

Career Experience

NHC Chair of Excellence in Nursing
Middle Tennessee State University
School of Nursing
Murfreesboro, TN
<https://mtsu.edu/NHCChair/index.php>

2019-Present

The NHC Chair of Excellence (COE) in Nursing is an endowed professorship established through a major gift from the National Healthcare Corporation (NHC). The role and function of the COE, in collaboration with the School of Nursing (SON) and other segments of the university and NHC, influences and contributes to aspects of nursing education, practice, research and leadership in the State of Tennessee and particularly in the mid-state area with regard to caring for the geriatric population in our community.

As Chair, facilitate the development of faculty, students, and NHC employees to:

- promote collaboration between NHC and the MTSU School of Nursing;
- promote awareness and respect for geriatric clients and caregivers;
- promote development and integration of nursing research at MTSU;
- identify and locate resources of consultative expertise for nurses and administrators of NHC and other clinical agencies in the Middle Tennessee region; and
- promote national visibility of the MTSU School of Nursing.

Accomplishments include:

- founder and Director of the MTSU Positive Aging Consortium, a multidisciplinary, university-wide group of faculty with expertise in aging and older adults focused on promoting research, education and service opportunities that support positive aging;
- coordinated and led the Planning Committee to hold the inaugural Positive Aging Conference at MTSU, June 2022.
- established the Nursing Research and Scholarship Committee of the School of Nursing that includes an NHC Chair of Excellence grant process for nursing faculty;
- co-chair of the Faculty Services Committee supporting faculty development and mentoring. Arrange faculty continuing education opportunities, including manuscript development, promoting metacognition for student learning and faculty development offerings; participated in revising faculty peer evaluation process; oversee the Faculty DAISY Award program;
- provide partnership opportunities for faculty research within and outside of the School of Nursing;
- promote faculty scholarship through funding faculty opportunities at professional conferences;
- revitalized the EXL Scholars Program at the School of Nursing (linking experiential learning to academic courses) and promote faculty accomplishments with the EXL Program through nominating faculty for university EXL awards and grant funding opportunities;
- developed and designed a health coaching program available to all undergraduate nursing students during the second semester of the nursing program. Students receive six health and wellness coaching sessions with a coach from Duke or Vanderbilt Health Coaching Programs. The program received donor funding in 2022 to continue offering coaching to students beyond second semester;

- co-facilitator for “Motivational Interviewing as Pedagogy,” Faculty Learning Community during 2021-2022 academic year;
- selected as a Mental Health First Aid® (MHFA) Instructor providing training to audiences within the university and community. Provide MHFA instruction for all nursing students during the second semester in the program.

Teaching responsibilities:

- Designed and developed a Communication Skills Clinical, a clinical rotation of Mental Health Clinical, NURS 3390. Using a combination of teaching modalities, this 6-week clinical rotation provides content and practical application of Motivational Interviewing style, skills and techniques for nursing practice. Each clinical group within the undergraduate Mental Health course completes this in-class practicum experience. Students also complete a self-care project as part of the clinical rotation.
- Therapeutic Relationships and Therapeutic Communication class, NURS 3380, Care of the Client with Mental Health Alterations.
- Provide 2-hour Motivational Interviewing class each semester for students enrolled in the Family Nurse Practitioner and Psychiatric-Mental Health Nurse Practitioner Programs.

Adjunct Professor
Middle Tennessee State University
School of Nursing
Murfreesboro, TN

2017-2018

Designed and developed the Communication Skills Clinical, a clinical rotation of Mental Health Clinical, NURS 3390 (see above description).

Adjunct Assistant Professor
Meharry Medical College
Meharry-Vanderbilt Health Coach Training Program
Nashville, Tennessee

2017-2019

Instructed and mentored first-year medical students in this innovative 12-week program- the first in the country to train medical students to support patients in making health behavior change through use of health coaching skills and strategies. All first-year medical students were required to complete the program, which qualified students to sit for the national board certification exam for health and wellness coaches.

Contracted Instructor
Vanderbilt University School of Nursing/Osher Center for Integrative Health
Health Coaching Certificate Program
Nashville, Tennessee

2016-Present

- Provide mentoring for onsite and virtual coaching sessions with verbal and written feedback. Students enrolled in the program come from a variety of health professions.
- Evaluator in a research study to assess fidelity of an evidence-based tool created to evaluate practical coaching skills such as conveying empathy, eliciting intrinsic motivation and facilitating self-discovery. See publications section.

