**Nika Gueci**

718.844.0736 | nikagueci@gmail.com | nikagueci.com

*Established leader with an Ed.D. in Leadership and Innovation, backed by 15+ years in health and 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, Leadership and Innovation

**2008** **New Mexico State University**, Master of Arts, Communication Studies

**2004** **Columbia University in the City of New York**, Bachelor of Arts, Russian

**Professional Experience**

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

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

Inaugural Director for institutional-priority initiative to build human capacity through a holistic, whole-person, innovative approach. Reached 40k+ constituents through 1k+ events, presentations, consultations as well as over 2.6 million impressions through 234 YouTube videos since inception.

**2023 – Senior Fellow, Strategic Initiatives, ASU Learning Enterprise**

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

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

Led ASU’s first collegiate recovery program, an initiative consistent with the diversity focus in the Charter through a grant from the Governor’s Office of Youth, Faith, and Families.

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

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

**2014 St. John’s University Queens, NY**

**Grants Specialist, Office of Grants and Sponsored Research**

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

**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. Focus areas included food deserts, equity and nutrition leading to the Vending Machine Initiative, which incorporated Department of Health Standards across CUNY.

**2007 - 2011 New Mexico State University Las Cruces, NM**

**Health Educator, Wellness, Alcohol, Violence Education**

State-wide suicide prevention, substance use and sexual assault prevention.

**Curriculum Development and Instruction**

**2024** Curriculum development and instruction of new academic courses in Mindfulness, Belonging, Resilience and Well-Being: **“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 AzDHS 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**](https://docs.google.com/spreadsheets/d/14FG_m_qIZHdcUxEHkL7P_CtjX75Tssxu64Vli0nI_Ow/edit#gid=0)” YouTube live-streams to help the public cope with distress, world-wide inequity, racism, and advocacy, garnering 2,603,166 impressions and 75,960 views 3/2020-11/2021.

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

**2018-20** Curriculum development, instruction and talent management on **Mayo Clinic and Arizona State University Alliance for Health Care** 5-part [Health and Wellness: Mind and Body](https://careercatalyst.asu.edu/programs/health-and-wellbeing-certificate/) 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**](https://news.asu.edu/20181011-solutions-mindfulness-curriculum-abounds-across-disciplines-asu). Students received knowledge-building well-being skills, hearing from 14 different skilled professionals and community members on topics such as: mindfulness for realizing implicit biases, Trauma-Informed Communities, recovery from substance use.

**2017-18** Curriculum development, instruction and talent management on [**Justice and Praxis**](https://news.asu.edu/20180809-arizona-impact-new-asu-program-gives-underrepresented-students-judicious-start) **19-week LSAT Prep for American Indian Studies,** a pathway to law school and a legal career for high stake, high stress, underrepresented undergraduates.

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

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

**Media (select)**

**Dec 2023** “[Feeling down this holiday season](https://www.azcentral.com/story/news/local/phoenix/2023/12/20/feeling-down-how-to-handle-holiday-blues/71898670007/)? Why the holiday blues happen and how to deal with it,” by Dylan Wickman, Arizona Republic

**Dec 2023** “[Mindful Tips for the Holidays](https://drive.google.com/file/d/1nlOSD4-1uWm1SYtNO-BeAgGGwEmBNmFP/view?usp=sharing),” Good Morning Arizona 3TV

**Nov 2023** “[Making the Holiday Season Mindful](https://omny.fm/shows/kcbsam-on-demand/making-the-holiday-season-mindful)” with Dan Mitchinson, KCBS Radio

**Nov 2023** “[ASU experts share mindfulness tips for the holiday season](https://news.asu.edu/20231116-solutions-asu-experts-share-mindfulness-tips-holiday-season): Center for Mindfulness, Compassion and Resilience to launch new course in spring,” by Amanda Goodman, ASU News

**Sept 2023**  “[Daily Inspiration,](http://voyagephoenix.com/interview/daily-inspiration-meet-nika-gueci/)” VoyagerPhoenix Magazine

**Aug 2023** “[Nurturing Mind and Body](https://podcasts.apple.com/us/podcast/nurturing-mind-and-body-in-higher-education-w-nika-gueci/id1497782131?i=1000627901125),” Higher Ed Podcast by Engine Research

**July 2023** “[Women with Cool Jobs](https://www.womenwithcooljobs.com/podcast)” podcast with Julie Berman

**Aug 2022** “‘[News addiction’ can cause stress, anxiety, study says](https://news.asu.edu/20220830-solutions-news-addiction-can-cause-stress-anxiety-study-says)” by Scott Bordow, ASU Now

