1. Mission
Build an ASU-wide center that connects global researchers, scholars, teachers, practitioners, and learners around the concepts of mindfulness, compassion and resilience. ASU will be known for a vibrant and forward-leaning community that embodies and models mindfulness as context for learning, connecting and thriving. Our work is aligned with the ASU Charter and will accelerate the innovative leadership culture of caring that is foundational to The New American University. We will be known not only for what we do, but how we do it.

2. Center Core Focus Areas:
Engage: Center will bring together a vast array of interests in order to best honor the needs of the university's diverse population. We will promote and connect mindfulness efforts currently underway as well as inspire and support future endeavors across ASU campuses, within Phoenix and the surrounding communities.

Teach: Center will provide multiple pathways to mindfulness training in order to scale and provide opportunities for ASU departments, colleges, institutes and community organizations to develop a mindful lifestyle.

Connect: Center will serve as a convening vehicle for students, faculty, staff and community members to learn about mindfulness initiatives at ASU to connect global researchers, scholars, teachers, practitioners, learners and the community around the concepts of mindfulness, compassion and well-being.
**Intention for 2021**

Center’s intention for 2021 is to create an in-between space to bridge the gap of the increasingly high need of mental health support and the services needed to promote well-being. While mindfulness is not in and of itself equal to mental health, it is a method to maintain whole person well-being for individuals and communities. As such, Center is laying the foundation of a social movement built upon the values of compassion and mindfulness.

The **Expansive Model of Mindfulness** (EMM) is an overarching paradigm that we center our understanding of Mindfulness practices at ASU (and in general) within and under. Mindfulness can be utilized as a supportive strategy across a spectrum – as a self-care and resilience strategy, as a means to communicate with others, within and throughout communities, and finally, across all of humanity as a connector. EMM informs how we consider conversations around mindfulness and how we create programs designed at each level. EMM also understands that mindfulness practices naturally show up within the world and how we can leverage them to create a more compassionate, resilient culture of caring at ASU and beyond.
Center Development

- In the following years, Center reached the following number of students, faculty, community members and stakeholders through presentations, consultations, Think Tanks:
  - 2020: 82,699 people through 170 events and Midday Mindfulness shows (112 internal and 58 external events)
  - 2019: 6,330 people through 179 events (89 internal, 61 external, 29 both)
  - 2018: 6,456 people through 161 events (76 internal, 54 external, 31 both)
  - 2017: 7,487 people through 68 events (37 internal, 22 external, 9 both)

- **Equitable Mindfulness (EM):** During a time where we are recognizing global upheaval, social unrest, and historical oppression, the Center for Mindfulness, Compassion, & Resilience EM Initiative is focused on finding the intersection between mindfulness and social transformation, activation, social justice and equity. Our goal is to work to create a more equitable world through sustained practice of mindfulness and compassionate listening/action. EM employs a three-tier foundation to consider why this guidance could be important to the mindful community. This work centers on creating programming to focused on:
  - Personal protection
  - Mindful Activation, Systematic Change & Sustainability of Practice
  - Robust programming with the population in mind

Center has published mixed-methods research as well as thought pieces centered on Equitable Mindfulness (see below, under Research).

- **Mindfulness and Sustainability:** Center has embraced the sustainability movement, broadening our mindful awareness to include care for our natural environment. To do so, we have designated Hanna Layton, Sustainability and Authenticity Coordinator and alumna of the 4+1 Degree in Sustainable Solutions, to research and implement sustainability into our curriculum. The health of our Earth directly affects the health of its inhabitants, as we are reliant on the resources we alter. With this in mind, we are committed to making Center an environmentally conscious organization by investing in ways we can reduce our environmental footprint from the office setting and mindset to sustainable event planning.