Contracted Instructor
Duke Integrative Medicine/Duke University Health System

2014-present

**Integrative Health Coach Professional Training Program (IHCPT)
Durham, North Carolina**

IHCPT Foundation Program (now referred to as Health & Well-being Coach Training)

- Instructor for on-site training program. Students include health professionals and those from other fields from throughout the U.S. and internationally. The ICHPT Program is considered a top-rated program in the country. Student evaluation data available upon request.

Certification Program

- Mentored students in 1:1 sessions via WebEx to support growth and development of coaching skills and process. Student evaluation data available upon request.

Health & Well-being Coach

- Provide twelve 1:1 health coaching sessions for the year for those professionals enrolled in the Leadership Program in Health & Well-being.

**Adjunct Faculty
Florida Gulf Coast University
School of Nursing
Fort Myers, Florida**

2014

Provided clinical leadership and mentoring for fourth-year undergraduate nursing students in community and public health course. Primary clinical site for practicum experience was a public health department in rural, central Florida. Responsibilities included coordination of each rotation within the practicum- health department programs, school health, home health, hospice, migrant and Indian health. Facilitated weekly Blackboard discussions with students and responsible for grading community assessment and health promotion papers and projects.

**Better Choices Wellness
Founder and President
National Board Certified- Health and Wellness Coach
www.BetterChoicesWellness.com**

2011-present

- Provide integrative health coaching for clients seeking long-term, sustainable change to improve their health and well-being. Integrative health coaching focuses on supporting sustainable health behavior change through partnering with clients to address all facets of their life influencing their health and well-being. Client outcomes include weight loss, increased activity levels, reduced stress, professional development and improved relationships in work and family settings.
- Provide contracted health coaching services, workshops, presentations and consultation to corporate, organizational and hospital wellness programs and physician practices (details available).
- One of the first health and wellness coaches to be nationally certified with the credential, National Board Certified-Health and Wellness Coach (NBC-HWC) (October, 2017)
- Health & Wellness Coaches Item Writing Contributor and Item Reviewer, National Board of Medical Examiners (NBME), National Consortium for Credentialing Health & Wellness Coaches

(NCCHWC) and International Consortium for Health & Wellness Coaching (ICHWC), Philadelphia, PA (2017, 2018).

- Approved mentor for the ICHWC, providing 1:1 mentoring for individuals pursuing the portfolio pathway for national certification as a health and wellness coach.
- Completed Integrative Health Coach Training Program through Duke Integrative Medicine and Certification as an Integrative Health Coach through Duke Integrative Medicine.
- Numerous public presentations and articles published on various health and wellness topics.
- Editor and Committee Chair for Duke Integrative Health Coaches Alumni Newsletter (2010-2013).
- Co-creator of the *Nurture the Nurse™ Program*- providing integrative health coaching and mindfulness practices for nurses delivered by nurses. The program is built on the premise of improved self-care of nurses' results in improved patient care, thereby resulting in better patient outcomes. Program outcomes include significant decrease in anxiety levels, increased self-compassion and mindfulness and overall improved general health (details available).
- Co-creator of *Finding Joy and Wonder on the Road to Self-compassion (and the brain science that backs it up)*. This experiential 6-hour workshop constructs an umbrella of understanding about the evolutionary brain, the culture in which we live, and their collective impact on our capacity for self-compassion. Specifically targeted mindful self-compassion tools, easily practiced and rooted in the most current social science research. Workshop content is based on the work and research of leaders in the field of self-compassion, mindfulness and self-directed neuroplasticity.

Adjunct Assistant Professor
University of Western Ontario
School of Health Studies
London, Ontario, Canada

2010

Created and delivered new course for the School of Health Studies, *Innovative Strategies to Improve Health Care Service Delivery and Policy*, for fourth-year undergraduate students (101 students enrolled). Course topics included transformational health care, leading for change, quality improvement initiatives, innovation in primary care service delivery, and the role of partnerships and collaboration to improve health care delivery. As a result of projects developed for the course, students won the individual and group categories of the Health Council of Canada's first Health Innovation Awards (January 2011).

Health and Social Service Consultant
London, Ontario, Canada

2009-2010

Using a collaborative partnership model, worked with organizations and groups to plan, organize and implement innovative strategies to improve health and social service delivery. Examples of projects include assessing health and social service delivery for children and youth and developing a plan for implementing an integrated service delivery system in two rural Ontario counties and providing research and literature review to support a task force addressing crystal methamphetamine use in rural communities.

