

Curriculum Vitae and Bibliography
Nicole M. (Burow) Guerton, MS, MCHES®, NBC-HWC, PMP®

1. PERSONAL INFORMATION

Email: guerton.nicole@mayo.edu or nmguerton@gmail.com

2. PRESENT ACADEMIC RANK AND POSITION

Clinical Capacity Coach , Department of Nephrology and Hypertension, Mayo Clinic	2025 – present
Injury Prevention Program Coordinator , Department of Nursing, Mayo Clinic Level 1 Adult and Pediatric Trauma Centers	2020 – present
Assistant Professor of Health Care Administration , Mayo College of Medicine and Science	2019 – present
Instructor of Family Medicine , Mayo College of Medicine and Science	2016 – present

3. EDUCATION

Bemidji State University, Bemidji, Minnesota – BS, Exercise Science	2007
Bemidji State University, Bemidji, Minnesota – BS, Community Health	2007
University of Florida, Gainesville, Florida – MS, Health Education and Behavior	2011

4. CERTIFICATION

BOARD CERTIFICATION

National Board for Health and Wellness Coaching National Board-Certified Health and Wellness Coach 436405851	2017 – present
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ADDITIONAL CERTIFICATIONS

Minnesota Department of Natural Resources ATV Safety Instructor	2025 – present
Minnesota Department of Natural Resources Snowmobile Safety Instructor	2025 – present
Project Management Institute Project Management Professional® 3916620	2024 – present
SafeKids WorldWide Child Passenger Safety Technician	2021 – present
American Registry of Radiologic Technologists Limited Scope X-ray Operator	2016 – 2018
Functional Movement Screen Level 1 certified	2016 – 2018
American College of Sports Medicine Certified Inclusive Fitness Trainer	2015 – 2021
American College of Sports Medicine Exercise is Medicine®, Level 1	2013 – 2022
Wellcoaches Certified Health and Wellness Coach	2012 – 2020
Stanford Chronic Disease Self-Management Program (CDSMP) Certified Leader	2013 – present
National Commission for Health Education Credentialing Certified Health Education Specialist® (2011) 19022 Master Certified Health Education Specialist® (2017) 19022	2011 – present
American College of Sports Medicine Certified Personal Trainer	2009 – 2021
American Heart Association Advanced Cardiac Life Support	2009 – 2010

5. HONORS/AWARDS

Individual Achievement Award , Mayo Clinic Department of Nursing	2025
Cum Laude , Bemidji State University	2007
Otto Erikson Scholarship , Bemidji State University	2007
Outstanding Health Major , Bemidji State University	2006, 2007
Alpha Phi Sigma , National Honor Society, Bemidji State University	2006
All-Academic Track and Field Team , Northern Sun Intercollegiate Conference	2005
Certificate of National Service , AmeriCorps	2005
Dean's List , Bemidji State University	2005 – 2007

6. PREVIOUS PROFESSIONAL POSITIONS AND MAJOR APPOINTMENTS

Associate Trainer , Thought Architects	2024 – present
Owner , Dynamic Wellness LLC dba ShareJoy®	2020 – present
Clinical and Executive Wellness Coach , Department of Medicine, Mayo Clinic Healthy Living Program	2019 – 2020
Instructor in Health Care Administration , Mayo College of Medicine and Science	2018 – 2019
Employee Well-being Specialist , Dan Abraham Healthy Living Center, Mayo Clinic	2014 – 2019
Owner , Dynamic Wellness LLC	2013 – present
Wellness Care Guide , Allina Health, Cambridge Medical Center, Cambridge, MN	2012 – 2014
Therapeutic Exercise Specialist , Cambridge Chiropractic Clinic, Cambridge, MN.	2012 – 2014
Graduate Staff: Fitness and Member Services , Living Well at UF, Gainesville, FL	2011
Exercise Physiologist , Cardiac & Pulmonary Rehabilitation, Clearwater Health Services, Bagley, MN.	2008 – 2010
American Sign Language Facilitator , Bemidji School District, Bemidji, MN.	2007 – 2008
Mental Health Rehabilitation Worker , Adult Foster Care, Rule 36 Ltd. of Duluth, Bemidji, MN.	2006 – 2010

7. PROFESSIONAL & COMMUNITY MEMBERSHIPS, SOCIETIES AND SERVICES

Professional Memberships & Services

Leadership Greater Rochester – Rochester, MN Chamber of Commerce: Co-chair, class of 2022	2021 – 2022
National Wellness Institute, member	2018
National Board for Health and Wellness Coaching, member	2017 – present
Hope In Action MN, 5k race director	2014, 2015
National Commission for Health Education Credentialing, member	2011 – present
Therapy Dogs International, member	2009 – 2019
American College of Sports Medicine, member	2007 – 2020