**Aug 2022** “[ASU teams collaborate on mindfulness training for student veterans](https://news.asu.edu/20220812-sun-devil-life-asu-teams-collaborate-mindfulness-training-student-veterans?utm_campaign=ASU_News_News+8-15-22_6033846&utm_medium=email&utm_source=Media%20Relations%20&%20Strategic%20Communications_SFMCE&utm_term=ASU&utm_content=Read+more_Vets&ecd42=518002422&ecd73=13987854&ecd37=All%20ASU%20Employees&ecd43=8/15/2022)”

**March 2022** “[As Arizonans Return to the Office, Tips for Reducing Anxiety](https://www.publicnewsservice.org/2022-03-31/mental-health/as-arizonans-return-to-the-office-tips-for-reducing-anxiety/a78506-1)” by Suzanne Potter, Public News Service Radio

**Sept 2021** “[The post-911 generation](https://news.asu.edu/20210908-sun-devil-life-post-911-generation-relating-recent-past): Relating to the recent past” by Emma Greguska, ASU News

**May 2021** “[Navigating post-pandemic life through mindfulness](https://news.asu.edu/20210514-solutions-navigating-post-pandemic-life-through-mindfulness)” by Katherine Reedy, ASU News

**April 2021** “[Devils in the Details: Mindfulness Matters](https://www.youtube.com/watch?v=SbhM3H0-3Ak)” with Annie DeGraw

**March 2021** “[Finding peace amid chaos](https://news.asu.edu/20210319-solutions-finding-peace-amid-chaos): ASU Center for Mindfulness, Compassion and Resilience staff reflect on 1 year of Midday Mindfulness sessions” by Emma Greguska, ASU News

**March 2020** “[Points Of View](https://kjzz.org/content/1500651/points-view-toll-coronavirus-taking-our-mental-health): The Toll The Coronavirus Is Taking On Our Mental Health” KJZZ 91.5 Radio

**April 2019** “[Self-Care in a Busy World](https://www.youtube.com/watch?v=pDXRToih67s)” Good Morning Arizona 3TV

**March 2019** “[Puppies in the Park](https://www.youtube.com/watch?v=BKlSb62RfIA)” ASU Edson College video

**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](https://awhe.org/emerging-leader/) Award, Arizona Women in Higher Education

**2023** Discussed student loneliness trends, invited meeting with U.S. Surgeon General Dr. Vivek Murthy

**2023** [Top 50 Leaders of Arizona](https://thewomenweadmire.com/2023/07/17/the-top-50-women-leaders-of-arizona-for-2023/) 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](https://asunow.asu.edu/20200916-asu-leadership-institute-announces-third-class-sun-devil-alumni)

Competitive 9-mo professional development program that works to enlighten, inspire and transform leaders from diverse professions and communities.

**2018**  [Outstanding Graduate](https://www.youtube.com/watch?v=Fzth1FQtotU) Award, ASU

**2014-2019** Arizona Institutes for Higher Education member

**2018-2022** Coordinator forMaricopa Public Health Healthy Arizona Worksites Program (HAWP) designation for ASU as Gold-Level awardees

**2018** Member of the [Harvard Resilience Consortium](https://resilienceconsortium.bsc.harvard.edu/people/nika-gueci)

**2015-18** Recovery Rising at ASU Advisory Board member

**2017** Writer and coordinator forPartnership for a Healthier America (PHA) designation for ASU as a “Healthy Campus”

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

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

**2015** ASU Commission on the Status of Women Summer 2015 Cohort - Mentee

**2015** Membership to the Association of Recovery in Higher Education

**2014** Membership to the National Council of University Research Administrators

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

**2008-10** New Mexico Higher Education Prevention Consortium

1. Outstanding Graduate Teaching Assistant Award, International Communication Association

**Sponsored Research**

**2022-4** Principal Investigator, Arizona Department of Health Services [2021- 2025 Health Improvement Plan](https://www.azdhs.gov/documents/operations/strategic-initiatives/azhip-2021-2025.pdf) state-wide strategy in the Mental Well-Being Action Plan to *“improve awareness of, and address, the impact of social isolation and loneliness on health*,” “Mindfulness as an intervention strategy for loneliness and social isolation” ($125,000)

**2019** Grant 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 through Center for Mindfulness (Robert Wood Johnson Foundation funds) and Obesity Solutions at ASU (Virginia Piper Foundation funds) video: Creative Director ([Mindful Eating](https://www.youtube.com/watch?v=0MWsVLDp3wc&feature=youtu.be) and [Types of Hunger](https://youtu.be/03i8GJPTbcU)) ($10,000)

**2017** [“Recovery 101: ASU Students Bust Stereotypes”](https://www.youtube.com/watch?v=YbzlC87LEBw) 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

