/ATF.woa/wa/ATFRSS?ATF=EXSCI)
* ***Explore possibilities of engaging HLFS in the Poly campus by 1) adding the existing Physical Education secondary certificate to selected CHS majors and 2) developing a Healthy Lifestyles” concentration of the BA in Business.***
* ***Connect Health and Wellness Coaching students and graduates with job, partnership and research opportunities.***
* ***Connect with members of the AZ Psychological Association (AZPA) and GCU to determine potential opportunities for collaboration.***
* ***Connecting experts in the field with students, Peer Support Specialist and other community partners.***
* ***Participate in meeting to explore the potential of partnerships of CHS/AHCCCS, Sophia Health, Dignity Health.***
* ***Partner with Career & Professional Development Services.***
* ***Downtown Multicultural Center (DMC) agreed with the center director to teach a course (HSC 210) and built connections with Healthy Lifestyles Student Organization (HLO) to promote healthy lifestyles.***
* Built partnerships with health organizations like Solera Health to develop an affiliation agreement and explore applied experience/internship opportunities and Life 365 to design a HIPPA protected portal where HWC can enter their medical notes and track behavioral change progress.
* Continued strengthen partnerships with health organizations and student opportunities with organizations like Solera Health, opportunities for coaching for students and expanding alliances with nutrition interns, ASU Wellness, Sun Devil Fitness Complex, First Year Coaching Success Program, Ed Plus Success Coaching Center, W. P. Carey School of Business, Eaton Senior Communities, SDIT – Centers for Translational Research Institute at Claremont Graduate University, Copa Health, Ivy Center for Family Wellness/St. Vincent de Paul, One Human Family Coalition, and ASU Center for Health Promotion and Disease Prevention and their ¡Viva Maryvale!: A Multilevel, Multisector Model to Community-Based Diabetes Prevention, Applied Behavioral Health Policy to incorporate Screening, Brief Intervention, and Referral to Treatment (SBIRT), Motivational Interviewing, Medication-Assisted Treatment, and National Diabetes Prevention Program curricula within HWC.
* Develop a partnership with the Center for Applied Behavioral Health Policy to use MI coding lab/portal to enhance Motivational Interviewing skills among HLC students.
* Collaborate with career services, potential employers, and community partners to provide students with opportunities for internship and employment.
* Connect with professionals in the coaching field to provide HLC job opportunities.

## **Research Collaborations**

* ***Collaborate with CHS and Vitalant Blood Donation to streamline and design a survey containing questions to understand better how donors think about wellness and blood donation.***
* ***Collaborate in developing an HRSA grant proposal to co-investigate and develop a training curriculum for Community Health Workers and use and adapt components to the HLFS curriculum.***
* ***Collaborate with CHS faculty in developing several proposals to establish strategies to acquire funds from the American Rescue Plan (ARP) (expanding ECHO and Sun Devil Community Health and Wellness Collaborative.***
* ***Participate in the Automated Item Generation (AIG) Pilot Project Committee for HWC modeling with the National Board of Medical Examiners (NBME).***

## **Marketing**

* ***Participate in interviews and marketing to promote HLFS (***[***English***](https://womenshealthmag.my.id/what-does-a-health-and-fitness-coach-do-is-it-the-career-for-you.html) ***and*** [***Spanish***](https://latinodetroit.com/como-convertir-tu-pasion-por-el-bienestar-y-el-fitness-en-una-carrera/)***)*** [***Paid add***](https://billingsgazette.com/online_features/health_and_wellness/what-does-a-health-and-fitness-coach-do-is-it-the-career-for-you/article_4d4d2cdd-faea-542d-9da3-7184ea65cc1c.html)***.***
* ***Partner with the Integrative Wellness EXPO & Conference.***
* ***Participate in ASU Online advertising campaign.***
* ***Participate in the CHS Fall Welcome College Assembly for incoming, campus immersion freshmen and transfer students.***
* ***Plan activities for representation and involvement of the Healthy Lifestyles Student Organization in the Spring 2020 CHS open-door event.***

|  |  |  |  |
| --- | --- | --- | --- |
| **RELEVANT WORK EXPERIENCE** *Integrative Health Coaching Program Development*  University of Arizona Center / Arizona Center for Integrative Medicine (AzCIM) | | Oct 2014 – Feb 2015 | |
| *Worksite Onsite Wellness Coordinator Coach*  CIGNA Onsite Health, Phoenix, AZ | | Nov 2010 – Sep 2014 | |
| *Associate Faculty*  College of Humanities and Sciences and College of Health Sciences and Nursing, Apollo Group, University of Phoenix | | Dec 2008 – Sep 2014 | |
| Used adult learners and non-traditional students learning theories to promote and enhance  teaching and learning. Taught immersion students in the following courses: SCI/100 Paradigms of Health, SCI/163 Elements of Health and Wellness. SCI/220 Human Nutrition, SCI/230 Introduction to Life Sciences, BIO/101 Principles of Biology, HCS/212 Health Care Vocabulary, HCS/235 Health Care Delivery in the US, HCS/330 Introduction to Health and Disease | |
| *Adjunct Faculty*  Sanford Brown College, Bilingual Program, Phoenix, AZ | | Jan 2010 - Dec 2010 | |
| *Health Coach-Educator*  CIGNA Onsite Health, Phoenix, AZ | | Nov 2006 – Dec 2008 | |
| *Public Health Nutritionist/Postdoctoral Fellow*  Center for Disease Control and Prevention, Atlanta, Georgia US | | Oct 2004 - Oct 2006 | |
| *Research Associate*  Mel & Enid Zuckerman College of Public Health, U of A Tucson, AZ, | | Aug 1998 – Oct 2004 | |
| *Technical Services Coordinator*  LifeScan, a J&J Co. Cabo Rojo, PR | | June 1995 – Aug 1998 | |
| *Quality Assurance Analyst*  LifeScan, a J&J Co. Cabo Rojo, PR | | June 1994 – June 1995 | |
| *Research Associate*  University of Connecticut, Physiology and Neurobiology Program | | Aug 1992 – May 1994 | |

# **PROFESSIONAL ORGANIZATIONS**

* ***American College of Lifestyle Medicine, 2020-present***
* NBHWC Certification Leadership Consultation Group, May 2016-***present***
* Wellness Council of America, 2011-***present***
* National Wellness Institute, 2006-***present***
* American Public Health Association, 2004-2021
* Society for Public Health Education, 2007-2020
* American Society for Nutrition (ASN), 2007
* National Association of Nutrition Professionals, 2004
* American Society for Quality, 1997
* American Association of Diabetes Educators, 1995
* American Diabetes Association, 1995
* Puerto Rican Society for Microbiology, 1995
* American Society for Microbiology, 1992