Journal and Organization Responsibilities

Injury Prevention Committee, Trauma Center Association of America (TCAA)	2021 – present
Journal of Health Design, reviewer	2019 – present
44 th Annual National Wellness Conference, Proposal Review and Planning Committee	2019
International Consortium for Health and Wellness Coaches (ICHWC), National Board of Medical Examiners (NBME), and Centers for Disease Control and Prevention (CDC)	
Advisory Committee: Group Coaching Competencies	2018 – 2019

Community Memberships & Services

Ironwood Springs Christian Ranch, volunteer	2017 – present
<i>Past Chair, Board of Directors</i>	2025
<i>Chair, Board of Directors</i>	2023 – 2024
<i>Member, Board of Directors</i>	2018 – present
St. Croix Hospice, volunteer with Certified Therapy Dog	2016 – 2017
WellConnect®: Southeast Minnesota Partnership for Community-Based Health Promotion	2015 – 2018
<i>Advisory Board</i>	2016 – 2022
Shorewood Senior Communities, volunteer with Certified Therapy Dog	2015 – 2018
Hope In Action MN, volunteer; community focus group facilitator	2013 – 2015

American Cancer Society Relay for Life, volunteer	2010 – 2013
Orphanage Outreach, volunteer	2007
Bemidji Evangelical Covenant Church, volunteer usher	2006 – 2010
Short-Term Evangelic Missions (STEM), volunteer	2006
Campus Crusade for Christ, Member, Bemidji, Minnesota	2003 – 2006
<i>Leadership Team, Bemidji, Minnesota</i>	2004 – 2006
Fellowship of Christian Athletes, member	2004 – 2006
Habitat for Humanity, student volunteer	2003 – 2005

8. EDUCATIONAL INTERESTS AND ACCOMPLISHMENTS

A. Curriculum/Course Development

Autosomal Dominant Polycystic Kidney Disease (ADPKD) Patient Education Modules <i>A series of six 60-minute virtual education sessions offered through the Division of Nephrology at Mayo Clinic to patients enrolled in the IRB 25-006463 pilot study.</i>	2025
Capacity Coaching workshop <i>3-hour content for EACH Forum on Healthcare Communication, Netherlands.</i>	2019
Mayo Clinic Medical Transport Safety Day <i>Faculty member; Designed educational education session on exertional injury prevention for the medical transport teams across the Mayo Clinic Health System, MN and WI.</i>	2019
Care That Fits Capacity Coaching Workshop <i>Designed content for 7-hour (full day) workshop as a part of the 3-day international Minimally Disruptive Medicine Care That Fits conference at Mayo Clinic, Rochester MN.</i>	2018
Program curricula, various programs at Dan Abraham Healthy Living Center, Rochester MN <i>Design content for 60-90 minutes classes within courses of up to 12 sessions:</i> Remodeling Your Time and Space Museum (Time and resource management) Why Weight? (Weight management) Healthy Back Workshop (Back/Spine health management) Active Book Club (Structured book discussion with integration of physical activity) Live Well: Managing Chronic Conditions	2014 – 2019

B. Teaching

Coaching as Conversation: Innovation & Coaching Skills Nine 2-hour session curriculum Virtual or hybrid delivery <i>A modular three-part course designed to provide evidence-informed practical skills that enhance the quality and impact of professional conversations in healthcare with the intention of supporting the growth and development of others.</i>	2026 – present
A Matter of Balance (MOB) Eight 2-hour session curriculum Various locations, MN <i>An evidence-based fall prevention program designed to help older adults reduce the fear of falling and improve their activities levels. The program is widely implemented across the country and has been shown to be effective in enhancing falls self-efficacy among older adults. Deliver this fidelity-bound 16-hour curriculum once or twice annually.</i>	2021 – present
Healthy Back: Prevention and Management 60-minute education course Mayo Clinic Health System, MN and WI.	2019

Faculty member, Mayo Clinic Medical Transport Safety Day; Teach medical transport teams about strategies to prevent exertional injury, including topics of awareness, proper lifting, functional training, pain management, and sleep & restoration.