Research

- Center delivers translational research – bridging mindfulness research to the public, as well as taking feedback from the public to improve offerings:
  - Planned collaboration with the Edson Center for Advancing Interprofessional Practice, Education and Research (CAIPER) on: 1. Integrating Equitable Mindfulness into CAIPER’s I-TEAM workout and 2. Projects related to equity in health care systems
Manuscript entitled: “Equitable Mindfulness: The Practice of Mindfulness for All,” a mixed-methods review of data collected at Center’s 2019 conference (Bautista, Cash, Meyerhoefer, & Pipe), preprint

Drs. James and Bautista submitted their manuscript titled, “Mindful Writing Group: An online format of mindfulness, writing, and productivity in academia.” This manuscript is currently under review and explores the utilization of writing groups created at ASU for doctoral students, postdoctoral scholars, and early career academics.

Pilot study completed on acceptability and feasibility of online mindfulness and well-being module with ASU 101 sections: 80% of students who completed the online course state that the course improved their understanding of stress; family income is correlated with stress levels (higher income=less stress)

University Engagement and Community Engagement

- Since January 1, 2021, Center has reached 1,982 people through 95 events, consults, presentations students, faculty, community members and stakeholders through presentations, events, and consultations as well as 29,857 touch points on Midday Mindfulness online sessions.

Caring and Connection Initiative

“I teach at a college prep and I join your session as often as possible during lunch for inspiration and a breath of fresh air. You are all making a ton of difference for a lot that truly need it.”

“Wonderful experience listening to the learned speakers and mentoring young minds to be at their best while enjoying every present moment with joy and happiness. Marvelous series of talks.”

“I loved this!! It was an honor to listen to you speak.”

“I feel very lucky to have stumbled across this, you are all very inspiring and hearing your stories is amazing. Thank you so much for doing this, it's nice to feel connected with others.”

“You are making everyone a good human being full of joy, happiness and mindfulness around the globe.”

-Midday Mindfulness Viewers

From March 16, 2020 – July 14, 2021 Center has focused on the Caring and Connection: Moving Mindfully through a Healing World Initiative, which included Midday Mindfulness YouTube sessions (total sessions: 234), shareable articles and resources, and social media engagement.

In Summer 2021, the Caring and Connection: Equitable Mindfulness for a Transformative Future Initiative centered our transforming hearts using the Equitable Mindfulness framework - a framework designed to apply the foundations of mindfulness to break down barriers to inclusive practices and transformative spaces (Cash, Gueci & Pipe, 2021). These YouTube sessions aimed to open our eyes to different ways that BIPOC, queer, neurodivergent and other amazing individuals are thriving through research, business building, and creativity, and invite conversation about joy.
2021 Midday Mindfulness YouTube sessions included special guest speakers (by date):