# **HONORS AND AWARDS**

* **ACLM Virtual Victor** ***Award for Lifestyle Medicine Interest Group, November 2022***
* ***SUN Award August 2022 Exemplary service, Demonstrating leadership, Social embeddedness, Sun Devil pride, & Peer Support***
* ***SUN Award July 2022 Exemplary service, Demonstrating leadership, Sun Devil pride, & Supporting Students Success***
* ***SUN Award June 2022 Innovation, Social embeddedness, Sun Devil Pride, Supporting Students Success***
* ***CHS College Marshal - Undergraduate Commencement, May 2022***
* ***SUN Award January 2022 Demonstrating leadership***
* ***SUN Award May 2021 Demonstrating Leadership***
* ***SUN Award May 2021 Exemplary service, Sun Devil pride, & Supporting Students Success***
* ***Nominee, Distinguished Faculty Award for the 6th Annual CHS Staff and Faculty Awards, April 2021***
* ***Nominee, Teaching Award for the 6th Annual CHS Staff and Faculty Awards, April 2021***
* ***SUN Award Dec 2020 Exemplary service, Demonstrating leadership & Supporting Students Success***
* ***SUN Award Nov 2020 Demonstrating leadership***
* ***SUN Award Nov 2020 Exemplary service & Demonstrating leadership***
* ***Catalyst Award 2020*** [***Recipient***](https://inclusion.asu.edu/catalyst-award-2020-recipients) ***Healthy Lifestyles Organization at ASU***
* [***Nominee***](https://inclusion.asu.edu/catalyst-award-2020-nominees) ***ASU Committee for Campus Inclusion Catalyst Award 2020***
* ***SUN Award Aug 2020 Exemplary service & Supporting Students’ Success***
* ***SUN Award Aug 2020 Supporting Student’ss Success***
* ***SUN Award Aug 2020 Exemplary service, Innovation, Supporting Student’s Success***
* ***SUN Award May 2020 Exemplary service & Demonstrating leadership***
* ***Teaching Award, 2020 CHS Award Winner, May 2020***
* ***Nominee Mentoring Award for the 5th Annual CHS Staff and Faculty Awards, April 2020***
* ***Nominee Teaching Award for the 5th Annual CHS Staff and Faculty Awards, April 2020***
* ***Nominee Service Award for the 5th Annual CHS Staff and Faculty Awards, April 2020***
* ***Nominee Distinguished Faculty Award for the 5th Annual CHS Staff and Faculty Awards, April 2020***
* ***Nominee, Centennial Professorship Award March 2020***
* SUN Award Nov 2019 Demonstrating leadership
* SUN Award Nov 2019 You name it!
* Nominee, CHS Mentoring Award April 2019
* Nominee, CHS Innovation Award April 2019
* Sun Award Feb 2019 Fostering Cooperation & Positive climate
* Sun Award Jan 2019 Excellent Performance, Fostering Cooperation, Promoting ASU
* SUN Award June 2018
* SUN Award May 2016
* SUN Award Jan 2016
* Cigna Health and Wellness Coach of the Month, 2013
* Oak Ridge Institute for Science and Education (ORISE) Fellow, 2004-2006
* Johnson & Johnson Community Service and Involvement Award, 1996
* Government of Puerto Rico, Administración de Fomento Económico de PR Fellow, 1992

# **STUDENT MENTORSHIP**

## **Health Sciences Internship Mentoring for Commit to Be Well & HWC Individually**

|  |  |
| --- | --- |
| ***Julie Mault, Spring 2023***  ***Jenifer Meller, Fall 2022 Shelby Dixon, Spring 2022 Shannon Binkley, Spring 2022***  ***Jazmin Ramos, Fall 2021/Spring 2022 Wendy Baker, Fall 2020***  ***Jacqueline Mouton, Spring 2021 Red Cirino, Spring 2021*** | ***Sally Carrington, Fall 2020***  ***Irma Leyva, Fall 2020***  ***Stacy Robertson, Fall 2020 Shaine Boyd, Spring 2020***Nikita Thomas, Spring 2019 Sara Dekkiche, Spring 2018 Olivia Gano, Spring 2017 Samantha Vuyk, Spring 2016 Betty Banh, Spring 2016 |

## **Health and Wellness Coaching Faculty Mentoring/Training**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Spring 2017 | ***Summer 2020*** | ***Spring 2021*** | ***Summer/Fall 2021-***  ***Spring 2022*** | ***Fall 2022*** |
| Micki Hrncir Julia Pearl  Cheryl Der Ananian | ***Christina Barth***  ***Holly Aguila*** | ***Jenny Quezada*** | ***Devi Davis-Strong***  ***Richard Kratche*** | ***Jessica Hogan***  ***Jade Culbertson*** |

## **Honors Contracts**

*Raevyn Xavier*, Mindful Eating Seminar, Fall 2016

*Jacqueline Remackel*, Family health insurance evolution—where are we now? Spring 2016

*Anjali Agrawal*, Henrietta Lacks, and the HeLa Strain, Fall 2014

## **Undergraduate Honors Thesis Committee Membership**

*Ashley Sneddon*, Coach2Coach Program, Chair, 2018-2019

*Jared Blackwell*, The Commit to be Well Program: An Effective Worksite Wellness Program, Chair, 2017-2018

## **Master’s Thesis/Applied Project Committee Members**

***Carla Klepin, Health and Wellness Coaching: A Preliminary Study of Employee Interest. Missouri University of Science & Technology. June 2021***

***Jacqueline Mouton, ASU Obesity, MS, Chair Short-Term Intervention using HWC for Obese Patients diagnosed with Chronic Illnesses and/or Metabolic Syndrome, 2021***

***Courtney Jenkins, ASU Exercise & Wellness MS, Chair, Health and Wellness Coaching to Support Student-Athlete’s Career Transitions, 2019-2020***

*Dawn Augusta*, CONHI, Shade Tree Project Development for IORA Primary Care, 2018-2019 *Jonathan Fuller*, Grand Canyon University, Tru-intervention Childhood Obesity Intervention Project, 2018-2019

## **Additional Mentoring**

***Timothy Voehl, Research proposal evaluation and exploration of resources, Fall 2020***

***Stephanie Bucklin, Research proposal evaluation and exploration of resources, Fall 2020***

## **Health and Wellness Coaching Certification Mentoring**

|  |  |  |
| --- | --- | --- |
| **Fall 2015 (4 students)** | **Spring 2016 (16 students)** | **Fall 2016 (16 students)** |
| Bethany Waterbury Rosario Espinoza Lauren McInnis Misty Preston | Jacqueline Ballesteros Ashley Castillo  Haley Cosentino Thurman Davis Tatum Dempsey Auburn Dush Shadonna Gordon Shelby Johnson Nicole Lebowitz Jessica Maravilla Delacy Mauk Keely Mcdowell Jaymie Moten Megan Taylor  Erika Townsend Samantha Vuyk | Amanda Bo Biehle Tiffany A Johansson Keeley Kourvelas Melanie Marafioti Teresa M. Mizusawa Chelsea C Schutt  Lauren Ashley Van Vlack Paige Annunziato Farzaneh Barati Sansanee Erickson Olivia Gano  Grady Gavigan Kylee Gillen Jacqueline Luna Britt Aaron Schoon Erin S Stewart |
| **Spring 2017 (17 students)** | **Fall 2017 (14 students)** | **Spring 2018 (11 students)** |
| Erin Braddi  Delanie Kristin Carras Lisa Castrichini Shelby Hannan Daniel Jesus Morales Katherine Ann Rice Fiderica Saenz Aubree Joanne Thal Edwin Quintero Trejo Alyssa Beavers Jennifer Douglas Joseph Erskine Kelsey Adair Laubie Amber Marie Short  Jamie Brooke Thomas Jamie Towns  Diane Zartman | Bailey Broadus Ryequel Denny Amber Hailpern Claudia Luna Itzel Ortiz Jasmine Bailey Anadallas Bizzell Bambee Garfield Ashley Gunn  Meredith Kennedy Chantel Lee Rachel Nielsen Natalie Sommers Stefanie Valdez | Jennifer Dee Cox Connor James Dawson Sarah J Geschke Natalie Sarah Hess  Danielle Susan Lombardo Sarah Annette Lowder Alexis Lee Mize  Mairi Winona Nicol Danielle Stevens Laura Cabral Tafoya Antoinette L Tate |