* 1. New York City Department of Health (DoH) grant award: Incorporating Department

of Health Standards into Lehman College Vending Machine, implemented standards throughout Lehman ($5,000)

**Publications**

Gerber, L. R., Reeves-Blurton, Z., **Gueci, N.**, Iacona, G. D., Beaudette, J., Pipe, T. (2023, April 25). [Practicing mindfulness in addressing the biodiversity crisis.](https://doi.org/https:/doi.org/10.1111/csp2.12945) Conservation Science and Practice. https://doi.org/https://doi.org/10.1111/csp2.12945

Cash, T., **Gueci, N.**, Pipe, T.[“Equitable Mindfulness: A Framework for Transformative Conversations in Higher Education.”](https://library.osu.edu/ojs/index.php/BHAC/article/view/7770) *Building Healthier Academic Communities*, Spring 2021

**Gueci, N**. & Cash, T. (2020, Spring). <https://www.linkedin.com/pulse/expansive-model-mindfulness-nika-gueci-tiara-cash-nika-gueci/?trackingId=ksnfXHxrRouGTjiG5XBfGw%3D%3D>. *LinkedIn page*.

**Gueci, N**. (2019, Spring). [The power of narrative and vulnerability in self-disclosure](http://recoverycampusdigital.com/RC_Spring19/RCSpring19v12/index.html). *Recovery Campus Magazine*.

**Gueci, N**. (2018, November). [Collegiate Recovery Program: Student needs and employee roles](https://library.osu.edu/ojs/index.php/BHAC/article/view/6393). *Building Healthier Academic Communities*, *2*(2), 33-44. doi:http://dx.doi.org/10.18061/bhac.v2i2.6393

**Presentations (select)**

**April 2024** “Nurturing Resilience: A Mindfulness Journey” Invited Presenter, Society of Pediatric Nurses

**March 2024** “Graduate Student Mental Health: Community, Connection, and Resilience” Accepted proposal, Western Association of Graduate Schools Conference

**Oct 2023** “Leading from Within: Nurturing Resilience and Well-Being in the Modern Workspace” Invited Closing Speaker, Wildfire Annual Conference

**Aug 2023** “Mindfulness, Compassion and Resilience in Leadership” Invited Presenter, Goodyear Grows, City of Goodyear

**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

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

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

**Nov 2022** “Burnout and Exhaustion” Invited Speaker, International Coaching Federation Annual Conference

**Aug 2022** “Navigating the Post-Pandemic Landscape,” Invited Speaker, Arizona Presenters Alliance

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

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

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

**Oct 2021** “Reflect, Recognize, Rise,” Invited presenter, Arizona Nurses Association Annual Convention

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

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

**May 2021** “Mindfulness and Ambition: Can they co-exist?” [SOAR to Empower](https://uto.asu.edu/events/Empower2021/Speakers), ASU Technology Office

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

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

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

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

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

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

**Aug 2020** “Resilience in Uncertain Times,”Invited presenter, Students and Teachers for Restoring A Watershed program

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

**Oct 2019 “**Mindfulness skills at Wastecon,”Invited presenter, Solid Waste Association of North American

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

**Aug 2019** “Spark the Park: Mind, Body and Soul,” Invited presenter, City of Phoenix Parks and Recreation

**July 2019** Invited panelist following speech by Swami Sarvapriyananda at HonorHealth Shea Medical

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

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

**May 2019** “Toward an advanced understanding of CRPs: Identifying student needs and employee roles” Accepted Oral Presentation at the Building Healthier Academic Communities annual conference

**Spring 2018** Invited mindfulness skills presenter for [pre-law students](https://mindfulnesscenter.asu.edu/new-asu-program-gives-underrepresented-students-judicious-start) LSAT: Justice and Praxis

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

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

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

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

**Oct 2018** Invited Presenter, student experience, Carnegie Project in the Education Doctorate Convening

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

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

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

**Sept 2018** “Mindfulness at Work” Invited Presenter, Marcos de Sol High School

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

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

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

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

**Nov 2017** “Mindfulness in Leadership” Invited Presenter, Maricopa Public Health Leadership conference

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

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

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

**April 2009** “Discourses of Reunification: A Cultural Discourse Analysis of the Reunification of the Russian Orthodox Church” Accepted Presenter, National Communication Association

[**YouTube Lectures**](https://docs.google.com/spreadsheets/d/14FG_m_qIZHdcUxEHkL7P_CtjX75Tssxu64Vli0nI_Ow/edit#gid=0)

Apr 2021 | [Community Well-Being: End of Series Show](https://www.youtube.com/watch?v=euV64Ou_6lk&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl), ASU, Midday Mindfulness, April 22nd