- **July 2021** | [Critical Race and Equity in Citations](#), ASU (Guest: Dr. Jennifer Sadler), Equitable Mindfulness, Phoenix, AZ, July 14\(^{th}\)
- **July 2021** | [Prioritizing Access and Diversity in Yoga: Trauma-Informed Approaches to Teaching and Practicing](#), ASU (Guest: Michelle Villegas-Gold, PhD), Equitable Mindfulness, Phoenix, AZ, July 13\(^{th}\)
- **July 2021** | [Superfoods for Mental Toughness](#), ASU (Guest: Chrissy Barth), Equitable Mindfulness, Phoenix, AZ, July 7\(^{th}\)
- **July 2021** | [Our Relationship to Food and Equity](#), ASU (Center team), Equitable Mindfulness, Phoenix, AZ, July 6\(^{th}\)
- **June 2021** | [Panel: Equity in Professionalism](#), ASU (Guest: Panel - Dr. Jack Thomas; Cheryl Blie, MA; Brenda Calhoun Cash, MS), Equitable Mindfulness, Phoenix, AZ, June 30\(^{th}\)
- **June 2021** | [Seven Pillars to Optimal Health and Wellness](#), ASU (Guest: Chrissy Barth), Equitable Mindfulness, Phoenix, AZ, June 29\(^{th}\)
- **June 2021** | [You Are What You Absorb: Mastering the Gut-Brain Connection](#), ASU (Guest: Chrissy Barth), Equitable Mindfulness, Phoenix, AZ, June 23\(^{rd}\)
- **June 2021** | [The Impact of the Subconscious Mind](#), ASU (Guest: G. Hakim Collier, LMSW), Equitable Mindfulness, Phoenix, AZ, June 22\(^{nd}\)
- **June 2021** | [Creativity: The Gateway to Black Survival](#), ASU (Guest: Breigh Jones-Coplin, M.A.), Equitable Mindfulness, Phoenix, AZ, June 16\(^{th}\)
- **June 2021** | [Coming to the Land to Heal and Learn](#), ASU (Guest: Chantelle Spicer), Equitable Mindfulness, Phoenix, AZ, June 15\(^{th}\)
- **June 2021** | [Wealth and the Infinite Mindset](#), ASU (Guest: Dexter Wyckoff), Equitable Mindfulness, Phoenix, AZ, June 9\(^{th}\)
- **June 2021** | [How Generosity Can Enhance our Emotional and Social Well-Being](#), ASU (Guest: Jason Proulx), Equitable Mindfulness, Phoenix, AZ, June 8\(^{th}\)
- **June 2021** | [Champions Chat](#), ASU (Guest: Charles Dickens), Equitable Mindfulness, Phoenix, AZ, June 1\(^{st}\)
- **June 2021** | [Equitable Mindfulness: From Beginning to Being](#), ASU (Tiara Cash, M.S.), Equitable Mindfulness, Phoenix, AZ, June 1\(^{st}\)
- **Apr 2021** | [An Invitation to Experience Your Wholeness: A Teaching and Experiential Practice](#), ASU (Guest: Natalie Gruber), Midday Mindfulness, Phoenix, AZ, April 20\(^{th}\)
- **Apr 2021** | [Lessons From the Pandemic: The Power of Connection, Hope, & Optimism](#), ASU (Guest: Dr. Christine McNulty-Buckley), Midday Mindfulness, Phoenix, AZ, April 14\(^{th}\)
- **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 13\(^{th}\)
- **Apr 2021** | [Follow the Nursing Code: Reframing Your Worldview](#), ASU (Guest: Heidi Sanborn), Midday Mindfulness, Phoenix, AZ, April 8\(^{th}\)
- **Apr 2021** | [Your Student’s Transition to College](#), ASU (Guest: Dr. Kellyn Johnson and Parent Panelists), Midday Mindfulness, Phoenix, AZ, April 7\(^{th}\)
- **Apr 2021** | [Dancing Your Nervous System](#), ASU (Guest: Molly Schneck), Midday Mindfulness, Phoenix, AZ, April 6\(^{th}\)
- **Apr 2021** | [Mindfulness: Implications for Medical Practice](#), ASU (Guests: Dr. Kari Bernard, Dr. Eve Hoover, Dr. Bettie Copeland), Midday Mindfulness, Phoenix, AZ, April 1\(^{st}\)
- **Mar 2021** | [Conscious Eating: Healing the Mind, Body, and Spirit with Nutrition](#), ASU (Guest: Victoria Abel), Midday Mindfulness, Phoenix, AZ, March 31\(^{st}\)
- **Mar 2021** | [How to Be Mindfully Intelligent: The Relationship Between EQ and Mindfulness](#), ASU (Guests: Corinne Corte, Amanda Voight), Midday Mindfulness, Phoenix, AZ, March 30\(^{th}\)
• 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 | **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,
• 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 | **Yoga Nidra for PTDS**, ASU (Guests: Leslie Rowans, Instructor at ASU College of Health Solutions), Midday Mindfulness, Phoenix, AZ,
• 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

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**Internal collaborations with ASU departments and programs:**

• Graduate and Professional Student Association (GPSA) invited Center for a presentation in November
• Sexual and Relationship Violence Prevention Program: Open discussion on how we can use mindfulness to encourage healthier self-talk (March 5)
• ASU Art Museum: Meditation script writing for Herberger Institute (HIDA) Day (March 16&17)
• Partnership on ASU Open Door (March 1)
• Mary Lou Fulton Teachers College: Creation of curricula for a 5-part series on mindfulness for parents and teachers. The format will be online 20-minute courses each, which can be taken individually or as a series.
• Sun Devil Support Network: curriculum-building workgroups (representation from both Center student and staff)
Academic Support for Students:

- “Think tanks” with doctoral students, including Edson College DNP program.
- Internships and preceptorships continuing this year with various departments, including psychology, social work (see Staff section)