|  |  |  |
| --- | --- | --- |
| **Fall 2018 (16 students)** | **Spring 2019 (13 students)** | **Fall 2019 (17 students)** |
| Brianna Boney Aubree Clayton Carrie Gregory Alyson Jay Hayley Oleson Jacob Parada John Peralta Kathleen Pryor Avanel Smithe Ashley Stewart  April Washinowski Rachel Williams Dawn Augusta Eileen Carrell Keani Chang  Ryan Joyce | Stephanie Christl Shellyon Drummond Courtney Jenkins Angela Maria Kemper Alissa Manno  Alisha McDonald Paige Morgan Milatz Angela Moncada Thrissia L. Pena-Robles Benjamin Pinol  Wyatt Reimann Ashley Sneddon Reginald Ward II | Courtney Andersen Marissa Alva  Janet Anselm Mattsue Cahue-Lopez Cynthia Bailey  Caitlin Boyd Abrae Cole Mary Fritschie Jessica Dunn Madeleine Galo Victoria Hundley Kellie Saba Linda Smith Carla Klepin Christine Pekar Andrea Rudloff  Courtney Wild |
| ***Spring 2020 (21 students)*** | ***Summer 2020 (13 students)*** | ***Fall 2020 (29 students)*** |
| ***Michael Addy Stephanie Allen Shanda Bintliff Shaine Boyd***  ***Tatyana Brown Breanna Burgess Katelyn Carrillo Anita Daryanani Montserrat Garcia Deshay Harper Akua Jitahadi Jamie Johnson Charity Leber Linsey Levy***  ***Irma Leyva Esther Lopez Melvin Middleton Gabriel Santiago Amber Springer***  ***Savannah Stephens Angel Vaughn*** | ***Gabriela Camacho Sally Carrington Kylie Churnetski Teniah Delsid Delaney Dill***  ***Erica Duffy Diane Fleury Heather Harrell Emily Kovash Lashanda Lee Calissa Leren Erica Neal***  ***Dominique Ramirez Stacy Robertson Wayne Smith*** | ***Shawnmarie Billiman Marisa Lea Calventas Red Cirino***  ***Jazmine Connolly Mitchell Croushore Aleksandra De Fant Julianna Dorvall Darci DuBose***  ***Dora Edwards Janna Fredrick***  ***Cassandra Harrison Kanani Jackson Josslyn Lara Ralphael Logan Glenn Matsumura Mackenzie McCraw Jacqueline Mouton Savannah Orta Brandy Padilla***  ***Brianna Paget Markel Quidera Kristy Rossignuolo Janice Snow Alexis Tamez***  ***Danielle Torres*** |

|  |  |  |
| --- | --- | --- |
|  |  | ***Raven Tuka Jazmin Uvaldo***  ***Jennifer Veliz-Gomez***  ***Julie Willoughby*** |
| ***Spring 2021 (36 students)*** | ***Fall 2021 (18 students)*** | ***Spring 2022 (16 students)*** |
| ***Aria Alexander Wendy Baker Simran Bhakta Andrea Bilti Timothy Bognot Bayley Brennan Devon Bressette Courtney Brewster Michelle Coon Melissa Cummings***  ***Cynthia Erwin-Hogberg Crystal Garcia***  ***Rebecca Gershowitz Heather Goodman Alaweyah Habhab Rhina Hatton Steffanie Helsman Rachel Jackson Kayla Jones***  ***Natalie Kowasic Kaytlin Kuczkowski Lenea Lujan***  ***Jonah MacLagan Jelsy Martinez***  ***Molly Mcdonough-Lukmish Vicky Munoz***  ***Jonathan Obrien Roseann Pedroza Starr Modrzejewski Brittany Rizzuto Julie Shepler Franshon Smith Madison Sycalik Lee Totzke Danielle Von Merta***  ***Sean Welch*** | ***Rachel Baldwin Nichole Brewer Mackenzie Brown Stephanie Cahill Amie Caron Bailey Chavez Kerry Engkilterra Chrystal Galvan Monica Gonzalez Miranda Hill Lashawn Hurst Cheri Kimbel***  ***Max McDaniel Kelsey Norris Madison Owens Jazmin Ramos Maricel Rouleau Sarah Trindade*** | ***Nicole Allen Benjamin Berube Ryan Bright Dawn Brooks Alexandra Burgio Shelby Dixon***  ***Hayden Durkiewicz Madison Gober Sarah Hamlett Josefina Hendry Amanda Kennedy Elizabeth Nguyen Erin Newey***  ***Peyton Orilla David Salameno Lauren Sheridan*** |

|  |  |  |  |
| --- | --- | --- | --- |
| ***Fall 2022 (17 students)*** | | ***Spring 2023 (20 students)*** | |
| ***Aimee Antila*** | ***Laurett-Maria Irvin*** | ***Kate Adams*** | ***Linda Larkey*** |
| ***Amanda Bieszard*** | ***Cora Jackson*** | ***Jenifer Barackman*** | ***Caitlin Lindsay*** |
| ***Zachary Boylan*** | ***Julie Mault*** | ***John Blackman*** | ***Zujaila Merino*** |
| ***Breanna Callahan*** | ***Jenifer Meller*** | ***Makenzie Delmonico*** | ***Jamie Miner*** |
| ***Jasmine Edris*** | ***Crystal Davis Smith*** | ***Jessica Hogan*** | ***Margaret Rutledge*** |
| ***Susana Hall*** | ***Andrew Sroufe*** | ***Deanna Horvath*** | ***Marisa Saltzgiver*** |
| ***Christina Hannemann*** | ***Samantha Tardieu*** | ***Camryn Jarvis*** | ***Heather Sanford*** |
| ***Korrie Hurt*** | ***Jennifer Wikler*** | ***Andrew Johnston*** | ***Crystal Smith*** |
| ***Stephanie Iaccino*** |  | ***Erin Joice*** | ***Kinsey Smith*** |
|  |  | ***Jessica Kerr*** | ***Elana Willett-Caoagdan*** |

# **PROPOSAL FUND ACQUISITION**

***Title: Community Health Worker Training Program***

***Funding Agency: DHHS Health Resources and Services Administration (HRSA) Role: Co-Investigator***

***Award Number: 1 T29HP46674‐01‐00***

***Term: 9/15/22-9/14/25 Amount: $2,999,934.00***

Title: Health and Wellness Coaching Faculty Training Program Funding Agency: CHS Professional Development Funds

Role: Curriculum developer, budget design, and oversight Term: 2017-2019

Amount: $9,831.95

Title: STUDY00005490: Commit to be Well Evaluation and Research Funding Agency: ASU Barrett Honors