Apr 2021 | [An Invitation to Experience Your Wholeness: A Teaching and Experiential Practice](https://www.youtube.com/watch?v=zzPDcKpQNP0), ASU (Guest: Natalie Gruber), Midday Mindfulness, April 20th

Apr 2021 | [Lessons From the Pandemic: The Power of Connection, Hope, & Optimism](https://www.youtube.com/watch?v=bYnWcfQAbHs), ASU (Guest: Dr. Christine McNulty-Buckley), Midday Mindfulness, April 14th

Apr 2021 | [Self-Care: Protecting Our Own Well-Being When Life is Disrupted](https://www.youtube.com/watch?v=zxlSE-ExXKQ), ASU (Guests: Dr. Samantha Casselman, Wayne Tormala), Midday Mindfulness, April 13th

Apr 2021 | [Follow the Nursing Code: Reframing Your Worldview](https://www.youtube.com/watch?v=73ogtcnZHnY), ASU (Guest: Heidi Sanborn), Midday Mindfulness, April 8th

Apr 2021 | [Your Student’s Transition to College](https://www.youtube.com/watch?v=6bTAgEyV4xM), ASU (Guest: Dr. Kellyn Johnson and Parent Panelists), Midday Mindfulness, April 7th

Apr 2021 | [Dancing Your Nervous System](https://www.youtube.com/watch?v=X6asbkoVbLY), ASU (Guest: Molly Schneck), Midday Mindfulness, April 6th

Apr 2021 | [Mindfulness: Implications for Medical Practice](https://www.youtube.com/watch?v=ljdhTb8n6xA), ASU (Guests: Dr. Kari Bernard, Dr. Eve Hoover, Dr. Bettie Copeland), Midday Mindfulness, April 1st

Mar 2021 | [Conscious Eating: Healing the Mind, Body, and Spirit with Nutrition](https://www.youtube.com/watch?v=btlCU89wTIc), ASU (Guest: Victoria Abel), Midday Mindfulness, March 31st

Mar 2021 | [How to Be Mindfully Intelligent: The Relationship Between EQ and Mindfulness](https://www.youtube.com/watch?v=RzROmT7579M), ASU (Guests: Corinne Corte, Amanda Voight), Midday Mindfulness, March 30th

Mar 2021 | [Healing the Collective, Healing the Masculine, Healing the Self](https://www.youtube.com/watch?v=MLLYDVC_CD4), ASU (Guest: Niko Baker), Midday Mindfulness, March 17th

Mar 2021 | [Bullying: Mindfulness Changes the Conversation](https://www.youtube.com/watch?v=EjfLqUxVg-Y), ASU (Guest: Jason Lalli), Midday Mindfulness, March 10th

Mar 2021 | [Igniting Human Connection](https://www.youtube.com/watch?v=3j96tM-4vqk), ASU (Guest: Dr. Sophia Town), Midday Mindfulness, March 9th

Mar 2021 | [Community Well-Being](https://www.youtube.com/watch?v=cylZZpunQDc), ASU (Guest: Evaline Brown, ASU Alumnus), Midday Mindfulness, March 4th

Mar 2021 | [The Science and Practice of Mindfulness and Well-Being](https://www.youtube.com/watch?v=ANE-mwc_yLo), ASU (Guest: Randy Barker, University of Wisconsin), Midday Mindfulness, March 3rd

Feb 2021 | [Community Well-Being – The Many Hats of Nursing Faculty Members](https://www.youtube.com/watch?v=p07G1wJ9aNk&feature=youtu.be), ASU (Guest: Dr. Aliria Rascon, Associate Director and Clinical Associate Professor Edson CONHI), Midday Mindfulness, February 25th

Feb 2021 | [The Suffering and Thriving of Healthcare Heroes during Covid-19](https://www.youtube.com/watch?v=5IuSdiEtpmc&feature=youtu.be), ASU (Guest: Dr. Joan Fleishman and Dr. Tina Runyan), Midday Mindfulness, February 23rd

Feb 2021 | [Human-Animal Connection](https://www.youtube.com/watch?v=wzBrqnwRtfg&feature=youtu.be), ASU (Guest: Firefly Farms), Midday Mindfulness, February 16th

Feb 2021 |[Valentine’s Day](https://www.youtube.com/watch?v=IVM-bg7epmc&feature=youtu.be): Cultivating Love for Ourselves and Others, ASU, Midday Mindfulness, February 10th

Feb 2021 | [Community Well-Being](https://www.youtube.com/watch?v=9K3N5w7lT6I&feature=youtu.be), ASU (Guest: Susan West, Founder of M2), Midday Mindfulness, February 11th

Feb 2021 | [Advancing the Humility Paradigm](https://www.youtube.com/watch?v=61dsARQXuGE&feature=youtu.be) (Guest: Dr. Barret Michalec, Director for CAIPER), ASU, Midday Mindfulness, Feb 9th