Planning and Integration Lead

2008-2009

**South West Local Health Integration Network
London, Ontario, Canada**

The South West Local Health Integration Network (LHIN) is a government owned corporation accountable for the planning, integration and funding of over 150 health service providers including hospitals, long-term care homes, mental health and addictions agencies, community support services and community health centers, within the south west region of Ontario.

Developed and managed project plans for health improvement by conducting best practice research; analyzed and identified gaps in the local health system; worked with key stakeholders and members of the region to identify, develop and support innovative ideas for integration; developed and supported implementation strategies to improve health and system outcomes; facilitated community engagement activities; and, established collaborative partnerships across the geographic area.

- Portfolio included Primary Health Care, Children and Youth, Health Professionals Advisory Committee and geographic lead for northern counties within region.
- Within first six months, led the development of a region-wide report with recommendations for children's rehabilitation services for the Children and Youth Priority Action Team.
- Provided leadership for three developing community health centers (CHCs) in the region. CHCs provide primary health care for thousands of individuals without a primary care provider.
- Collaborated with stakeholders, including health service organizations funded through the LHIN, to identify opportunities for partnership and integration in order to support a more efficient and effective health care system.
- Provided consultation, information and education on a variety of health system issues for the south west region.

**Administrative Director, Clinical Education
Virginia Mason Medical Center
Seattle, Washington**

2007

Developed and implemented strategies and policies for the education and training of clinical staff throughout the medical center (over 5,000 employees, a hospital licensed for 336 beds and eight ambulatory clinics throughout the region). Virginia Mason is a leader in implementing Lean Strategies in health care settings.

- Accountable for various programs such as new clinical employee orientation, RN residency program, Continuing Nursing Education, nursing student practicum experiences and staff development initiatives including competency validation.
- As a member of the senior nursing leadership team, provided strategic planning and consultation to Virginia Mason leadership for clinical education and training programs including work with nursing leadership to design programs that match the competencies required to meet the needs of the patient population.
- Increased capacity to serve the ambulatory clinics by dedicating a nurse educator position.
- Led the effort to develop an enhanced orientation program for newly hired patient care technicians.
- Enhanced training for the ambulatory areas (emergency responder role) and inpatient areas (use of patient restraints).
- Led initiative to develop a comprehensive skills validation system for the organization.
- Re-designed orientation program to align with the organizational safety goals.
- Streamlined cardiopulmonary resuscitation (CPR) program, and by doing so, reduced staff time in this activity by half.
- Partnered with universities in the area to develop opportunities for career development of nursing staff by improving educational offerings and incentives for employees to return to school.

**Washington State Department of Health
Community & Family Health
Olympia, Washington**

1997-2007

- **Local Public Health Nurse Liaison**

February 2003-March 2007

Served as liaison between Department of Health (DOH) and Public Health Nursing Directors in all 35 local health jurisdictions in the state. Consulted with DOH Assistant Secretary of Health, Office Directors, program managers and staff in the Community and Family Health Division of DOH, as well as programs and staff in other divisions of agency, regarding policy formulation, program implementation, contract administration and funding considerations with local health jurisdictions and other community partners.

- Led collaborative project with DOH and Public Health Nursing Director's to develop statewide outcome measures for child and family health programs. Project partially funded by Robert Wood Johnson Foundation.
- Developed and implemented strategies to improve communication and strengthen relationships between DOH and local public health leaders.
- Provided consultation and leadership for the Public Health Nursing Director's Forum of the Washington State Association of Local Public Health Officials.
- Served as conduit for early problem identification and bringing partners together for resolution.
- Lead consultant for development and implementation of policies related to public health nursing. Position served as senior public health nurse for DOH.
- Provided training for DOH staff and local health jurisdiction staff throughout Washington.

- **Public Health Nursing Consultant
Child & Adolescent Health Program**

October 2001-February 2003

Collaborated with state and community partners such as local health jurisdictions, Child Care Resource & Referral programs, Department of Social and Health Services, the University of Washington and others to build child care capacity for infants, toddlers and children with special needs.

