

Nika Gucci

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Established leader with an Ed.D. in Leadership and Innovation, backed by 15+ years in well-being and a track record of 1,000+ high-impact presentations. Adept at relationship-building, thriving in fast-paced, ambiguous settings, and delivering innovative solutions to complex challenges.

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

Certifications

- 2024** Master Class for Teaching Online, Arizona State University
- 2022** Spark Method Facilitator, Arizona State University

Professional Experience

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

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

- **Define and Execute Strategic/Responsive Plan:** Spearheaded wellbeing and health initiatives for a university of 140k+ students, 26k faculty/staff, and surrounding population; reaching 40,000+ constituents through 1,000+ events and generating over 2.6 million impressions via digital outreach, exemplifying proficiency in program management, leadership and mass communication.
- **Expert Communicator:** Proficient in delivering compelling written and oral presentations, workshops, curricula across a range of diverse audiences, including local, state, national media. Skilled in adapting tailored messages ensuring clear, impactful communication across all venues.
- **Curriculum Development:** Created new *academic* courses in Mindfulness, Belonging, Resilience and Well-Being. Developed *professional development* comprehensive evidence-based mental health and wellness curricula, enhancing leadership skills and promoting well-being among staff. Lead workshops for national audiences (Waste Management, University of Wisconsin at Superior, Tempe Union High School District, City of Flagstaff). Pre-/post-tests to provide data on efficacy.
- **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.
- **Public Health:** Contracted with government and community-based agencies on a state-wide loneliness curriculum and toolkit developed in conjunction with equity-seeking populations; co-chair of Arizona Department of Health Services Mental Well-Being Committee.
- **Finance:** Managed a complex budget exceeding \$2 million, sourced from internal funding, external grants, contracts, and donor contributions, optimizing resource allocation.
- **Presentations and Communications:** Expert speaker with over 1k presentations (in-person and virtual). Invited presenter/commentator to state and national audiences.
- **Department Operations:** Hired, onboarded and supervised Center employees and students. 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, leading to a **revenue-generating national**

conference. Sustainability and Mindfulness: Broadened mindfulness to implement sustainability into curricula and office practices. This initiative led to thought leadership for The Sustainability Consortium, a **national advocacy group**.

2023 – Senior Fellow, Strategic Initiatives, ASU Learning Enterprise

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

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

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

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

- **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”)
- **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
- **Training and Curriculum:** Innovative, outcomes-driven model to advance a university culture that is inclusive of students in recovery from substance use.
- **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)

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

- **National Reach:** Collaborated with various departments and entities to be awarded a “Healthier Campus” designation from Partnership for a Healthier America
- **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 websites, online learning modules, social media.

2014

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

Queens, NY

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 the 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 **City University of New York (CUNY)** **Bronx, NY**
Deputy Director, Institute for Health Equity

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

- **Applied work** in social determinants of health, directed public health improvements through innovative initiatives. Focus areas included food deserts, equity and nutrition leading to the Vending Machine Initiative, which incorporated Department of Health Standards across CUNY.
- **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
- **Grants Management:** Identified and researched sources of funding, wrote grant proposals and managed grants from deadline submission to deliverables
- **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**
Health Educator, Wellness, Alcohol, Violence Education

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

- **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 FY09-FY10.

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

Preparing undergraduate students to become effective and ethical communicators.

- Taught section of introductory Communication Studies course, "Principles and Practices of Human Communication"