Feb 2021 |[Transformation: The Tail of Time](https://www.youtube.com/watch?v=0xuBDQtjTNM), ASU, Midday Mindfulness, Feb 3rd

Feb 2021 |[Groundhog’s Day](https://www.youtube.com/watch?v=sh1a1kRTPNA), ASU, Midday Mindfulness, Feb 2nd

Jan 2021 | [Trauma Informed Yoga](https://www.youtube.com/watch?v=WXEZvDisPaY&feature=youtu.be), 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](https://www.youtube.com/watch?v=naIc0gc2p0I&feature=youtu.be), ASU, Midday Mindfulness, Jan 26th

Jan 2021 | [Yoga Nidra for PTSD](https://www.youtube.com/watch?v=CLWpPOQWgn0&feature=youtu.be), ASU (Guests: Leslie Rowans, Instructor at ASU College of Health Solutions), Midday Mindfulness, January 21

Jan 2021 |[Courage, Part II](https://www.youtube.com/watch?v=Gffh-OxXegE&feature=youtu.be), ASU, Midday Mindfulness, January 20

Jan 2021 |[Transformational Courage](https://www.youtube.com/watch?v=OLKv84OaCdE&feature=youtu.be), ASU, Midday Mindfulness, January 19

Jan 2021 | [Yoga Nidra for Stress Reduction](https://www.youtube.com/watch?v=fhW0rS4GBqA), ASU (Guests: Leslie Rowans, Instructor at ASU College of Health Solutions), Midday Mindfulness, January 14th

Jan 2021 | [Mary Lou Fulton Teacher’s College](https://www.youtube.com/watch?v=TTVJ0k9ScA0), ASU (Guests: Stuart Rice, Director of Digital Initiatives; Sarah Rabbani, Product Manager Associate), Midday Mindfulness, January 13th

Jan 2020 | [Beginner’s Mind](https://www.youtube.com/watch?v=hQVf8qSWgFY), ASU, Midday Mindfulness, January 12th

Dec 2020 | [Mental Well-Being Through Drama](https://www.youtube.com/watch?v=pJlaWSSPQ6g&feature=youtu.be), ASU (Guests: TAIS Drama Group), Midday Mindfulness, December 22nd

Dec 2020 | [Community Well-Being](https://www.youtube.com/watch?v=yrrAJi1A8Qc&feature=youtu.be), ASU, Midday Mindfulness, December 17th

Dec 2020 | [2020 Hindsight](https://www.youtube.com/watch?v=7_TTfErUpiY&feature=youtu.be), ASU, Midday Mindfulness, December 15th

Dec 2020 | [Human Flourishing](https://www.youtube.com/watch?v=smVbXI0fRI8&feature=youtu.be), ASU, Midday Mindfulness, December 8th

Dec 2020 | [Community Well-Being Wellness Panel](https://www.youtube.com/watch?v=Pb9lCeYbMco&feature=youtu.be), ASU (Guests: Dr. Jillian McManus, Emma Celoza, Corina Tapscot), Midday Mindfulness, December 3rd

Dec 2020 | [Graduate College](https://www.youtube.com/watch?v=mcY8oCUy_Dc&feature=youtu.be), ASU (Guests: Dr. Zachary Reeves-Blurton, Amanda Athey), Midday Mindfulness, December 1st

Nov 2020 | [Giving Thanks: Practicing Gratitude](https://www.youtube.com/watch?v=BCLckcSxraA), ASU, Midday Mindfulness, November 25th

Nov 2020 | [The Human Animal Connection](https://www.youtube.com/watch?v=j47gRp6C__4), ASU (Guest: Firefly Farms), Midday Mindfulness, November 24th

Nov 2020 | [Community Well-Being](https://www.youtube.com/watch?v=kxfHa4OgR0M&feature=youtu.be), ASU, Midday Mindfulness, November 19th

Nov 2020| [Community Well-Being on Veteran’s Day](https://www.youtube.com/watch?v=2bEbRjXafow&feature=youtu.be), ASU (Guests: Michelle Loposky, Danielle Snyder, Pat Tillman Veterans Center), Midday Mindfulness, November 12th

Nov 2020| [Entrepreneurship & Innovation Part II](https://www.youtube.com/watch?list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&v=6wLmxzMwINw&feature=emb_logo) (Guests: Bradley Biehl, Autumn Sayler), ASU, Midday Mindfulness, November 10th

Nov 2020| [Community Well-Being](https://www.youtube.com/watch?v=HEMDczhpNzg&feature=youtu.be), ASU, Midday Mindfulness, November 5th