Role: Program developer, IRB submission, and oversight Term: 2017-2018

Amount: NA

Title: HSC 440 Health Coaching: Concepts and Skills through QM Funding Agency: Ed Plus

Role: Application process, developer, alignment to QM rubric, and oversight Term: 2018

Amount: $1,000

# **PROGRAM AND COLLEGE SERVICE**

* ***Reviewer, Simon Holzapfel, Course Peer-Review EXW 420 (Exercise Testing), April 2022***
* ***Reviewer, Faculty Annual Review Committee, Dec 2021-February 2022***
* ***Participant, CHS Focusing Our Future: Engagement Session (Personalized interventions through precision health). Spring 2022***
* ***Member, AZTransfer Steering Committee, Spring 2020-present***
* ***Participant, ASU’s general education requirements workshops. Spring 2022***
* ***Participant, MS in PAH Degree Working Group, Spring 2022-present***
* ***Participant, HWC Academic Program Directors/Coordinators, ongoing***
* ***Chair, Healthy Lifestyles and Fitness Science Lecturer search committee, Fall 2020, Spring/Summer 2022***
* ***Chair, Healthy Lifestyle and Fitness Science, BS & Health, and Wellness Coach, Certificate Curriculum Committee, Fall 2017-present***
* ***Co-Chair, Healthy Lifestyle and Fitness Science, BS, Summer 2021-present***
* ***Member, American College of Lifestyle Medicine Health and Wellness Coaches, Happiness Science, and Worksite Wellness MIGs, Summer 2021-present***
* ***Advisor, ASU-Dignity Primary Care Coordination pilot, Spring 2021-present***
* ***Advisor, Transforming the Primary Care Workforce Project, Spring 2021-present***
* ***Participant, CHS Racial & Social Justice Discussion Groups, Fall 2020, Fall 2021, Spring 2022***
* ***Participant, ASU Community Clinic: Stakeholder and Collaborate Large Group Meeting, Spring 2021- present***
* ***Member, Clinical Program Leads Committee, Fall 2020-present***
* ***Coordinator/Planner, Tempe & Downtown Open-Door Event, Spring 2020***
* ***Participant, HCD/POP Student & Faculty Introductions, Fall 2020***
* ***Participant, Live convocation watch party and Cheers to Health- Faculty toaster, Fall 2020***
* ***Participant, VidHugs, Fall 2020***
* ***Co-Chair, HLC/EXW Merge Degree Committee, Fall 2019-Fall 2021***
* ***Member, Peer Teaching Evaluation Committee, Fall 2018, Spring 2022***
* Chair, Healthy Lifestyle Coaching, BS & Health, and Wellness Coach, Certificate Curriculum Committee, Fall 2017-Fall 2020
* Member, Workload Distribution Committee, Fall 2018-Fall 2020
* Developer, Healthy Lifestyle Coaching, BS & Health, and Wellness Coach, Certificate, IRMA Mapping & UOEEE Assessment Plan, Spring 2019-present
* Participant, CHS Fall Welcome College Assembly
* Member, IBH Clinical Asst/Assoc Professor Search/Hiring Committee, Fall 2019-Fall 2019
* Tester, Pilot Badgr, Fall 2019-present
* Mentor, CHS Staff Mentoring Program (Marta Zienkiewicz), Fall 2019-present
* Mentor, CHS Faculty Mentoring Program (Christina Scribner), Fall 2019-Spring 2020
* Participant, Dinner with the Dean-Dining Etiquette, Feb 2019
* Member, Teaching and Learning Community of Practice Affinity Network, Spring 2019
* Degree Coordinator, Healthy Lifestyle Coaching Health, BS and Wellness Coach, Certificate, Fall 2018- present
* Chair, Healthy Lifestyle Coaching, BS Management Group, Fall 2013-Fall 2018
* Developer, Pilot of Motivational Interviewing Portal from the Center for Applied Behavioral Health Policy and Integration, Summer 2018-present
* Member, CHS Online Instructor Support Group Fall 2018-present
* Developer and Advisor, Healthy Lifestyles Student Organization, May 2018-present
* Tester, Pilot Practice/Apprenet, Implementation & Integration, Summer 2018
* Member, HealthCare Partners and Research Partnership with Science of Health Care Delivery, Spring 2018
* Participant, 2018 Future Health Leaders Summer Camp
* Facilitator, connections with community members to serve as Advisory Board Member for Healthy Lifestyles Coaching, Fall 2016-present
* Developer, Proposed Curriculum to expand the HWC certificate in Executive Ed, Spring 2017-present
* Participant, Collaboration HR Programs coordinate and promote workshop: Students invited to hear the creator of Conversational Intelligence, May 2017
* Tester, ZOOM for HSC 494 a synchronous course, Spring 2016

# **UNIVERSITY SERVICE**

* ***Participant, Workshop to define learning outcomes for Global Communities, Societies and Individuals, Spring 2022 (2 hours)***
* ***Participant, CLFSA General Meeting Cultivating Latinx Lideres at ASU Series, Spring 2021 (1 hour)***
* Member, Arizona State University’s Chicano/Latino Faculty and Staff Association (CLFSA), Fall 2019
* Member, Cross-disciplinary Digital Credentialing Innovation Committee, Fall 2018-present
* Participant, Celebrating Honors Symposium of Research and Creative Projects, 2018
* Participant, Healthcare Partners and ASU Collaboratory, Fall 2017
* Facilitator, HLC data sharing with EAB Strategic Research, Spring 2016

# **COMMUNITY SERVICE**

* Member, Arizona’s NBC-HWC, Fall 2019-***present***
* Facilitator, Life 365, Fall 2019-***present***
* Facilitator, Solera Health Connections, Spring 2019-***Fall 2021***
* Member, Volunteer Lifestyle Intervention in Puerto Rico with One Human Family Coalition Building, Fall 2018- ***present***
* Member, NBC-HWC Certification Leadership Team volunteer, Spring 2016-***present***
* Contributor, Andrew Weil Center for Integrative Medicine, Fall 2016- ***present***
* Participant, AZPHA's Mentoring Program, 2018-2019
* Partner, RightCare Foundation, Inc. Connections, Spring 2019
* Member, [NBHWC/NBME Health & Wellness Coach Task Force, Spring](https://www.nbme.org/sites/default/files/2020-01/2018USMLE-NBME-Examination-Committee-Members.pdf) 2018
* Partner, Exploration MI Training/Funds for faculty with Goalistics, LLC, Fall 2018
* Participant, NBC-HWC Item Writer, 2016-2018

# **PROPOSALS SUBMITTED BUT NOT FUNDED OR ACCEPTED**

***Title: Cross-Disciplinary Digital Credentialing Innovation and the integration of pathways, badges and micro-credentials beyond HSC 440***

***Funding Agency: ASU GPSA Awards Team/Centennial Professorship Award Role: Curriculum developer, budget design, and oversight***

***Term: Spring 2020 Amount: $4,986.92***

Title: Development of a hybrid version of EXW 442 Motivational Interviewing Funding Agency: Faculty Fund for Teaching Excellence and Student Success

Role: Hybrid course development as curriculum developer, designer, and oversight Term: Fall 2019