Academic Support for Faculty/Staff and Center Affiliates:

- Zachary serves as on the Building Analysis Task Force with the Design School
- Supported application for and collaborated with:
  - Dignity Health for the US Department of Health and Human Services Health Resources and Services Administration (HRSA) grant HRSA-22-110 “Promoting Resilience and Mental Health Among Health Professional Workforce”
  - ASU’s College of Health Solutions for the US Department of Health and Human Services Health Resources and Services Administration (HRSA) grant HRSA-22-109 “Health and Public Safety Workforce Resiliency Training Program”
- In conjunction with ASU’s Mary Lou Fulton Teachers College, completed curriculum and development for a series of 5 mindfulness nanocourses that will be available for free for the public
- Submitted letter of support for Edson faculty’s multiple principal investigator (MPI) R01 proposal to the National Institutes of Complementary and Integrative Health (NCCIH) entitled, “Behavioral Economics and Anchoring to Support Mindfulness Meditation HabitS (BEAMS)”
- Submitted letter of support for Edson faculty application for the American Holistic Nurses Association, funding was granted

External

- Signature Program: Presented Mindfulness Leadership Certificate (MLC) program to:
  - Waste Management (July 13 & 20)
  - General Audience (Aug 24)
  - Tempe Union High School District (Sept. 13 & 22)
- Collated university-wide information to submit and be awarded the Healthy Arizona Worksite Program (HAWP) Gold-Level Award through Maricopa County Public Health for 6 years in a row
- Dr. Nika Gueci serves on the following external committees:
  - Arizona Veterinary Medical Association (AzVMA) Wellness Task Force member and Mentor to the pilot “One Wellness” program, being implemented in 10 veterinary offices
  - Co-Chairing the Arizona Department of Health Services (AZDHS) Arizona Health Improvement Plan (AZHIP) Steering Committee – Mental Well-Being Task Force
  - Wellness A to Z Steering Committee to “set the overall direction for Wellness A to Z;” took the Healthy AZ Pledge “to slow the spread of Covid-19;” and participated in #WellnessAtoZDay2021
  - Arizona Department of Health Services (AZDHS) Arizona Health Improvement Plan (AZHIP) Steering Committee
• Hanna Layton, Sustainability and Authenticity Coordinator, is partnering with The Sustainability Consortium (TSC) in vision and mission development, ongoing thought leadership from Center

• Center sponsored the Wisdom 2.0 conference in March and received free 10 tickets, which were given to staff and students (March 26&27)

• For three years in a row (2019, 2020, 2021), Center has been commissioned to work with Creative Catalysts, an initiative of Mesa Arts Center in their new program called “The Collective - a program that uses creativity to activate leadership skills and enhance innovation across sectors.” The Collective brings creativity to the forefront of the conversation by intentionally weaving it into every lesson on leadership, collaboration, failure, problem solving, and mindfulness.

Staff Development

• Nika Gueci:
  o Joined the Edson Faculty Writing Group with Debra Hagler
  o graduated from the ASU Leadership Institute, a competitive 9-month professional development program to “broaden perspectives of leaders on critical issues facing our region”
  o won a “Hearts of Gold” Sun Award:

  ![ASU SUN Award](image)

• Zachary Reeves-Blurton joined Center on Sept 7th as Assistant Director!

  “Passionate about creating engaging communities and experiences in support of personal and professional growth, Zachary Reeves-Blurton comes to Center most recently from the ASU Graduate College, where he oversees development and administration of its student-facing mentoring initiatives.

  With a doctorate in Educational Leadership and Innovation (Ed.D., 2019) from the Mary Lou Fulton Teachers College, Zach’s specific area of focus is on development of identity-based
motivational resources for and among students with marginalized or underrepresented identities. His research and current work involve the creation of spaces for developing psychosocial capacity, stress reduction (specific to the context of minority stress), and resilience-building through mentorship and community care.

As a mentor, coach and guide, Zach is excited to help students and communities in applying mindful practices to create, question, and de/reconstruct narratives as frameworks for personal growth and community resilience.”