Nov 2020| [Calming and Soothing Practices](https://www.youtube.com/watch?v=C_4dj8CBeQA), ASU, Midday Mindfulness, November 3rd

Oct 2020| [Community Well-Being](https://www.youtube.com/watch?v=HEMDczhpNzg&feature=youtu.be), ASU, Midday Mindfulness, October 29th

 Oct 2020| [Trick or Treat](https://www.youtube.com/watch?v=_LPF_vTYcc8&feature=youtu.be&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl), ASU, Midday Mindfulness, October 28th

Oct 2020| [Community Well-Being](https://www.youtube.com/watch?v=P9NBi4rf5Hs), ASU, Midday Mindfulness, October 22nd

Oct 2020| [The Human-Animal Connection](https://www.youtube.com/watch?v=dmtdN5KdmL4), ASU, Midday Mindfulness, October 21st

Oct 2020| [Grit: A Book Review](https://www.youtube.com/watch?v=MSOKVc0DK2s&feature=youtu.be), ASU, Midday Mindfulness, October 20th

Oct 2020| [Community Well-Being](https://www.youtube.com/watch?v=pD1vKS6QcQw&feature=youtu.be), ASU, Midday Mindfulness, October 15th

Oct 2020| [Ayurveda: The Knowledge of Life](https://www.youtube.com/watch?v=hJzOMONu92k&feature=youtu.be), ASU, Midday Mindfulness, October 14th

Oct 2020| [Community Well-Being](https://www.youtube.com/watch?v=i8Y3_k10UEs&feature=youtu.be), ASU, Midday Mindfulness, October 1st

Sept 2020| [Meditation Boot Camp](https://www.youtube.com/watch?v=MCdcrocr_v8&feature=youtu.be), ASU, Midday Mindfulness, September 30th

Sept 2020| [Community Well-Being](https://www.youtube.com/watch?v=uk0JjJnzIjs), ASU, Midday Mindfulness, September 24th

Sept 2020| [Entrepreneurship + Innovation](https://www.youtube.com/watch?v=8FMuNiqWQR4&feature=youtu.be) (Guests: Ji Mi Choi, Felicity Blackwater, Brad Biehl, Autumn Sayler), ASU, Midday Mindfulness, September 23rd

Sept 2020| [Living Your Why](https://www.youtube.com/watch?list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&v=QIaAmu0nfDk&feature=emb_title), ASU, Midday Mindfulness, September 16th

Sept 2020| [Exploring Your Personality](https://www.youtube.com/watch?v=ZFMNl5bpY14&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=2), ASU, Midday Mindfulness, September 15th

Sept 2020| [Community Well-Being](https://www.youtube.com/watch?v=feQaTuejyWc), ASU, Midday Mindfulness, September 10th

Sept 2020| [Addressing the Realities of PPE Fatigue and Resilience: an Open Dialogue](https://www.youtube.com/watch?list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&v=rFYyTKBy-yk&feature=emb_title) (Guests: Angie Haskovec, Edson College Alumni Brooke Lavelle), ASU, Midday Mindfulness, September 9th

Sept 2020| [Finding Your Why](https://www.youtube.com/watch?v=2yEaxSWjTX8&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=2), ASU, Midday Mindfulness, September 8th

Sept 2020| [Community Well-Being](https://www.youtube.com/watch?v=97PAGZPkN9s&feature=youtu.be), ASU, Midday Mindfulness, September 3rd

Sept 2020| [Mindfulness and Ambition: Can they Co-Exist?](https://www.youtube.com/watch?v=LjgknN7wnu8&feature=youtu.be) (Guests: Shea Alvey and Barrett Honors College Student Panel), ASU, Midday Mindfulness, September 2nd

Sept 2020| [The Wisdom of Acceptance](https://www.youtube.com/watch?v=rRH3nvN62pA&feature=youtu.be) (Guest: Barbara Crisp), ASU, Midday Mindfulness, September 1st

Aug 2020| [Art Forum](https://www.youtube.com/watch?v=rzcm9j2b-xs&feature=youtu.be) (Guest: Andrea Feller with ASU Art Museum), ASU, Midday Mindfulness, August 27th

Aug 2020| [How to Maintain Wellness Programs Virtually and During COVID-19](https://www.youtube.com/watch?v=yVCQy6Z4vAw&feature=youtu.be) (Guests: Teresa Salama and Sherry Haskins), ASU, Midday Mindfulness, August 26th

Aug 2020| [Self-Leadership in a Pandemic](https://www.youtube.com/watch?v=WdtudI8sd3Y) (and other crises) (Guest: Diane Sieg), ASU, Midday Mindfulness, August 25th