Curriculum Development and Instruction

- 2024** New academic courses: “Foundations of Mindfulness and Resilience: Science and Practice” and “Organizational Mindfulness: Leadership and Success in the Workplace.”
- 2023** Curriculum development, Trusted Messenger focus group research for “Solving Loneliness: A Mindfulness-Based Toolkit” interactive online series for the ADHS Arizona Health Improvement Plan state-wide strategy to address loneliness and social isolation.
- 2020-21** Initiative creation, lecture development, talent management, and presenting for “Caring and Connection in the Time of Covid-19: Midday Mindfulness” YouTube live-streams to help the public cope with distress, world-wide inequity, racism, and advocacy, garnering **2,603,166 impressions and 75,960 views** 3/2020-11/2021.
- 2018-23** Curriculum development, instruction, data collection and analysis on an 8-hr Mindfulness Leadership Professional Development certificate, with over **400 learners graduates**.
- 2018-20** Curriculum development, Subject Matter Expertise and talent management on Mayo Clinic and Arizona State University Alliance for Health Care 5-part Health and Wellness: Mind and Body online certification. Courses developed: Mindfulness, Sleep, Physical Activity, Nutrition, Whole-Person Well-Being reaching over **5k learners in 5 years**.
- 2018-19** Curriculum development, instruction and talent management on a 20-hr Mindfulness Selective to Mayo Clinic Alix School of Medicine students. Students received knowledge-building well-being skills, hearing from 14 different skilled professionals and community members on topics such as: mindfulness for realizing implicit biases, Trauma-Informed Communities, recovery from substance use.
- 2018-19** Mesa Arts Center: commissioned for the Creative Catalysts Collective program, fueling creativity and activating leadership skills across sectors.
- 2017-18** Curriculum development, instruction, data collection and analysis on “Recovery 101: Peer-to-Peer Training for Students in Recovery from Substance Use and Misuse” training.
- 2007-10** Curriculum development, 40-hr training on state-wide suicide prevention hotline, 100+ volunteers.

Sponsored Research

- 2022-4** Principal Investigator, Arizona Department of Health Services 2021- 2025 Health Improvement Plan state-wide strategy in the Mental Well-Being Action Plan (\$125,000)
- 2019** Grant funded by the Jed Foundation accepted in conjunction with ASU Graduate Student Support Services at the ASU Graduate College, “CGS-JED travel grant proposal: Supporting graduate student mental health and wellness”
- 2017** Joint proposal: Center for Mindfulness (Robert Wood Johnson Foundation) and Obesity Solutions (Virginia Piper Foundation). Creative Director (Mindful Eating, Types of Hunger) (\$10,000)
- 2017** “Recovery 101: ASU Students Bust Stereotypes” video: Creative Director
- 2016-2017** Governor’s Office of Youth, Faith, and Family grant (\$50,000/year)
- 2016-2017** Transforming Youth Recovery grant (\$10,000)

- 2014-2015** PSC-CUNY grant award: Using Risk Terrain Modeling to Examine the Spatial Variability of Mortality in New York City, Research Assistant (\$5,000)
- 2013** Center for Alcohol Policy Solutions: Community Capacity-Building Consultant
- 2012** Commission on the Public Health's Systems (CPHS) grant award: Brooklyn Community Health Needs Assessment, Consultant
- 2011-2012** New York City Department of Health grant: Incorporating Department of Health Standards into Lehman College Vending Machine (\$5,000)

Publications, Presentations, and Media Appearances (*select*)

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

- Nov 2018** Gueci, N. (2018, November). Collegiate Recovery Program: Student needs and employee roles. *Building Healthier Academic Communities*, 2(2), 33-44.
doi:<http://dx.doi.org/10.18061/bhac.v2i2.6393>
- Aug 2018** “Mindfulness: Create a Life by Design” Invited Presenter, Tempe Coalition “Be the Change”
- Jan 2018** “Mindfulness, Leadership and Sustainability” Invited Presenter, Sexual Violence Prevention
- 2016 & 2017** “Recovery 101: Administering Training to Support Students in Recovery from Alcohol and Other Drug Addiction” Invited Presenter, AZ Summit on Volunteerism and Civic Engagement
- Oct 2015** “Fork the Smoke! ASU Tobacco-Free Challenge: Administering Online Health Promotion Program to Support the Environment” Accepted Presenter, Pacific Coast Health Association

Mentorship

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

Boards, Memberships and Awards

- 2019-present** Arizona Health Improvement Plan Steering Committee Co-Chair, Mental Well-Being
- 2014-present** Certified, registered 200-hr RYT Yoga Teacher, Yoga Alliance
- 2024** Emerging Leader Award, Arizona Women in Higher Education
- 2023** Invited meeting with U.S. Surgeon General Dr. Vivek Murthy to discuss student loneliness trends
- 2023** Top 50 Leaders of Arizona Award, Women We Admire
- 2021** Wellness A to Z, Greater Phoenix Chamber Foundation, Steering Committee member
- 2020-2021** Arizona State University Leadership Institute, Class 3
Competitive 9-mo professional development program that works to enlighten, inspire and transform leaders from diverse professions and communities.