- Hanna Layton, Center’s Sustainability and Authenticity Coordinator, has resigned from Center to pursue her business, Thrive Consulting.

- Tiara Cash, Culture and Equity Specialist, and Jackie Speer, Administrative Associate, resigned from ASU in the summer. Tiara Cash is currently in her 2nd year of her psychology PhD program at Simon Fraser University while Jackie Speer moved to Washington state.

- The Center interns, volunteers, and social justice council were trained in mindfulness principles and practice in spring, summer, and fall of 2021. Center Interns 2021:
  1. Lauren Fielder, Center’s social media volunteer, has eight years of national marketing and communications experience with brands including Meals on Wheels America. She lives in Tampa, FL with her two kittens and is an (unofficial) food critic for local ice cream shops. Her favorite yoga pose is the Sphinx pose. "I use mindfulness to return back to myself. It's where I sit with my emotions, check in with myself, and ultimately love myself." Lauren is beyond grateful to ASU's Center for Mindfulness for teaching her how to show up for herself and others!
  2. Selin Sozer is a student at ASU, who is working towards her bachelor's degree in psychology. After graduation, she aims to go after a doctorate in clinical psychology and start her own practice. Her goal is to integrate mindfulness practices and clinical psychology to help others heal and grow. She is planning on focusing her studies on abnormal psychology particularly. Her long-term dream is to start her own mental institute that is run ethically and with passion. She believes that is important for patients to feel supported and heard, rather than imprisoned. Additionally, she believes that people from all backgrounds should be able to receive high-quality support and therapy. Selin is interested in learning more about mindfulness and how it can be used to make a change in society and in the way we perceive mental health today. Selin practices meditation, yoga, and visual arts in her free time.
  3. Shraddha Krishnan is a junior at Arizona State University majoring in Psychology and minoring in Women and Gender Studies. She is in Kappa Delta, a sorority on campus, and has been working two jobs during the pandemic. Shraddha aims to be a therapist and believes that using mindfulness in day to day life can completely change your world for the better. She feels very strongly about mental health awareness and is excited to be a part of Center and help spread compassion.
  4. Katrina Chandler is a counseling psychology student pursuing a minor in Family and Human Development. She enjoys the outdoors and loves cooking. Her goal is to open her own counseling services or life coaching. Katrina appreciates the subtleness of mindfulness and how it allows us to follow our own path when it comes to inner healing. Her goals as an intern are to gain personal experience in mindfulness as well as help the Black community
and other underrepresented cultures discover the benefits of mindfulness. Her favorite quote is by Emma Watson and says "If not me, then who, and if not now, then when."

5. Julie Coney is a Master of Social Work student. She has been a certified 500-hr yoga teacher for nine years, her yoga teaching and personal practice are rooted in mindfulness and meditation, encouraging balance, serenity, and peace of mind. Julie is certified in Sound Healing, Yoga Nidra, Yin yoga, Prana Vinyasa, and she is a level two Reiki practitioner. She has been a leader and mentor for over 100 teachers beginning their yogic journey and is grateful to have studied and practiced with Rod Stryker, Shiva Rea, Amrit Desai, and Kathryn Budig. Julie holds a Bachelor of Fine Arts in photography from Columbia College Chicago. Her work has been exhibited in Chicago, New York, and at the Smithsonian Institution in Washington, D. C. She will work on research and presentations at Center.

6. Katie Shershenovich is a psychology major and plans to continue her education at ASU through graduate school for marriage and family therapy. Her primary career goal is to be able to work hands-on in the psychology field and help others heal and live their best lives. Mindfulness practices are a great tool for people to feel balanced, healthy, and to be a meaningful member of society. Katie has grown into a more open-minded and compassionate individual through these practices, which not only emphasize the importance of treating oneself with kindness, compassion, and forgiveness, but also others. She will work on Center’s social media profile.

Interns from last semester, Nicole Hudson and Jose Vallejo, will continue to work on Center’s social media and student outreach (respectively).

Terence Meyerhoefer, RYT-200 and Mayo Clinic Medical Student who participated in Center’s 20-hour Selective course, has completed the Professional Training Program in Mind-Body Medicine at the Center for Mind Body Medicine. He continues to volunteer with Center in a research capacity.