Amount: Not awarded

Title: Use of a Health and Wellness Coaching Approach for Eating Disorders Agency: 35th Annual SCAN Symposium: *Navigating the Path of Wellness* Term: April 26 – 28, 2019

Role: Workshop facilitator with Christina Scribner

Title: Sustaining the Heart of Health Initiative Funding Agency: Vitalyst Foundation Innovation Term: 2017-2018

Role: Proposal participant Amount: $125,000

Title: Faculty Fund for Teaching Initiatives: Hybrid Course Development Proposal: EXW 442: Motivational Interviewing

Funding Agency: CHS ASU Term: 2017-2018

Role: Proposal developer Amount: $5,000

Title: Delivering Lifestyle Modification in a Health Care Setting for the Treatment Funding Agency: Mayo Clinic Arizona

Term: 2016

Role: Proposal participant Amount: $571,553

# **EDITOR/REVIEWERS**

* ***NBHWC & NBME AIG pilot project for the HWC exam, Spring 2021***
* NBHWC Exam Blueprint Expert Panel, Spring 2017-Spring 2020
* NBHWC content outline and final exam design, item review, and exam key validation, Spring 2017-Spring 2020

# **PEER-REVIEWED PUBLICATIONS**

* Blackwell J, *Gregory-Mercado K*, Collins M, Guillen J, Scribner C, Moses K. Health and Wellness Coaching Implemented by Trainees: Impact in Worksite Wellness. Glob Adv Health Med. 2019;8:2164956119831226.
* Besculides M, Zaveri H, Hanson C, Farris R, *Gregory-Mercado KY*, Will J. "Best Practices in Implementing Lifestyle Interventions in the WISEWOMAN Program: Adaptable Strategies for Public Health Programs." American Journal of Health Promotion 22.5 (2008): 322-28.
* *Gregory-Mercado K*, Will J, True S, et al. A combined approach to women's health is associated with a greater likelihood of repeat mammography in a population of financially disadvantaged

women. Prev Chronic Dis. 2007;4(4): A89.

* *Gregory-Mercado K*, Staten LK, Gillespie, Ranger-Moore J, Thomson C, Giuliano A, Will J, Ford E, and Marshall J. "Ethnicity and Nutrient Intake among Arizona WISEWOMAN Participants." Journal of Women's Health (2002) 16.3 (2007): 379-389.
* Will, JC, Khavjou, O., Finkelstein, EA, Loo, RK, *Gregory-Mercado K*. "One-year Changes in Glucose and Heart Disease Risk Factors among Participants in the WISEWOMAN Programme." European Diabetes Nursing 4.2 (2007): 57-63. Web.
* *Gregory-Mercado K*, Staten LK, Ranger-Moore J, Will J, Giuliano A, Ford E, Marshall J. "Diet & Nutrition; Fruit and Vegetable Consumption of Older Mexican- American Women is Linked to Acculturation." Health & Medicine Week [Atlanta] 2006: 503.
* Staten LK, *Gregory-Mercado K*, Ranger-Moore J, Will J, Giuliano A, Ford E, and Marshall J. "Provider Counseling, Health Education, and Community Health Workers: The Arizona WISEWOMAN Project." Journal of Women's Health (2002) 13.5 (2004): 547-556.
* *Gregory-Mercado K*. Predictors of fruit and vegetable consumption in older, mostly Hispanic women in Arizona [dissertation]. Tucson, AZ: University of Arizona; 2004.

# **UNPUBLISHED WORK**

* *Gregory-Mercado K* Capacitacion for Promotoras in REACH-Racial and Ethnic Approaches to Community Health Project. Migrant Health Promotion. Internship Project Report.

# **ABSTRACTS AND PRESENTATIONS**

* ***Gregory-Mercado, KY. Being Present….Making Most of our Day. November 2022. Strive Well-Being, Inc., San Diego, CA***
* ***Jordan, Meg, Gregory, Candence, Gregory-Mercado, KY Integrative Health Coaching: Theories, Process, and Skills Online Dialogue November 2022. Arizona Center for Integrative Medicine, Tucson, Arizona***
* ***Gregory-Mercado, KY. Eating Around the World. October 2022. Strive Well-Being, Inc., San Diego, CA***
* ***Gregory-Mercado, KY. Is Becoming a Health and Wellness Coach Right for me? ASU/CHS/HLFS Students. Spring/Fall 2020, Spring/Fall 2021, Spring/Fall 2022***
* ***Gregory-Mercado, KY. Healthy Lifestyle Hacks. August 2022. ASU’s Downtown Multicultural Center, AZ***
* ***Gregory-Mercado, KY. Healthy Lifestyle Hacks. June 2022. Strive Well-Being, Inc., San Diego, CA***
* ***Crocker, R, Rhode, R, Rychener, David, Jordan, Meg, Gregory-Mercado, KY Integrative Health Coaching: Theories, Process, and Skills Online Dialogue May 2022. Arizona Center for Integrative Medicine, Tucson, Arizona***
* ***Klepin, Carla, Murray, Susan, Gregory-Mercado, KY. Health and Wellness Coaching: A Preliminary Study of Employee Interest. Applied Psychology: Health and Well-Being (AP:HWB) June 2021***
* ***Jordan, Meg., Gregory-Mercado, KY Influences on Coaching and the Role of the Coach Nov 2020. Arizona Center for Integrative Medicine, Tucson, Arizona***
* Crocker, R, Rhode, R, Rychener, David, Jordan, Meg, Gregory-Mercado, KY Integrative Health Coaching: Theories, Process, and Skills Online Dialogue Nov 2019. Arizona Center for Integrative Medicine, Tucson, Arizona
* Gregory-Mercado, KY. 101 Ways to Cope with Stress Workshop. Sep 2019. Tower Engineering Professionals, Tempe, Arizona
* Gregory-Mercado, KY, Meg Jordan, Candance Gregory, Lauve Metcalfe, Sara Regester. The business of Health and Wellness Coaching Panel May 2019. Arizona Center for Integrative Medicine, Tucson, Arizona
* Gregory-Mercado, KY. Healthy Eating, Living Well Workshop. March 2019. Tower Engineering Professionals, Tempe, Arizona
* Gregory-Mercado, KY, MIECHV & HRPP/NICP, Arizona Department of Health Services, Motivational Interviewing for Home Visitors Training, Jan 2019
* Crocker, R, Rhode, R, Rychener, David, Jordan, Meg, Gregory-Mercado, KY Integrative Health Coaching: Theories, Process, and Skills Online Dialogue Dec 2018. Arizona Center for Integrative Medicine, Tucson, Arizona
* Blackwell J., Gregory-Mercado KY, Collins M, Scribner C. The Commit to be Well Program: An Effective Worksite Wellness Program. Presented at the March 2018 Art & Science of Health Promotion Conference in San Diego, California
* Hesketh H, Besculides M, Briefel R, Will J, Farris R, Gregory-Mercado KY, Winston P. Implementing Lifestyle Interventions in Selected WISEWOMAN Programs: Adaptable Strategies for Public Health Programs. Oral Presentation--CDC’s 2006 National Health Promotion Conference, Sep 12 - 14, 2006, at the Hilton Atlanta in Atlanta, Georgia.
* Sanders C, Gregory-Mercado KY, Will J. WISEWOMAN best practices study: Reporting practices from Massachusetts Project. Presented at the Dec 2006 American Public Health Association, 134th Annual Meeting & Exposition in Boston, Massachusetts.
* Gregory-Mercado KY, Will J. From Randomized Control Trials to “Real World” Health Promotion Interventions for Disadvantaged Women: WISEWOMAN Interventions. Presented at the I World Congress of Public Health Nutrition in Barcelona, Spain.
* Gregory-Mercado KY, Loo RL, Poindexter, P. What Goes Around Comes Around: Generating Buy-in Through Mutually Beneficial Evaluations -the National Breast and Cervical Cancer Early Detection Program (NBCCEDP) and the Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN). A panel presentation at the American Evaluation Association Annual Conference, 2006, Portland, Oregon.
* Gregory-Mercado KY, Will J., Khavjou O, Finkelstein E. The impact of WISEWOMAN among white and black participants with hypertension. Presented at the 2005 ISHIB Annual Meeting in San Juan, Puerto Rico.
* Besculides M, Hesketh H, Briefel R, Will J, Gregory-Mercado KY, Farris R, Winston P. Identifying best program practices to deliver effective lifestyle interventions: Lessons from selected WISEWOMAN projects. Presented at the 2005 American Evaluation Association Annual Meeting-Crossing Borders, Crossing Boundaries in Toronto, Canada.
* Hesketh H, Besculides M, Briefel R, Will J, Farris R, Gregory-Mercado KY, Winston P. Identifying best program practices to deliver effective lifestyle interventions: Lessons from selected WISEWOMAN projects. Presented at the Dec 2005 American Public Health Association, 133rd Annual Meeting & Exposition in Philadelphia, Pennsylvania.