- Managed \$2.5 million/year project to build state level child care system through public health for children with special needs (result of successful grant application referenced below).
- Developed successful grant application on behalf of DOH to the Washington State Department of Social and Health Services to build statewide child care capacity for children with special needs through local public health and other partners (\$1.46 million). Lead for project oversight and implementation.
- Managed contracts for *Healthy Child Care Washington* for all 35 local health jurisdictions and four private contractors that supported the program.
- Provided consultation to local health jurisdictions on a variety of issues related to child health and early childhood environments.

- **Public Health Nursing Consultant
Children with Special Health Care Needs Program**

October 1997-October 2001

Collaborated with other state programs/agencies (Medicaid, WorkFirst, Superintendent of Public Instruction, Office of Child Care Policy, etc.) to develop, implement, and evaluate programs and policies affecting children with special health care needs and their families (managed care, child care, schools, welfare reform).

- Assisted in program development and implementation for statewide initiative partnering local health jurisdictions with WorkFirst, Washington State's welfare-to-work program. Provided consultation and oversight of program for DOH.
- Served as program representative to various internal and external groups, organizations and agencies (school system, child care, parent organizations) to improve systems of care for children with special health care needs.
- Provided policy analysis and information to policymakers, state agencies and organizations, and to related programs within DOH on issues affecting children with special health care needs and their families.
- Extensive experience in contract development and management.

Academic Positions

Casual Academic Appointment **2008- 2010 (unpaid position)**
Assistant Professor
University of Western Ontario
Arthur Labatt Family School of Nursing
London, Ontario, Canada

Clinical Assistant Professor **2000-2009 (unpaid position)**
University of Washington - School of Nursing
Department of Psychosocial and Community Health
Seattle, Washington

Clinical Assistant Professor **2005-2007 (unpaid position)**
University of Washington - School of Nursing
Communities, Populations and Health
Tacoma, Washington

Clinical Assistant Professor **1998-2009 (unpaid position)**
University of Washington - School of Nursing
Department of Family & Child Nursing
Seattle, Washington

- Invited guest lecturer for graduate nursing courses.
- Provide mentoring for graduate student practicum experiences.
- Member of student committees for scholarly projects, independent study and research projects, including theses.
- Invited participant for conference planning and joint academic/practice committees.

Postdoctoral Scholar **1996-1997**
Nursing Systems Research Training Program

**University of Washington- School of Nursing
Seattle, Washington**

Sue T. Hegyvary, PhD, RN, Primary Investigator

Funding source, National Institute of Nursing Research, National Institutes of Health

Area of focus- health policy and children with special health care needs.

- Worked collaboratively with a number of agencies- state Medicaid agency, Washington State Department of Health, Children's Hospital and Regional Medical Center (CHRMC), University of Washington Center for Disability Policy and Research.
- Compiled report on out-of-pocket expenses for families of children with special health care needs in Washington State for Washington State Department of Health.
- Participated with state Medicaid program in development of training for care coordinators for Medicaid managed care program for Supplemental Security Income recipients. Developed training notebook.
- Developed policy recommendations for report of Women's Health in Washington State.
- Assisted in development of Data Utilization and Evaluation grant proposal submitted to Maternal Child Health Bureau (MCHB) through CHRMC (funded for three years).
- Coursework in health policy.

Research Assistant

1993-1994

**Parental Caregiving of Infants Sero-Positive for HIV
The University of North Carolina- School of Nursing
Chapel Hill, North Carolina**

Margaret S. Miles, PhD, RN, Primary Investigator

Funding source National Institute of Nursing Research, National Institutes of Health

- Data collection via qualitative and quantitative methods including behavioral observations in clinic and home settings.
- Assisted with tool development and data entry and collection issues with study.
- First collaborative study with UNC School of Nursing and Duke University Department of Medicine.

Research Assistant

1990-1993

**Sleep-wake States of Prematurely Born Infants
and Outcomes at Age Three
The University of North Carolina- School of Nursing
Chapel Hill, North Carolina**

Diane Holditch-Davis, PhD, RN, Primary Investigator

Funding source National Center for Nursing Research, National Institutes of Health

- Data collection via qualitative and quantitative methods including behavioral observations in the home and clinic settings.
- Data analyses using SAS programming.
- Assisted in manuscript preparation.
- Managed office and administrative details of grant.

Faculty Associate

1987-1990

**Duke University School of Nursing
Durham, North Carolina**

Responsible for neonatal and pediatric critical care graduate students (didactic and

practicum components) and courses.