Communications

ASU’s Learning Enterprise Upskilling department which oversees Continuing and Professional Education portfolios, has built a relationship with the Arizona Republic in order to offer the Health and Wellness Series courses to their employees for a discounted rate to help them succeed at in-demand jobs.
These courses were developed by the Center for Mindfulness in conjunction with EdPlus and the Mayo Clinic: Center staff and affiliates were commissioned as content experts for curriculum development to create a series of five 10-hour online courses (Mindfulness, Sleep, Nutrition, Physical Activity and Whole-Person Well-Being) and are available to anyone for a fee through ASU’s Continuing and Professional Education website. After taking this course, learners will earn a professional certificate and a badge to place on their LinkedIn account to showcase advanced abilities in health and wellness practices.

Please see [video](#) and [written](#) testimonial from Patty Beck, a course learner and lawyer.

- **Published:** Cash, T., Gueci, N., Pipe, T. “Equitable Mindfulness: A Framework for Transformative Conversations in Higher Education.” Building Healthier Academic Communities, Spring 2021

**ASU Social Embeddedness Network:**

- Center’s involvement with the Arizona Department of Health’s (DHS) – Arizona Health Improvement Plan (AzHIP) [listed in the Collaboratory](#)

**ASU Newsworthy, a twice-monthly communication to 115+ national higher education reporters:**

- [Daily mindfulness broadcast reached 94 countries](#)

**ASU News:**

- [The post-911 generation: Relating to the recent past](#) by Emma Greguska

**ASU Now:**

- Devils in the Details episode: [Mindfulness Matters](#)
- [Navigating post-pandemic life through mindfulness](#) by Katherine Reedy
- [Finding peace amid chaos: ASU Center for Mindfulness, Compassion and Resilience staff reflect on 1 year of Midday Mindfulness sessions](#) by Emma Greguska

**Dr. Gueci and Dr. Pipe presented:**

- “Mindfulness and Ambition: Can they co-exist?” at [SOAR to Empower](#) for ASU’s University Technology Office (May 13)

- “Wellness Innovations Instituted at the Organizational Level” at the “Here Comes the Sun” Virtual Clinician Wellness Conference through the Alaska Academy of Physician Assistants (April 11)
Dr. Pipe was an invited presenter to:

- Health Talks Committee at the ASU College of Health Solutions (upcoming Dec. 9)
- ONL Leadership Lunch series (upcoming Nov. 19)
- The Arena of the Heart to Osher Lifelong Learning Institute at ASU (Sept. 29)
- Beyond the Paper Gown Women’s Health podcast (Sept. 17)
- Organizational Excellence at ASU (OECOP) (Sept. 10)
- Nurse Trust panelist (Sept. 13)
- Resiliency Graduation, El Rio APRN Program (Aug 28)
- Edson College PhD Immersion presentation (Aug 24)
- “Resilience from the Inside Out: Mindful Journaling Experience” Mayo Holistic Health and Well-Being conference (July 23)
- San Diego Study Group “Mindfulness and Leadership” (April 7)
- Organization of Nurse Leaders Quarterly Meeting (March 26)
- ASU IT Leadership Institute Design Team (Feb 16)
- ASU NSF Future of Work (Feb 8)
- University Senate Meeting “Mindfulness, Leadership and Innovation” (Feb. 1)
- ASU Council of Academic Advisors (Jan 28)
- University of Minnesota (Jan 5)

Dr. Zachary Reeves-Blurton presented:

- Grad15 with the Graduate College (upcoming Oct 5)
- St. Mary’s College of Los Angeles panelist (Sept. 23)

Hanna Layton, Sustainability and Authenticity Coordinator:

- Featured in MASK Magazine as content expert on the power of kindness
- Mindfulness workshop for the ASU Society of Women Engineers (March 22)
• “Maintaining your health and well-being for staff,” Sun Devil Fitness Complex (March 5)
• The Sustainability Consortium Sustainability Leadership Institute Workshop (March 2)
• Fulton School of Engineering Spring Welcome (Jan. 9)
• Thunderbird Orientation (Jan. 4)