# **JOB-RELATED TRAINING**

* + ***Writing an Assessment Plan/Report Workshop, ASU January 17th***
  + ***Writing an Assessment Plan for a New Program Workshop, ASU January 18th***
  + ***Incorporating Dashboards in Assessment Practices Workshop, ASU January 19th***
  + ***Live Conversation with Laura Putnam & NWI's CEO Chuck Gillespie, NWI, January 2023***
  + ***Moving DEI from Intention to Impact, LinkedIn, December 2022***
  + ***Cultivating Kind Cultures in Workplaces & Communities - Virtual Summit, WELCOA, December 2022***
  + ***The Clinical Science of Obesity and Addressing Weight Stigma, ACLM, December 2022***
  + ***Power of Sleep, ACLM, December 2022***
  + ***How is Cultural Humility a Powerful Source of Self Care for Health Coaches?, NBHWC December 2022***
  + ***ACLM Conference, Lifestyle Medicine 2022 Redesigning Healthcare Better, November 13-16***
  + ***Ensuring Your Course is Engaging through Active Learning, ASU, November 2022***
  + ***2022 Translational Science Conference: Designing Adaptable Teams for Longevity & Success, October 2022***
    - ***Social Emotional Learning & Intelligence (SELI)***
    - ***Well-Being as Skills: Training Your Mind***
    - ***EQ - the difference between a good teacher and a great teacher***
  + ***ASU Professional Development Conference 2022, October 2022***
    - ***Emotions at Work: From the Atlas of the Heart by Brene Brown***
    - ***Tackling Implicit Bias and Microaggressions***
    - ***Becoming a Culturally Intelligent Leader***
  + ***How to Reach the Disengaged Student in the Classroom, Chronicle, October 2022***
  + ***The Real ROI of Employee Health, Wellbeing, and Engagement, Virgin Pulse, October 2022***
  + ***What Data Are Missing From Your Wellness Programming?, NWI Webinar, October 2022***
  + ***Cultivating Resilience: Life Lessons from the Longest Lived, ACLM, October 2022***
  + ***Sexual Violence and Global Education Programs, ASU, October 2022***
  + ***The Potential of Lifestyle Medicine in Addressing Health Equity, ACLM, October 2022***
  + ***Reinventing the Student Journey, The Chronicle, October 2022***
  + ***Recruitment Amid Enrollment Uncertainty, The Chronicle, October 2022***
  + ***Appreciative Education in Action: Thriving and Appreciative Education & An Appreciative Advising Approach to Working with TRIO Students, Office of Appreciative Education, FAU, October 2022***
  + ***CHS Analytics Training, September 2022***
  + ***Finding a Path to Healthy & Sustainable Diets, Dr. Walter Willett ACLM September 2022***
  + ***ASU PM Network All-Member Annual Meeting 2022 - The Heart of Daring Leadership, ASU, September 2022***
  + ***NBHWC Satellite Event: White House Conference on Hunger, Nutrition and Health, September 2022***
  + ***Business Fundamentals for a Successful Coaching Practice, Avidon Health, September 2022***
  + ***Tools for Creating Digital Communities, ASU, September 2022***
  + ***The Highs and Lows: How Substance Misuse Impacts Your Workplace, Health Links, August 2022***
  + ***Talking in the Dark: How to Become a Better Listener, AceUp, August 2022***
  + ***Strategic Planning in the Age of Disruption, The Chronicle, August 2022***
  + ***Human "SENT-ric" Leadership, HCI August 2022***
  + ***Lessons in Creativity and Communications, The Chronicle, August 2022***
  + ***Adobe Creative Campus Faculty Development Institute — Workshops, June 21–23, 2022***
  + ***Making Moves Forward: DTTAC, June 9, 2022***
  + ***Health Coach Summit & Conference, Lifestyle Medicine University Foundation May 26-29, 2022***
  + ***Integrative Medicine Summit 2022: Translating Science into Clinical Practice, UofA May 2022***
  + ***2022 DEI Conference: Healing our Nation: The Power of Authentic Allyship, ASU April, 2022***
  + ***NBHWC Quarterly Connect with Tijen Genco: Cognitive Biases and Deep Listening, April 2022***
  + ***Modern Strategic Planning for Higher Education, Higher Ed, April 2022***
  + ***How Do You Distinguish Yourself Through Your Curriculum? Higher Ed, March, 2022***
  + ***New Research: Best Practices in Workplace Wellness, WELCOA, March 2022***
  + ***Intensive Global Education Program, ASU March 2022***
  + ***A Live Online Conversation with Deepak Chopra, CIIS March 2022***
  + ***LMIG Advisor Orientation, ACLM, March 2022***
  + ***CHS Teaching Academy, ASU Spring 2022***
  + ***Design Thinking Workshop for Interprofessional Primary Care, EDSON College, March 2022***
  + ***Population Health Workforce to Meet 21st Century Challenges & Opportunities, NASEM February, 2022***
  + ***Expand Your DEI Coaching Mindset, NBHWC February 2022***
  + ***Global Health & Wellbeing Coaching Symposium, Your Coach, Nov 2021***
  + ***Positive Intelligence (PQ), September 2021***
  + ***Providing Health Literate Virtual Health Services: a Workshop, NWI September 2021***
  + ***Introduction to Body Centered Coaching, Real Balance, September 2021***
  + ***National Wellness Institute Conference, Be curious, Intentional, Well. NWI July 2021***
  + ***Lifestyle Medicine in Academic Symposium, Equipping the Next Generation, ACLM July 2021***
  + ***Comprehensive Interpersonal Neurobiology (IPNB) Course 6 Week Cohort, June-August, 2021***
  + ***From Heightened Awareness to Action: Stepping Up to Address Healthcare Inequalities, NWI, August 2021***
  + ***A Renewed Alignment: Strengths, Emotions, Resilience, and You, NWI, June 2021***
  + ***Implementing High-Quality Primary Care Webinar Series: The Future Workforce, NASEM, June 2021***
  + ***Implicit Bias and Microaggressions, ASU, June 2021***
  + ***Reflection and Metacognition as a Teaching Strategy, ASU, June 2021***
  + ***Foundations of Lifestyle Medicine Board Review, May 2021***
  + ***Mindfulness for Healthcare Summit 2021, May, 2021***
  + ***CHS Integrated Health Care Conference, May, 2021***
  + ***Transcend Course by Scott Barry Kaufman May, 2021***
  + ***Experiential Learning Affinity Network Workshop, CHS/ELAN March 2021***
  + ***Taking Care of Ourselves, MAP ERC, March 2021***