Stress Management & Resilience Training: Fostering Resilience in the Workplace
60, 90, and 120-minute education courses
Mayo Clinic Employee Learning and Development in Rochester, MN. 2017 – 2019

Chronic Disease Self-Management Program (CDSMP) 2013 – 2016
16-hour fidelity-bound curriculum

- 2014-2016: Dan Abraham Healthy Living Center, Rochester MN
- 2013: Cambridge Medical Center, Cambridge MN

C. Academic Career Development

Coaching as Conversation (9 x 2-hour virtual associate trainer sessions through Thought Architects)	2024
Cognitive Coaching Foundations Seminars® (8-day intensive through Thinking Collaborative™)	2024
Agile Bronze Level Certification, Mayo Clinic, Rochester	2024
CarFit Event Coordinator (AARP, AOTA)	2023
CarFit Technician (AARP, AOTA)	2022
Healing the Emotional Lives of Peers (H.E.L.P.), Mayo Clinic, Rochester	2020
Aspiring Leader Program (8 virtual sessions), Mayo Clinic, Rochester	2020
Writing and Publishing High-Impact Research seminar	2018
Transform Program (2-day workshop and 6-months of distance learning)	2017
Organize Your Mind® eCourse, Wellcoaches (36-classes)	2016
Stress Management and Resiliency Training (SMART) (12-week course)	2015
Collaborating for a Healthy Community with an Intentional Health Equity Lens: Rochester Community Feast and Dialogue	2015
Part of a Cross-Generational Team, Human Resources, Mayo Clinic, Rochester	2015
Real Colors®, Human Resources, Mayo Clinic, Rochester	2015
Compassion Fatigue: The Cost of Caring, Human Resources, Mayo Clinic, Rochester	2015
Introduction to Integrative Health Coaching, Arizona Center for Integrative Medicine (course)	2015
Environmental Health: An Integrated Approach, Arizona Center for Integrative Medicine (course)	2015
Facilitation Skills, Human Resources, Mayo Clinic, Rochester	2014
Emotional Intelligence, Human Resources, Mayo Clinic, Rochester	2014
5th Annual Kogod Center on Aging Conference	2014
Holistic Wellness Conference and Pre-Conference	2014
Healing Touch International – Healing Beyond Borders	
Level 1, 2-day course	2014
Level 2, 2-day course	2014
Question, Persuade, Refer (QPR) Training	2014
Advanced Active Care Training – Northwestern Health Sciences University	2014
Active Care Training– Northwestern Health Sciences University	2013
Midwest Health Promotion Conference	2013
Stress Management for Busy Professionals	2013
ACSM Regional Conference – “Moving for Health - Scientific Data to Community Action”	2010
ACSM Clinical Exercise Science Webinar Series (6)	2009

Advanced Cardiac Life Support class	2009
Cardiac Arrest Management Workshop	2009
“Core Components of Cardiac Rehab”	2009
American College of Sports Medicine Regional Conference: “A New Way to Look at Energy Metabolism”	2008
Minnesota Region 1 Special Education Association: Silent Retreat (2.5 days)	2008
American College of Sports Medicine Regional Conference: “Pediatric Health”	2007

9. INSTITUTIONAL/DEPARTMENTAL ADMINISTRATIVE RESPONSIBILITIES, COMMITTEE MEMBERSHIPS AND OTHER ACTIVITIES

Departmental

Well-Being Champion	2020 – present
Trauma Awareness Month planning committee lead	2020 – 2025
Cambridge Chiropractic Clinic - Rehabilitative Exercise Program Manager	2012 – 2014

Inter-departmental

Joy at Mayo, Advisory Group	2021 – 2025
H.E.L.P. Trained Peer Support	2020 – present
Adult Trauma Subcommittee	2020 – present
Pediatric Trauma Subcommittee	2020 – present
Olmsted County Toward Zero Deaths (TZD) Safe Roads Coalition	2020 – present
Olmsted County Fatal and Serious Injury Crash Review Committee	2020 – present
SE MN TZD Steering Committee	2020 – present
Rochester/Olmsted Falls Prevention Coalition	2020 – present
Preventive Medicine resident rotation coordinator, Dan Abraham Healthy Living Center	2018 – 2019
Holistic Health and Well-Being - 2021 LIVESTREAM CNE Conference – faculty	2018, 2021
Mayo Clinic Student Service Well-Being Oversight Group – Faculty	2017 – present
Mayo Clinic Minimally Disruptive Medicine Workgroup: Capacity Coaching development team	2015 – present
Cambridge Medical Center Wellness Leadership Team	2012 – 2014
Cambridge Medical Center Employee Wellness Fair – planning committee	2012 – 2013