**Tiara Cash and Dr. Pipe presented:**
• University of Minnesota on Well-Being and Equity, Health Justice (Jan. 5)

**Jackie Speer presented:**
• ASU Happiness class (March 29)
• New Center intern training (Jan. 15)

**Dr. Nika Gueci presented:**
• Western Regional AHRMM with Honor Health conference-Resiliency (upcoming Oct.7)
• PFx Preparing Future Faculty with the Graduate College (upcoming Oct 15)
• Arizona Nurse Association (AZNA) conference at Wild Horse Pass (Oct. 2)
• “Mindfully Navigating the Post-Pandemic Landscape” Keynote for Mesa Community College (Performing Arts Center) (Aug. 19)
• “Mindfulness and Resilience: A Self-Care Reminder for Leaders Navigating the Post-Pandemic Landscape” for the mindful.org annual conference (May 21)
• “Mindfulness and Resilience: A Self-Care Reminder for Navigating the Post-Pandemic Landscape” for the Employee Assistance Office (May 20)
• Wellness A to Z Steering Committee
• ASU Leadership Institute Innovation Day (Feb 19)

**Tiara Cash presented:**
• Equitable Mindfulness Gathering at the Gabelli Business School at Fordham University (postponed)
• Equitable Mindfulness Gathering at the Memhips Library (July 12)

**Dr. Gueci and Hanna Layton presented:**
• “Mindfulness and Resilience: A Self-Care Reminder for Navigating the Post-Pandemic Landscape” for St. Patrick’s Behavioral Health conference (May 12)

**Dr. Gueci and Tiara Cash presented:**
• ASU Masters of Social Work class (March 4)

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**Center Affiliates, Research Advancement Council, Social Justice Council and Early Career Mindfulness Council**

**Center Affiliates** are faculty, staff or students who collaborate and make a difference through their research on mindfulness. *This list is being updated*

**Center Social Justice Council** is a think tank to discuss ways of bridging the gap between mindfulness and social transformation through a programming and event collaboration at ASU and the surrounding community. During the summer 2021, Tiara Cash will be looking to pass the chair role of this important council to a student through a Culture and Equity Internship. Search for an intern will begin Spring 2021.
• Tiara Cash, Center’s Culture and Equity Specialist and Chair of Social Justice Council
• Dr. Nika Gueci, Executive Director for University Engagement, Center for Mindfulness
• Dr. LaDawn Haglund, Associate Professor of Justice & Social Inquiry, School of Social Transformation
• Dr. Charles Lee, Associate Professor of Justice & Social Inquiry, School of Social Transformation
• Dr. Mary Fonow, Professor of Women & Gender Studies, School of Social Transformation
• Dr. Kimberly Marshall, Professor, School of Music
• Dr. Mary Davis, Professor, Department of Psychology

Early Career Mindfulness Council (ECMC) provides networking, resources, and training for anyone within 10 years of their terminal degree (student or professional) interested in studying or practicing Mindfulness anywhere in the world. The goal of ECMC is to foster the career of mindfulness scholars and bring mindfulness practices to all early career professionals.

ECMC Mindful Writing Group (MWG): Dr. Dara James, Edson CONHI Postdoctoral Scholar and Center Affiliate serves as the Director the MWGs. The MWG sessions are held six days a week, with a total of 10 sessions per week. Each session lasts two hours for a total of 20 hours a week of supported writing groups with guided mindfulness practice at the start/close of each session. All MWG session are open to doctoral students, postdoctoral scholars/fellows, early career academics, and any academic-oriented individual with an interest to attend. The detailed format of MWG sessions is as follows: attendees join via Zoom, session facilitators invite attendees to set a writing goal and a mindful goal for that session, once each person has set their goals/intentions, the facilitator leads a 5-minute mindfulness practice. The group (average attendance 10 individuals) then writes/works in silence—with Zoom audio paused, video optional. At the end of each session (15 minutes prior to the second hour), the facilitator invites attendees to “return” to the group and unmute to share and debrief about their writing/working and mindful goals. All sessions are closed with another 3-5-minute mindfulness practice.