- Course coordinator for Critical Care I (N320), Co-coordinator for Critical Care II (N322), and Critical Care III (N324), academic year 1988-1989 and co-coordinator for same courses academic year 1987-1988.
- Lectured on selected pediatric/neonatal critical care topics.
- Served on thesis committees of pediatric/neonatal students.
- Unit preceptor at Duke University Medical Center Intensive Care Nursery for graduate students.
- Member of Recognition, Honors and Lectureship Committee 1987-1988, Chairperson 1988-1989.
- Chairperson, Student Recruitment Task Force 1988-1989.
- Member of Pediatric Leadership Group, Duke University Medical Center.
- Participation in National League for Nursing visit October, 1987.

Clinical Experiences

Clinical experience in neonatal and pediatric nursing in a variety of hospital and home care settings throughout the southeastern U.S., 1982-1989. Specifics provided on request.

Education

Ph.D. (Nursing), University of North Carolina
Chapel Hill, North Carolina

Master of Nursing, Emory University
Atlanta, Georgia

Bachelor of Science in Nursing, Western Kentucky University
Bowling Green, Kentucky

Associate of Science in Nursing, Western Kentucky University
Bowling Green, Kentucky

Training Programs

Mental Health First Aid®
Certified Instructor
National Council for Behavioral Health
Washington, DC

Integrative Health Coach Professional Training Program
Certified Integrative Health Coach
Duke Integrative Medicine/Duke University Health System
Durham, North Carolina

International Association for Public Participation Training (IAP2)
Certificate in Public Participation
Ottawa, Ontario, Canada

Sample of Research

Needs and Capacity of Certified Nursing Assistants in Long-Term Care: A Tennessee Workforce Assessment.
(January 2022- August 2023)
Funding, Middle Tennessee State University, MT-IGO recipient.

Motherhood as Usual: Two Studies of African American Women with Technology-Dependent Infants
Doctoral Dissertation, University of North Carolina.
Funding, National Research Service Award, National Institute of Nursing Research (1991-1994).

Parental Caregiving of Infants Sero-Positive for HIV
Research assistant to Dr. Margaret Miles, Primary Investigator (October 1993-October 1994).
University of North Carolina. Funding, National Institute of Nursing Research.

Sleep-wake States of Prematurely Born Infants and Outcomes at Age Three
Research assistant to Dr. Diane Holditch-Davis, Primary Investigator, (August 1990-October 1993). University of North Carolina. Funding, National Institute of Nursing Research.

Sample of Publications

Miller, S.S. Lee, D.A., Muhimpundu, S.M., Maxwell, C.A. (2021). Developing and pilot testing a frailty-focused education and communication training workshop. Patient Education and Counseling Innovation. 1(2): 1-6.
DOI:<https://doi.org/10.1016/j.pecinn.2021.100013>.

Smith, E.A. Lee, D.A., Hayslet, K. (2021). Virtual and classroom formats to build communication skills for health professions students using Motivational Interviewing. NDEP-Line. Academy of Nutrition and Dietetics.

Lee, D.A., Miller, S., Maxwell, C.A. (2021). “This is me!” Perceptions of older adult simulated participants in an aging and injury simulation experience, Journal of Trauma Nursing, 28(1): 10-20.

Sohl, S.J. , Lee. D.A., et al. (2021). Development of an Observational Tool to Assess Health Coaching Fidelity. Patient Education and Counseling, 104(3): 642-648.
DOI:<https://doi.org/https://doi.org/10.1016/j.pec.2020.08.040>.

Smith. L., Lee, D., Grenier, C. (Fall 2019). Party like a diabetic—An innovative and collaborative partnership. NDEP-Line. Newsletter of the Nutrition and Dietetic Educators and Preceptors.

Lee, D.A. (2017, July 12). How Debbie got her groove back: A health coach’s journey. [Blog post]. Retrieved from:
https://www.dukeintegrativemedicine.org/dukeimprogramblog/debbie-got-groove-back-health-coachs-journey/?utm_source=Facebook&utm_medium=Facebook&utm_campaign=Debbie%20Got%20Her&utm_content=Debbie%20Got%20Her

Breen, D. & Lee, D. A. (June 2012). How to create and run successful integrative health coaching groups: Focus and format - Part II of III. Duke IHCPT Newsletter, June issue.

Lee, D.A. (April, May 2012). How to maintain your healthy start to 2012. An integrative health coach might be your answer. Health & Wellness Magazine, Lee & Collier editions.