10. PRESENTATIONS

National and International

Your Guide to Intergeneration Falls Programming	05/2026
Society of Trauma Nurses (virtual via Zoom) [with three national injury prevention professional colleagues]	
<i>Invited</i>	
Clinical Capacity Coaching	10/2025
Care That Fits conference, Paris, France; [with Kasey Boehmer, PhD, MPH]	
<i>invited</i>	
Level 1 Pediatric Trauma Center: What matters and why?	09/2025
Mayo Clinic Children’s STAY Conference, Rochester, MN; [with Todd Emanuel, RN]	
<i>invited</i>	
Capacity Coaching, breakout sessions	09/2024
Care That Fits conference, Rochester, MN; [with Kasey Boehmer, PhD, MPH]	
<i>invited</i>	
Experience and Practice Coaching	09/2023
Care That Fits conference, Rochester, MN; [with Sara Dick, MS, PMP, CSM]	

invited

Capacity Coaching: Bringing Kindness into Healthcare at Mayo Clinic 07/2018
National Wellness Conference, St. Paul, MN; [with Kasey Boehmer, PhD, MPH]

Lasting Healthy Changes 10/2017
Live Longer, Stronger Heart Health Challenge
Woman's Day Magazine, (virtual via Google Hangout)

Cultivating Patient Capacity through Coaching: Organizing the Care Team through ICAN/Capacity Coaching 09/2016
Minimally Disruptive Medicine: Effective Care That Fits workshop, Mayo Clinic, Rochester, MN; [with Kasey Boehmer, MPH, and Jason Soyring, NBC-HWC]
invited

WellConnect®: An Innovative and Replicable Infrastructure for Integrating Community-Based Self-Management Support 09/2016
Demonstration: Public and Population Health
Concordium 2016: Data and Knowledge Transforming Health, Crystal City, Virginia; [with Aaron Leppin, MD, MS]

Sustaining Motivation 08/2016
Live Longer, Stronger Heart Health Challenge
Woman's Day Magazine , (virtual via Google Hangout)

The Chronic Disease Self-MANagement Project: A Pilot Study 10/2014
Poster Presentation
5th Annual Mayo Clinic Robert and Arlene Kogod Center on Aging Conference , Mayo Clinic, Rochester, MN

Regional

Sustaining Motivation 01/2026
Initiative for Maximizing Student Development (IMSD); Mayo Clinic professional development, Rochester, MN (virtual delivery)
invited

Sustaining Motivation 09/2022
Initiative for Maximizing Student Development (IMSD); Mayo Clinic professional development Rochester, MN (virtual delivery)
invited

Coaching for Capacity: An Emerging Need 07/2021
Mayo Clinic Holistic Health and Well-Being - 2021 LIVESTREAM CNE Conference, Mayo Clinic, Rochester MN
invited

Run Your Own Race 10/2020
Mayo Clinic Graduate School Student Wellness Seminar, Rochester, MN (virtual delivery)
invited

Lifestyle Medicine: Wellness Coaching, Health Behavior Change, and Capacity Coaching 03/2019
Community Health Workers, Rochester, MN
invited

Well Care for Clinicians and Allied Health A.S.A.P., part 2 of 2 11/2018

Bridge Program: Living Learning Community University of Minnesota-Rochester, Rochester, MN <i>invited</i>	
Your Grieving Brain: Fostering Resilience Bereavement Services, Mayo Clinic Hospice, Pine Island, MN <i>invited</i>	10/2018
Well Care for Clinicians and Allied Health A.S.A.P., part 1 of 2 Bridge Program: Living Learning Community University of Minnesota Rochester, Rochester, MN <i>invited</i>	08/2018
Women on the Move to Build Resilience Understanding the Midlife Transition in Women Dan Abraham Healthy Living Center, Mayo Clinic, Rochester, MN	08/2018
Live Well: Managing Chronic Conditions 2018 Mayo Clinic Holistic Health and Well-being Conference, Rochester, MN	07/2018
Meet Your Clients in 'The Gray Zone': Where Theory and Reality Overlap Northland ACSM Spring Tutorial, St. Paul, MN <i>Invited</i>	04/2018
Move More, Stress Less: A NEAT, SMART dining experience at 'The Dan' Zumbro Valley Medical Society, Rochester, MN; [with Margaret Gall, RD, and Raelynn Chase] <i>Invited</i>	11/2017
You Become What You Believe Plainview-Elgin-Millville High School Volleyball Teams, Plainview, MN <i>invited</i>	10/2017
Capacity Coaching: Experience from the front lines Minimally Disruptive Medicine: Effective Care That Fits Mayo Clinic, Rochester, MN; [with Jason Soyring, Kathryn Havens]	10/2017
Wellness Self-Management in the Workplace: Evaluating a Group-Based Chronic Disease Self- Management Program (CDSMP), a Mixed Methods Analysis of Feasibility and Acceptability Poster Presentation: Celebration of Women's Health Research Symposium, Mayo Clinic, Rochester, MN	10/2017
Wellness Coaching: Training, Credentials, and Practice Health Coaching FSNU 3300 St. Catherine's University , (virtual via Google Hangout) <i>invited</i>	03/2017
Coaching Strategies: How to make coaching work for you Mayo Clinic Knowledge and Evaluation Research Unit, Rochester, MN	11/2016
12 Strategies for Healthy Aging: Practice Prevention, Managing Chronic Conditions Healthy Aging Exploration Series Mayo Clinic Charter House, Rochester, MN	11/2016
Navigating Your Path: What to do with an Exercise Science Degree Introduction to Exercise Science course	11/2016

