

## Angela Payden

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*"Since I have known Angie, she has been a consistent, dedicated volunteer. Angie is very passionate about using her life experiences to benefit others. She has shown an interest in serving the community that she lives in and she hopes to gain employment in service of others."*

**Peter VanDusartz**  
MA, LCSW, ICS, SAC  
Director  
Hudson Hospital

*"Angie has been a consistent volunteer and the female inmates appreciate her time. I believe that her experience with working with the female inmates will be an asset to her pursuits."*

**Kristen Anderson**  
Program Director  
St. Croix County Jail

*"Angie has been a reliable and dedicated volunteer for us."*

**Rosa Magnus**  
Volunteer Coordinator  
Hudson Hospital

*"Angie has been an asset to the recovery community."*

**Maria Berens**  
Programs for Change

*"I commend Angie for all she has done for our committee. Her dedication and input are greatly appreciated."*

**Alison Page**  
CEO  
Baldwin Hospital

*"Angie is the ROCK of the Hudson Branch. I remain PROUD as she continues to lead the branch to success. I appreciate her."*

**Seun Aiyese**  
Community District  
Banking Manager  
Wells Fargo

*"I am so proud to have Angie on our team!! She is beyond consistent and truly sets an example for everyone around her."*

**Ashley Bjornstad**  
Service Manager  
Wells Fargo

*"Sometimes good people just come into your life at the right time and make all the difference in the world. That would be Angie in the case of Total Hockey"*

**Dean Talafous**  
Total Hockey,  
former NHL player and  
business owner

### Goal

To complete the Mindful Based Stress Reduction (MBSR) teacher certification program offered through the University of Massachusetts. After completion of the program, I intend on using my experience and skills to share Mindful Based Stress Reduction with people in need either through independent workshops or employment.

### Work and Volunteer Experience

**Hudson Hospital and Programs for Change - Hudson, WI**

**Position: Volunteer – June 2013 to Present**

Volunteer as the Administrative Assistant and committee member on the Behavioral Health Steering Committee.

**St. Croix County Jail – Hudson, WI**

**Position: Volunteer – October 2013 to Present**

Facilitate Alcoholics Anonymous meetings for incarcerated female inmates.

**Woodland Hills Senior Center - Hudson, WI**

**Position: Volunteer - January 2016 to present**

Facilitate bi-weekly classes for seniors on mindfulness and neuroplasticity.

**(National Alliance on Mental Illness) NAMI St. Croix Valley - St. Croix County**

**Position: Volunteer - January 2016 to present**

Chapter Member and "In Our Own Voice" presenter.

**Alcoholics Anonymous Hudson Alano Club - Hudson, WI**

**Position: Volunteer - March 2013 to present**

Active member and sponsor to many females over the years.

**Allina Health Systems - Minnesota**

**Position: Volunteer - July 2016 to present**

Serve on the Mental Health Improvement committee as a patient advocate.

**Healthier Together Community Initiative - St. Croix County WI**

**Position: Volunteer - June 2016 to present**

Serve on the Mental Health and Alcohol Abuse Action Teams.

**Wells Fargo - Hudson, WI**

**Position: Personal Banker – June 2011 to January 2014**

Personal banker responsible for accounts, customer service and loans.

**Wize Dezigns, LLC. - Hudson, WI Website Design & Internet Services Company**

**Position: Owner - 1999 to 2011**

Sole owner and operator of an Internet Technology business.

**SBC Ameritech/Wisconsin Bell/AT&T — Milwaukee, WI**

**Position: Various Management – 1988 to 1983**

Assigned various levels of management and responsibilities which began at lower management and concluded at a mid-level management position.

### Education

**Marquette University - Milwaukee, WI**

Bachelors of Science in Business Administration - Management Information Systems

**Century College - St. Paul, MN**

Continuing Education – Licensed drug and alcohol counseling courses

### Personal Practices

- Passion for helping others using extensive training and real-life experiences by following the MBSR teacher certification pathway.
- Intensive daily mindfulness practice including 30 minutes of mindful yoga, 30 minutes of meditation, reflective reading, calming and active hobbies and meaningful relationships.
- Numerous Volunteer Experiences which enrich the lives of others and self.
- Experience in coaching others in recovery and stress management via volunteer experiences and AA sponsorship.
- Highly attentive to own wellbeing. Daily self-care practices and attention to self awareness.
- Valuable life experiences as a mother, daughter, wife, recovery from addiction and mental illness.

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## Mindful Based Stress Reduction (MBSR) Teaching Certification

### University of Massachusetts School of Medicine Center For Mindfulness

#### Courses

**1) Mindfulness Tools: A 5 Day intensive in Mindfulness-Based Stress Reductions SR-202**

Location: Omega Center - Rhinebeck, NY  
Instructors: Robert Smith & Elana Rosenbaum  
Dates: 10-02-16 to 10-08-16

**2) 5-day Silent Mindfulness Retreat**

Location: Joshua Tree Retreat Center - Palm Springs, CA  
Instructors: Beth Mulligan & Hugh O'Neil  
Dates: 01-03-17 to 01-08-17

**3) 5-day Silent Mindfulness Meditation Retreat**

Location: Duncan Center - Del-Ray Beach, FL  
Instructors: Beth Mulligan & Jon Aaron  
Dates: 03-14-17 to 03-19-17

**4) MBSR in Mind-Body Medicine: A 7 day Professional Training Retreat**

Location: Omega Center - Rhinebeck, NY  
Instructors: Saki Santorelli, Florence Meleo-Meyer & Judson Brewer  
Dates: 06-16-17 to 06-23-17

**5) MBSR Fundamentals (fka Practicum in MBSR) Application SR-401-9D**

Location: Omega Center - Rhinebeck, NY & Garrison Institute - Garrison, NY  
Instructors: Florence Meleo-Meyer & Robert Smith  
Dates: 07-16-17 to 07-25-17

**6) Deepening Mindfulness: A 7 day Silent Retreat**

Location: Won Dharma Center - Claverack, NY  
Instructors: Eowyn Ahlstrom & Chas DiCapua  
Dates: 4-21-18 to 4-28-18

**7) MBSR Self-Paced Video program via Sounds True SR-203**

Location: Online  
Dates: 02-07-17 to 05-01-17