Aug 2020| [Community Well-Being](https://www.youtube.com/watch?v=F6ilN_aS7Eo&t=1748s), ASU, Midday Mindfulness, August 20th

Aug 2020| [Back to School Centering](https://www.youtube.com/watch?v=dpLGGrL56RE&t=3s), ASU, Midday Mindfulness, August 19th

Aug 2020| [Imposter Syndrome](https://www.youtube.com/watch?v=mKaPDCH3l9M) (Guests: Dr. Zachary Reeves-Burton, Student panel), ASU, Midday Mindfulness, August 18th

 Aug 2020| [Community Well-Being](https://www.youtube.com/watch?v=U7NP8sWixJ0), ASU, Midday Mindfulness, August 13th

Aug 2020| [Collective Roots](https://www.youtube.com/watch?v=aB23t_gjdAo&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=4), ASU, Midday Mindfulness, August 12th

Aug 2020| [Feeling Stuck](https://www.youtube.com/watch?v=sBnmzOlkWa8&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=2&t=0s), ASU, Midday Mindfulness, August 11th

Aug 2020| [Equitable Mindfulness and Health Justice](https://www.youtube.com/watch?v=CmazBSaDiuI&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=3&t=17s) (Guest: Dr. Swapna Reedy), ASU, Midday Mindfulness, August 10th

Aug 2020| [Community Well-Being](https://www.youtube.com/watch?v=4KDEwBJrCkg&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=5), ASU, Midday Mindfulness, August 6th

Aug 2020| [Love Languages](https://www.youtube.com/watch?v=A-AWGeeHSoA&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=7), ASU, Midday Mindfulness, August 4th

Aug 2020| [Bringing it Back to the Roots: Extended Meditation](https://www.youtube.com/watch?v=1Y75RlFCTk4&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=8), ASU, Midday Mindfulness, August 3rd

July 2020| [Community Well-Being](https://www.youtube.com/watch?v=dBtdsCp9Ef4&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=9), ASU, Midday Mindfulness, July 30th

July 2020| [The Blame Game](https://www.youtube.com/watch?v=5lKlaQV8reg&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=10), ASU, Midday Mindfulness, July 29th

July 2020| [Community Well-Being](https://www.youtube.com/watch?v=jx8UmodriDs&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=13), ASU, Midday Mindfulness, July 23rd

July 2020| [Cultural Intelligence](https://www.youtube.com/watch?v=Xq0Mzmz0Fgg&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=15), ASU, Midday Mindfulness, July 21st

July 2020| [Midsummer Refresh](https://www.youtube.com/watch?v=w0kOROuFE9c&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=16), ASU, Midday Mindfulness, July 20th

June 2020| [Hiatus to Healing](https://www.youtube.com/watch?v=r9D80YJFyeo&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=17), ASU, Midday Mindfulness, June 30th

June 2020| [Community Well-Being](https://www.youtube.com/watch?v=3HRVTVIAqqo&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=19), ASU, Midday Mindfulness, June 25th

June 2020| [Long-Term Health and Overcoming Overwhelm](https://www.youtube.com/watch?v=G-oQ5-bSALI&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=28), ASU, Midday Mindfulness, June 10th

June 2020| [Growing Your Mindset,](https://www.youtube.com/watch?v=EXdNyFYhAlg&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=30) ASU, Midday Mindfulness, June 8th

June 2020| [Creativity and Mindfulness](https://www.youtube.com/watch?v=4mfzMZVsNvI&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=34) (Guest: Dr. Danah Henriksen), ASU, Midday Mindfulness, June 1s

May 2020| [Community Well-Being](https://www.youtube.com/watch?v=CWLlbeRWmpg&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=36), ASU, Midday Mindfulness, May 29th

May 2020| [Grief and Loss](https://www.youtube.com/watch?v=VAPsUrTM8QQ&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=38) (Guest: Wayne Tormala), ASU, Midday Mindfulness, May 27th

May 2020| [Community Well-Being](https://www.youtube.com/watch?v=pEJP3vcxjMQ&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=40), ASU, Midday Mindfulness, May 22nd

May 2020| [Global Meditation Day](https://www.youtube.com/watch?v=PZeyMZljSq4&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=41), ASU, Midday Mindfulness, May 21st

May 2020| [Mindful Eating](https://www.youtube.com/watch?v=20fsSwve3F8&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=42) (Guest: Dr. Dara James), ASU, Midday Mindfulness, May 20th

May 2020| [Science of Mindfulness](https://www.youtube.com/watch?v=nXUuJPtFkLk&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=44), ASU, Midday Mindfulness, May 18th

May 2020| [Community Well-Being](https://www.youtube.com/watch?v=R4X2aVe6KuM&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=45), ASU, Midday Mindfulness, May 15th