St. Catherine's University, St Paul, MN

invited

The Journey to Weight Loss: Understanding Patient Capacity
Mayo Clinic Knowledge and Evaluation Research Unit, Rochester MN

08/2016

invited

Navigating Your Path: What to do with an Exercise Science Degree

05/2016

Introduction to Exercise Science course

St. Catherine's University, St Paul, MN

invited

Journey to Weight Loss: Big Epidemic, Simple Solution?

04/2016

Mayo Clinic Family Medicine Residents, Kasson, MN

invited

Brand Development

03/2016

WellConnect®: Southeast Minnesota Partnership for Community-Based Health Promotion

Regional Stakeholders Meeting, Rochester, MN

12 Strategies for Healthy Aging: Move More, the NEAT Way

01/2016

Healthy Aging Exploration Series

Mayo Clinic Dan Abraham Healthy Living Center, Rochester MN

Navigating Your Path: What to do with an Exercise Science Degree

11/2015

Introduction to Exercise Science courses (2)

St. Catherine's University, St Paul, MN

invited

Blueprints are Nice: What to do with an Exercise Science Degree

04/2015

Introduction to Exercise Science course

St. Catherine's University, St Paul, MN

invited

Engaging Patients in Self-Care and Recovery

01/2015

Mayo Clinic William J von Liebig Center for Transplantation and Clinical Regeneration, Rochester, MN

How to Be a Professional: What to do with an Exercise Science Degree

11/2014

Introduction to Exercise Science course.

St. Catherine's University, St Paul, MN

invited

Guest Speaker: NEAT (Non-Exercise Activity Thermogenesis)

2014 – 2019

Mayo Clinic Dan Abraham Healthy Living Center, Rochester, MN

Moving Toward Health and Happiness

01/2013

Mothers of Preschoolers (MOPS), Princeton, MN

invited

Let's Talk Wellness – Employee Wellness Lunch-and-Learn Series

2013 – 2014

- A. Intro to Behavior Change
- B. Physical Activity: Active at Work
- C. Motivation: Staying on Track
- D. Relaxation Techniques
- E. Smart Snacking

- F. Healthy Eating: Out and About
- G. Stress Eating: All About Comfort Food
- H. No Time to Workout – No Problem
- I. Stress Management

Cambridge Medical Center, Cambridge, MN

Chiropractic & Preventative and Rehabilitative Physical Activity

07/2012

Bluejacket Speed and Strength, Cambridge, Minnesota; [with Kyle G. Volker, DC]

11. CLINICAL PRACTICE, INTERESTS, AND ACCOMPLISHMENTS

Current practice:

- Wellness Coach: Virtual World Cardiac Rehab patient support group coach, R01 grant led by Dr. La Princess Brewer
- Capacity Coach: Autosomal Dominant Polycystic Kidney Disease (ADPKD) symptom management, living well; PKD Foundation grant led by Dr. Neera Dahl and Dr. Kasey Boehmer
- Injury Prevention: Epidemiology, data analysis, behavioral intervention, and education.
 - Pediatric and Adult Fall Prevention
 - Motor Vehicle Occupant Safety
 - Micromobility and Mobile Recreation Safety

Previous Practices:

- Clinical Therapeutic Exercise Specialist: Active vs passive care; exercise prescription; youth, teens, adults, and geriatric patients.
- Exercise Physiology Technician: Sustainable healthy lifestyle modifications post-cardiac / post- pulmonary event.
- Clinical Wellness Coach: Sustainable healthy lifestyle modifications; executive health; bariatric surgery research participants.