Lee, D.A. (February, March 2012). Personalized health planning: How to plan your life of optimal health and well-being. Health & Wellness Magazine, Lee & Collier editions.

Breen, D., & Lee, D. A. (March 2012). How to create and run successful integrative health coaching groups: Alumni share their learning. Duke IHCPT Newsletter, March issue.

Lee, D.A. & Ebelini, M. (January 2012). Live your optimal life in 2012! The process for making lasting change. Health & Wellness Magazine, Lee & Collier editions.

Ebelini, M. & Lee, D.A. (December 2011). Prepare now to transform your life in 2012. Health & Wellness Magazine, Lee & Collier editions.

Lee, D.A. (November, 2011). Finding a health coach to help you meet your health and well-being goals. Health & Wellness Magazine, Lee edition, p.11.

Lee, D.A. (October, 2011). Integrative health coaching: What it is and how it can help you achieve your optimal health vision. Health & Wellness Magazine, Lee edition, p. 12-13.

South West Local Health Integration Network (2008). Building the case for change: Rehabilitation services for children and youth. A report of the Children and Youth Priority Action Team. www.southwestlhin.on.ca

Wasserman, C., Hicks-Thomson, J., & Lee, D.A. (2002). Children with special health care needs. The Health of Washington State. Washington State Department of Health.

Lee, D.A. (2002) Ad Hoc Committee Report on Children with Special Medical Needs in Child Care (unpublished manuscript). Washington State Department of Health.

Holditch-Davis, D., & Lee, D.A. (1993). The behaviors and nursing care of preterm infants with chronic lung disease. In S.G. Funk, E.M. Tornquist, M.T. Champagne, & R.A. Wiese, (Eds.), Key aspects of caring for the chronically ill: Hospital and home (pp. 250-270). New York: Springer.

Oehler, J.M., Davidson, M.G., Starr, L.E., & Lee, D.A. (1991). Burnout, job stress, anxiety, and perceived social support in neonatal nurses. Heart & Lung, *20*, 500-505.

Sample of Presentations, Posters and Workshops

Creating positive student engagement: Motivational Interviewing as pedagogy in nursing education

Creighton, Y., Lee, D. A.

Selected podium Pecha Kucha presentation

Sigma 33rd International Nursing Research Congress

Edinburgh, Scotland

July, 2022

Building resilience through self-care: How to fill your cup

Invited keynote speaker

UMass Amherst Human Resource Conference

University of Massachusetts Amherst

May, 2022

Creating goals to put good intentions into action

Invited breakout speaker

UMass Amherst Human Resource Conference

University of Massachusetts Amherst

May, 2022

Eliciting Motivation for Clinical Encounters in 5 Minutes: A Conversation Roadmap and Skills Workshop

Wolever, R.Q., Pedigo, V., Dreusicke, M., Smith, K., Cawthon, G., Hays, L., Maddenini, R., Yen, L., Chatterjee, T., Fonteh, A., Kosey, J., Wyche-Etheridge, K., Frazier, N., Costa, K., Aiken, B., Westervelt, K.C., May, S., Lee, D., Tesfay, R., Stewart, K.L., & Gault, A.

2021 Integrative Medicine & Health Symposium (virtual conference presentation)

April, 2021

Development of an Observational Tool to Assess Health Coaching Fidelity

Sohl S.J., Lee D., Davidson H., Morriss B., Weinand R., Costa K., Ip E.H., Lovato J., Rothman R.L. & Wolever R.Q.

2021 Integrative Medicine & Health Symposium (virtual poster presentation)

April, 2021

Successful conversion of a face-to-face frailty communication workshop to a virtual format.

Maxwell, C., Lee, D.A., Miller, S. A.

2020 Annual Gerald S. Gotterer Health Professions Education Research Day Poster (presentation via Zoom)

Vanderbilt University

December, 2020

Ageing and Frailty: Resilience and Energy in the Second Half of Life (AFRESH)

Two-day workshop (Presented via Zoom)

Vanderbilt University

August, 2020

A New Way of Communicating: Motivational Interviewing (MI) Skills

MT Engage Workshop (Presented via Zoom)

Middle Tennessee State University

Murfreesboro, TN

September, 2020

A New Way of Communicating: Motivational Interviewing (MI) Skills

MT Engage Workshop

Middle Tennessee State University

Murfreesboro, TN

September, 2019

Principles of communication using Motivational Interviewing techniques

Invited workshop speaker

Vanderbilt University, School of Nursing

Nashville, TN

April, 2019

A new paradigm for partnering with patients: Use of Motivational Interviewing style, skills and techniques for practice (full day workshop)

Middle Tennessee State University, School of Nursing
Murfreesboro, TN
August, 2018

Self-care: What's it got to do with nursing leadership?