  + ***Evolving the Classroom with Universal Design for Learning (Online), ASU, March 2021***
  + ***How to Support, Measure, and Prove Client Success Between and After Coaching, NWI, February 2021***
  + ***Emotional Strength Training: Growing and Building Emotional Muscle NWI, January 2021***
  + ***Understanding our Emotional Reactions, The Mother Company January 2021***
  + ***CSW Series: Juggling Responsibilities in a Time of COVID, January 2021***
  + ***Realizing your Confidence and Self-Worth, by Scott Barry Kaufman December, 2020***
  + ***Caring for Ourselves: Considerations for Clinician Well-Being and Self-Care. ACLM, Dec 2020***
  + ***Prioritizing Employee Wellness for a Remote Workforce by NWI, Nov 2020***
  + ***The Reversibility of Type 2 Diabetes with Lifestyle Medicine- Discussion and Live Q&A, ACLM, Nov 2020***
  + ***Health and Wellness Coaching in a New Era: Reimagine Yourself and Your practice Virtual Wellness Workshop by NWI, Nov 2020***
  + ***Using Appreciative Inquiry to Cultivate a Culture of Wellness by NWI, Oct 2020***
  + ***Lifestyle Medicine 2020: Health Restored Virtual Conference. ACLM, Oct, 2020***
  + ***Difficult Conversations in a Virtual World: How to Set Yourself Up for Success. Turniting Technologies, Oct, 2020***
  + ***ASU CSW/SC Conference Oct 21, October 2020***
  + ***Gamifying Audience Engagement in a Remote World. Turniting Technologies, Oct, 2020***
  + ***Developing a Telemedicine Program by Arizona Telemedicine Program the University of Arizona, Sep 2020***
  + ***The Role of Lifestyle Medicine in Pain Management and Musculoskeletal Disorders. ACLM, August 2020***
  + ***Reopening Colleges and Universities During COVID-19: Keeping Students and Communities Healthy. APHA July 2020***
  + ***Breaking Down the Virtual Wall. Turniting Technologies, July 2020***
  + ***Lifestyle Medicine, Health Disparities and COVID-19. ACLM, July 2020***
  + ***ASU Community of Care Training for Employees, June 2020***
  + ***Understanding Diversity among Mentees. ASU June 2020***
  + ***Active Learning All the Time - ready, set, Sync! ASU June 20202***
  + ***Telemedicine & HSAs: What You Need to Know, June 2020***
  + ***COVID-19: Return to Campus Training for Supervisors. ASU June 2020***
  + ***Intensive Group Coaching Master Class by Mentor LLC, June 2020***
  + ***Leading and Perfecting the Business Case for Your Wellness Program: Creative Methods to Improve Engagement and Sustainability. NWI June 2020***
  + ***Design Your Culture for Change. NWI June 2020***
  + ***High-Enrollment Course Strategies: Effective Assignments. ASU June 2020***
  + ***How to Stay Sane and Resilient While Working from Home. NWI June 20202***
  + ***Zoom Settings and Best Practices, ASU June 2020***
  + ***Sync Classroom Management, Media Production, and the Tools of Sync. ASU June 2020***
  + ***Certification in Lifestyle Medicine. The Why and the How. ACLM, June, 2020***
  + ***Telehealth and The Evolution to Comprehensive Digital Care! June 2020***
  + ***Parenting in the Pandemic. ASU June 2020***
  + ***CHS Faculty Sync Workshops and Summer Learning Activities: Group and Active-Learning. ASI Summer 2020***
  + ***Lifestyle Medicine Goes Virtual: Applications of Remote Coaching, Monitoring and Telemedicine. A Conversation with Leaders in the Field. ACLM, May 2020***
  + ***Looking Ahead: Prioritizing Mental Well-Being in the Workplace. NWI May 2020***
  + ***Self-Compassion for Educators. Training designed specifically for educators, March 2020***
  + ***Mindful Education Summit, March 2020***
  + ***Integrating Lifestyle Medicine During Pregnancy. ACLM, March 2020***
  + Study Abroad Faculty Training, Dec 2019
  + Mental Health First Aid, Crisis Response Network, Nov 2019
  + ASU Transformative Learning Theory, TechT@lk, Nov 2019
  + Masterful Health & Wellness Coaching Series: Getting Yourself Out of the Way: The Self-Vigilant Coach, Real Balance, Nov 2019
  + Fulbright Specialist Program Information Session, Oct 2019
  + The Value of Formative Assessments in Scaffolded Learning, Oct 2019
  + Developing a Telemedicine Program, AZTelemed Program, University of Arizona, Sep 2019
  + Advanced Genomic Solutions, NWI Sep 2019
  + Motivational Interviewing for Medication Adherence: Considerations for Telephonic Delivery, Sep 2019
  + The Business Case for Investment in Population Health, Building Healthy Communities, Sep 2019
  + Motivational Interviewing (MI) and Health Coaching, Blake Anderson, Aug 2019
  + Engaging learners through technology, Turnitin, Aug 2019
  + NWI Webinar: Health and Wellness Now: from Moderation to Mindfulness, Aug 2019
  + Applications of Motivational Interviewing (MI) with Comorbid Mental Health Conditions: An Interactive Case Study, Mike Brody, Aug 2019
  + ASU Canvas Training - Advanced (Downtown), Aug 2019
  + ASU Training - Snagit & MediaAMP (Online), Aug 2019
  + ASU Canvas Training -Rubrics and Speed grader (Online), Aug 2019
  + ASU Online Toolkit: Playposit, Aug 2019
  + Utilizing the Wellness Inventory and 12 dimensions the foundation of "Physical Activity & Wellness," July 2019
  + High Enrollment Courses - strategies for the online classroom, ASU, July 2019
  + Slack Jam: Visioning Session, July 2019
  + Virtual Panel: Bending the Healthcare Cost Curve, Lumiata, June 2019
  + The Importance of Purpose and a Holistic Approach to Goal Setting for Wellness, Wellright, June 2019
  + Applications of Motivational Interviewing (MI) in Smoking Cessation: An Interactive Case Study, Ali Hall, May 2019
  + Leading Health Indicators for Healthy People 2030, May 2019
  + WELCOA: New Randomized Trial Reveals Workplace Wellness Programs May Have Limited Effects in the Short Run, May, 2019
  + National Academies' of Medicine report The Promise of Adolescence: Realizing Opportunity for All Youth, May, 2019
  + NWI: Middle Managers—The Key to Well-being, May, 2019
  + Managing Disruptive Classroom Behavior, April 2019
  + Emotional Intelligence Skills for High-Performance Work Cultures, April 2019