May 2020| [Financial Wellness](https://www.youtube.com/watch?v=J5Id-yiXV24&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=46) (Guest: Jacob Gold), ASU, Midday Mindfulness, May 14th

May 2020| [Reintegrating Mindfully,](https://www.youtube.com/watch?v=mGwobrYL0yA&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=47) ASU, Midday Mindfulness, May 12th

May 2020| [Attitudinal Foundations of Mindfulness,](https://www.youtube.com/watch?v=AG8w0IrPES8&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=48) ASU, Midday Mindfulness, May 11th

May 2020| [Community Well-Being,](https://www.youtube.com/watch?v=6sY6HCtNNlY&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=49) ASU, Midday Mindfulness, May 8th

May 2020| [Mindful Leadership in Covid-19: Part II](https://www.youtube.com/watch?v=iviAOrk5gYc&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=50) (Guest: Dr. Sophia Town), ASU, Midday Mindfulness, May 7th

May 2020| [Community Well-Being](https://www.youtube.com/watch?v=_jNfB1vaUsU&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=54), ASU, Midday Mindfulness, May 1st

April 2020| [Serious Fun](https://www.youtube.com/watch?v=BJt-4dfFH24&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=55), ASU, Midday Mindfulness, April 30th

April 2020| [Powering Up Our Willpower](https://www.youtube.com/watch?v=zYKKJsjYdeY&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=58), ASU, Midday Mindfulness, April 27th

April 2020| [Community Well-Being](https://www.youtube.com/watch?v=SpMI6Xnos20&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=59), ASU, Midday Mindfulness, April 24th

April 2020| [Mindful Leadership in Covid-19](https://www.youtube.com/watch?v=Ik_EZDqQgfs&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=60) (Guest: Dr. Sophia Town), ASU, Midday Mindfulness, April 23rd

April 2020| [The Holy, Wholey, Holey NO](https://www.youtube.com/watch?v=erWU2Fvka6w&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=62)!, ASU, Midday Mindfulness, April 21st

April 2020| [Uncertainty & Transitions](https://www.youtube.com/watch?v=vFAu5Dpy8OY&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=63), ASU, Midday Mindfulness, April 20th

April 2020|[Community Well-Being](https://www.youtube.com/watch?v=nEjlpkWeSFw&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=64), ASU, Midday Mindfulness, April 17th

April 2020|[Community Well-Being,](https://www.youtube.com/watch?v=ctrqWMRvpto&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=69) ASU, Midday Mindfulness, April 10th

April 2020| [Joy, Happiness and Comfort Foods](https://www.youtube.com/watch?v=f5MoLubtHpI&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=73), ASU, Midday Mindfulness, April 6th

April 2020| [Community Well-Being](https://www.youtube.com/watch?v=pFrR8KZgtPc&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=74), ASU, Midday Mindfulness, April 3rd

April 2020| [We Make Each other Better: The Human Animal Connection](https://www.youtube.com/watch?v=cKAjLn1BSC8&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=76), ASU, Midday Mindfulness, April 1st

March 2020|[It’s Okay to be Okay](https://www.youtube.com/watch?v=-v6qsYtGEdQ&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=78), ASU, Midday Mindfulness, March 30th

March 2020| [Community Well-Being](https://www.youtube.com/watch?v=5Vu2yhU-wTg&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=80), ASU, Midday Mindfulness, March 27th

March 2020| [Fuzzy Pants](https://www.youtube.com/watch?v=j_pJu7HH1M0&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=81), ASU, Midday Mindfulness, March 26th

March 2020|[Interconnectedness](https://www.youtube.com/watch?v=GXlrqiBuWeY&list=PLNrrxHpJhC8mQ9ASLgp2AyOYJ8cDHPkVl&index=79), ASU, Midday Mindfulness, March 16th

**Academic Mentorship**

**2023** Mentorship for James Bock, dissertation course TEL 709

**2020** Mentorship of Mayo Clinic Medical Students in developing research protocols, data analysis, and academic journal writing and submission

**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](https://www.youtube.com/watch?v=UAM-seCIITI&feature=youtu.be)”

**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](https://youtu.be/vPg12eCMSss)

**2016** Preceptor for Andrea Collica, Final Master’s project “Faculty Understanding of Recovery Resources,” Mary Lou Fulton Teachers College, ASU

**2015-17** Mentored three 60-hr nutrition interns per semester on final project (Arizona State University)

**2011-12** Mentored three 240-hr nutrition interns per semester on final project (Lehman College)

**2007-2009** Mentored crisis line employees and volunteers in suicide prevention

**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** ArizonaVeterinary Medical Association Wellness Resource Task Force

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

**2019-2020** ArizonaHumane Society Planning: committee member