- 2018 Outstanding Graduate Award, ASU
- 2014-2019 Arizona Institutes for Higher Education board member
- 2018-2022 Maricopa Public Health: Awarded Gold-Level Healthy Arizona Worksite Award for the commitment to the health and wellness of faculty and staff for 9 years in a row
- 2018 Member of the Harvard Resilience Consortium
- 2015-18 Recovery Rising at ASU Advisory Board member
- 2017 Writer and coordinator for Partnership for a Healthier America “Healthy Campus” designation
- 2017 Presented policy recommendations on collegiate recovery to Acting Director of National Drug Control Policy, Office of National Drug Control Policy (ONDCP)
- 2015-16 National Association of Student Personnel Administrators, Region VI Knowledge Community Advisory Board Representative for Wellness and Health Promotion
- 2015 Membership to the Association of Recovery in Higher Education
- 2012 Latino Men’s Health: A Programmatic and Policy Agenda for Addressing their Needs, Conference Facilitator and Moderator

Civic Engagement and Volunteer

- 2022- present Elected Official, Precinct Committeeperson in Precinct 45, Pinal County, AZ
- 2020-present Moseley’s Mutt Oasis 501c3: foster and volunteer
- 2019-present Arizona Veterinary Medical Association Wellness Resource Task Force
- 2018-2020 Follow Your Heart Animal Rescue (nonprofit): foster
- 2019-2020 Arizona Humane Society Planning: committee member

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 Loposky, Danielle Snyder, Pat Tillman Veterans Center), Midday Mindfulness, Phoenix, AZ, November 12th

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

Nov 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, November 5th

Nov 2020| Calming and Soothing Practices, ASU, Midday Mindfulness, Phoenix, AZ, November 3rd

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

Oct 2020| Trick or Treat, ASU, Midday Mindfulness, Phoenix, AZ, October 28th

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

Oct 2020| The Human-Animal Connection, ASU, Midday Mindfulness, Phoenix, AZ, October 21st

Oct 2020| Grit: A Book Review, ASU, Midday Mindfulness, Phoenix, AZ, October 20th

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

Oct 2020| Ayurveda: The Knowledge of Life, ASU, Midday Mindfulness, Phoenix, AZ, October 14th

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

Sept 2020| Meditation Boot Camp, ASU, Midday Mindfulness, Phoenix, AZ, September 30th

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

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

Sept 2020| Living Your Why, ASU, Midday Mindfulness, Phoenix, AZ, September 16th

Sept 2020| Exploring Your Personality, ASU, Midday Mindfulness, Phoenix, AZ, September 15th

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

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

Sept 2020| Finding Your Why, ASU, Midday Mindfulness, Phoenix, AZ, September 8th

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

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

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

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

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

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

Aug 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, August 20th

Aug 2020| Back to School Centering, ASU, Midday Mindfulness, Phoenix, AZ, August 19th

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

Aug 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, August 13th

Aug 2020| Collective Roots, ASU, Midday Mindfulness, Phoenix, AZ, August 12th

Aug 2020| Feeling Stuck, ASU, Midday Mindfulness, Phoenix, AZ, August 11th

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

Aug 2020| Community Well-Being, ASU, Midday Mindfulness, Phoenix, AZ, August 6th

Aug 2020| Love Languages, ASU, Midday Mindfulness, Phoenix, AZ, August 4th

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

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

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

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

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

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

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

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

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

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

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