Accepted podium presentation
Tennessee Nurses Association Annual Conference
Murfreesboro, TN
October, 2016

Self-Care for the Caregiver: Improving nurses' health and wellbeing with health coaching and mindfulness

Accepted research poster presentation
American College of Lifestyle Medicine Conference 2015
Nashville, Tennessee
November 2015

Self-Compassion: Supporting mindful resilience in a demanding world (full day workshop)

St. Francis Franciscan Hospital
Indianapolis, Indiana
January and May, 2015

Using coaching skills with public health clients (full day workshop)

Hendry County Health Department
LaBelle, Florida
August 2014

Self-care: What's it got to do with nursing leadership?

Southwest Florida Chapter, American Organization of Nurse Executives
Naples, Florida
February 2014

Integrative Medicine

Invited guest speaker, SWICFT Institute of Southwest Florida (cardiology practice)
Naples, Florida
February 2014

Self-Care for the nurse leader: What's it got to do with leadership?

Invited guest speaker, University of Indianapolis
NURG 576: Nursing & Health Systems Leadership
Webinar
September, 2013

The NOW Basics: Real change, real results, real time

5-part webinar series
February-March, 2013

Live your optimal life

Bonita Community Health Center

Bonita Springs, Florida
October 2011, January-February 2012
Naples, Florida
January-March 2012

Community Health Centers: A unique primary care model

South West Local Health Integration Network
London, ON, Canada. December 2008.

Understanding Local Health Jurisdictions

Washington State Department of Health
Olympia, WA. December 2003, 2004, 2005, 2006.

Summer Institute for Public Health Practice: Managing and organizing environmental health and public health nursing programs.

Invited guest speaker, University of Washington.
Seattle, WA. August 2006.

Public Health: What's it got to do with emergency preparedness and response?

Invited guest speaker, Clark College
Vancouver, WA. December 2004.

Medication administration in child care settings

Invited panelist, Healthy Child Care America Conference
Washington, D.C. September 2001.

Providing high-tech home care in rural environments

Invited guest speaker, The MCN Convention
Dallas, TX. March 1994.

Selected Awards, Honors

- Outstanding EXL Faculty/Administrative Award, Middle Tennessee State University, 2019-2020
- Scholar, Northwest Public Health Leadership Institute, 2004-2005
- National Research Service Award, May 1991-May 1994
National Institute of Nursing Research, National Institutes of Health
Family Management of Technology-Dependent Children- #1F31NR06699-01
- Merit Scholarship, The University of North Carolina at Chapel Hill, 1989-1990
- Fully funded traineeship, Emory University, 1984-1985
- Selected to Sigma Theta Tau International Honor Society of Nursing, 1984
- Graduated Summa Cum Laude (4.0/4.0) Emory University
- Graduated Magna Cum Laude (3.7/4.0) Western Kentucky University

Professional Memberships

- Tennessee Nurses Association/American Nurses Association (2018-present)
- International Coaching Federation (ICF) (2011-present)
 - Member of ICF Tennessee Chapter (2016-present)
- Sigma International Honor Society of Nursing (1987- present)

- Current membership, Xi Alpha Chapter, Middle Tennessee State University
 - Leadership Succession Committee (term 2021-2023)
 - Secretary (term 2019-2021)
- Executive Committee Iota Omicron Chapter, University of Western Ontario, Arthur Labatt Family School of Nursing, (2008-2010)
- American College of Lifestyle Medicine (2015-2020)
- Southwest Florida Chapter of the Organization of Nurse Executives (SWONE) (2013-2015)
- Association of State and Territorial Directors of Nursing
 - Voting member for Washington State (2003-2007)
 - Member-at-Large (2005-2007)
 - Hosted association's national conference in Seattle (2006)
- Northwest Organization of Nurse Executives (2004-2008)
- Washington State Public Health Association (2004-2007)

Nursing Registration

Tennessee, RN 0000063187, exp. 9/30/2023

Certification

National Board Certified- Health and Wellness Coach, ID 345204574, exp. 9/30/2023
 Mental Health First Aid® Certified Instructor, 5/22/2020