  + CHS "Leading the College to Success" Retreat, March 2019
  + NASEM Dialogue About the Workforce for Population Health Improvement, March 2019
  + NWI Webinar: “Social Justice in Wellness” presented by Nikki Akparewa, March 2019
  + ASU’s Global Advocacy Workshop: Developing your CQ, by Cultural Intelligence LLC, Feb 2019
  + Supporting Students with Disabilities Workshop, Feb 2019
  + ASU Faculty Women's Association Leadership Summit 2019, Feb 2019
  + NWI Webinar: Holistic Health: Current Trends in Improving Wellness, Feb, 2019
  + Connecting and Engaging Students in Your Online Course-Wiley, Feb 2019
  + How Mental Toughness Insights Can Impact Your Wellbeing Outcomes, Jan 2019
  + NWI Webinar: Nutrigenomics and The Microbiome – Implications for the Future of Wellness, Jan 2019
  + Learn How to Support Working Parents and Improve Retention, WellRight , Jan 2019
  + ASU FOUNDATIONS OF GLOBAL ADVOCACY Spring 2019, Jan 2019
  + CHS Counseling Workshop “Now that you know, what do you do?" Jan 2019
  + Arizona State University, Information Security Training, Jan 2019
  + Canvas and Google in the Classroom, Dec 2018
  + Coaching at Every Stage of Change by Real Balance, Dec 2018
  + CHS Faculty Leadership Series - “Leading from Where You Are: Managing Up, Down and Sideways,” Dec 2018
  + The Future of Global Leadership: Wellbeing by Johnson & Johnson Human Performance Institute, Dec 2018
  + Quarterly Connect with NBC-HWCs by ICHWC, Nov 2018
  + Your Body is Speaking; Are You Listening? Reclaim Your Sacred Vessel by NWI, Nov 2018
  + Epigenetics: Change your Genes, Change your Life - An Interview with Dr. Kenneth R. Pelletier by Art & Science of Health Promotion Conference, Nov 2018
  + Defining & Unpacking the Social Determinants of Health & Health Equity by NASEM, Nov 2018
  + Advanced Canvas training and adding rubrics, Nov 2018
  + [Precision Health’s Next Frontier: From Sweat Molecules to the Built Environment by Center for](https://streaming.biocom.arizona.edu/categories/?id=10&page=42) [Integrative Medicine at UofA Wednesday, Oct 2018](https://streaming.biocom.arizona.edu/categories/?id=10&page=42)
  + What Works Best in Workplace Health Promotion? Get the Latest Insights from Dr. Michael O’Donnell by Well Right, Oct 2018
  + Breaking bad habits, little steps to big change by ASU HR, Oct 2018
  + ASU’s Translation Team & Affinity Networks Working Session: Scott Leischow, Oct 2018
  + ASU’s Retention Meeting, Oct 2018
  + Course Scheduling Training Workshop, Oct 2018
  + Updates for ASU Online Program/Unit Leads by ASU Online Webinars, Oct 2018
  + DISCover Your Strengths by ASU HR, Sep 2018
  + Character and the Adaptable Mind by ASU HR, Sep 2018
  + ASU Media Training, Sep 2018
  + How to Plan for the Workplace of the Future by WellRight, Sep 2018
  + Reimagining Undergraduate Education, Aug 2018
  + Mental Wellness: Mental Health Screening Tools and Solutions, Aug 2018
  + ASU UTO Canvas Introduction Training, Aug 2018
  + The Digital Storytelling Workshop, July 2018
  + Understanding and Overcoming the Challenge of Obesity and Overweight in the Armed Forces: A Workshop by USDA, National Institute of Food and Agriculture, May 2018
  + Kyrene Positive Parenting Series: Social Media, Grades 4-8 by Kyrene School District, May 2018
  + Leveraging the Link between Motivation and Behavior by ASU HR, May 2018
  + Understanding the Employee Burnout Complex by Limeade, May 2018
  + 2018 ASU Outreach & Engagement Conference, April 2018
  + Turning Point Training, April 2018
  + Playposit Workshop, April 2018
  + Methods for Person-Centeredness in Healthcare, April 2018
  + [Hospital Community Health Needs Assessments - Best Practices, Tips for Future Success & Next](https://telemedicine.arizona.edu/) [Steps, by AZTelemed Program, March 2018](https://telemedicine.arizona.edu/)
  + [29th Annual Art & Science of Health Promotion Conference, March 28-30, 2018](https://www.healthpromotionconference.com/past-events/conference-archives/schedule/)
  + Curricular Mapping of Health Education Courses with HESPA Competencies and Sub- Competencies, Feb 2018
  + 2018 Learning Innovation Showcase, Feb 2018
  + [2018 Building Healthy Lifestyles Conference, Lifestyle as Medicine: Thinking Differently about](https://chs.asu.edu/sites/default/files/2018_bhlc_final_agenda_0.pdf) [Food, Exercise, and Sleep, Feb 2018](https://chs.asu.edu/sites/default/files/2018_bhlc_final_agenda_0.pdf)
  + Collaborative Institutional Training Initiative (CITI), Human Subjects Training Certified, Jan 2017
  + Arizona State University FERPA Training, Jan 2017
  + ASU’s Interactive Mindfulness Improvisation Symposium, Jan 2017
  + National Board of Medical Examiners Item Writing Workshop, Sep 2016
  + Coaching Academy, National Wellness Institute,-June 2015
  + [Motivational Intervening training by ASU CABHP, Dec 2014](https://cabhp.asu.edu/)
  + Quality Matters: The Applying the Quality Matters Rubric (APPQMR), ASU, Dec 2014
  + Ethics and Cultural Competence Training, CABHP, Nov 2014
  + Motivational Counseling CIGNA, Dec 2006
  + Costumer Relations CIGNA, Nov 2006
  + [Physical Activity & Public HLH CDC, Oct 2004](http://www.asph.sc.edu/paph/archives/2005/alumni.html)
  + [Nutrition and Public Health University of North Carolina, Aug 2004](http://hpdp.unc.edu/)
  + [Brief Motivational Counseling AIM for Change: Awakening Inner Motivation, May 2004](http://berg-smithtraining.com/)
  + Anthropometrical Measurements University of Arizona, March 2003
  + Applied Statistics & Stata University of Arizona, Feb 2002
  + Coalition Building University of Arizona, June 2001
  + Technical Writing Johnson & Johnson, Jan 1998
  + Standards of Leadership Johnson & Johnson, Aug 1997
  + Project, Word, Excel, Power Point, Project & Access for Windows—Basic and Advanced Courses, 1998
  + Facilitator/Team work, 1994-1998
  + Problem Solving Seminar, 1994-1998
  + GMP Institute Workshop, 1994-1998
  + GMP & GLP training- Accupharma Research and Scientific Consulting, 1994-1998