12. RESEARCH INTERESTS

Human behavior; engagement, education, and empowerment of people to make sustainable health-promoting lifestyle choices while navigating actual and perceived barriers; economics; personal and cultural values; social interaction.

13. MAYO IRB PROTOCOLS

Co-Investigator	Assessment of Playground Safety in Public Schools – City of Rochester	IRB #26-003368	06/2026 – present
Co-Investigator	Clinical Outcomes and Risk Factors Among Older Adults Admitted for Falls at a Level 1 Trauma Center	IRB #26-004660	06/2026 – present
Co-Investigator	A Pilot Study for Managing Depressive Symptoms in Autosomal Dominant Polycystic Kidney Disease (ADPKD)	IRB #25-006463	08/2025 – present
Primary Investigator	Comparison of a 6-session or a 12-session Wellness Coaching Program on Quality of Life	IRB #18-011717	Exempt
Co-Investigator	Examination of a Comprehensive Weight Loss Program for Employees at the Dan Abraham Healthy Living Center. No funding.	IRB #16-003166	08/2018 – 01/2021
Co-Investigator	Developing an implementation toolkit for the ICAN Discussion Aid	IRB #16-008101	10/2016 – 01/2023
Co-Investigator	Partnering with Community Stakeholders to Address Chronic Disease in Southeast Minnesota: Implementation of the Chronic Disease Self-Management Program. George Family Foundation Catalyst Initiative Funding.	IRB #15-002587	04/2015 – 04/2017

Co-Investigator	Evaluating the Effectiveness of the Chronic Disease Self-MANagement Program in a Workplace Wellness Center: Part 2. No funding.	IRB #15-001012	03/2015 – 12/2018
Co-Investigator	Evaluating the Effectiveness of the Chronic Disease Self-MANagement Program in a Workplace Wellness Center: a pilot and feasibility study. No funding.	IRB #14-005533	07/2014 – 07/2015

14. BIBLIOGRAPHY

Abstracts

1. **Guerton N.**, Munkel H., Abou Chaar M., Stephens D., Klinkner D. Digging Deeper: How Collaboration with Trauma Registry Uncovered Barriers to Effective Injury Prevention Programming, 2026 Mayo Clinic Quality Conference, Rochester, MN, poster presentation, July 2026.
2. Yadav J, Abou Chaar MK, **Guerton N**, Petersson K, Ferguson C, Conway D, Stephens D, Turay D. From Lift Assists to Lower Admissions: A Community-Based Fall Prevention Initiative. 2026 Mayo Clinic Quality Conference, Rochester, MN, poster presentation, July 2026.
3. **Guerton N.**, Munkel H., Abou Chaar M., Stephens D., Klinkner D. Digging Deeper: How Collaboration with Trauma Registry Uncovered Barriers to Effective Injury Prevention Programming, 6th Annual Research Allied Health Association Symposium, Rochester, MN, poster presentation, May 2026.
4. **Guerton N.**, Abou Chaar M., Petersson K., Ferguson C., Stephens D., Turay D. From Lift Assists to Prevention: Leveraging Emergency Data to Reduce Falls, 6th Annual Research Allied Health Association Symposium, Rochester, MN, poster presentation, May 2026.
5. **Guerton N.**, Abou Chaar M., Petersson K., Ferguson C., Stephens D., Turay D. From Lift Assists to Prevention: Leveraging Emergency Data to Reduce Falls, Trauma Center Association of America Annual Meeting and Trauma Conference, Clearwater, FL, podium presentation, May 2026.
6. **Guerton N.**, Munkel H., Abou Chaar M., Stephens D., Klinkner D. Digging Deeper: How Collaboration with Trauma Registry Uncovered Barriers to Effective Injury Prevention Programming, Trauma Prevention Coalition 12th Annual Injury Prevention Professionals Symposium, Clearwater, FL, May 2026.
7. **Burow N.**, Dick S., Egginton J., Leczy D., Leppin A. Wellness Self-Management in the Workplace: Evaluating a Group-Based Chronic Disease Self-Management Program (CDSMP), a Mixed Methods Analysis of Feasibility and Acceptability, Celebration of Women's Health Research, Rochester, MN, October 2017.
8. **Burow N.**, Egginton J., Dick S., Leppin A. The Chronic Disease Self-MANagement Project: a pilot study, 5th Annual Mayo Clinic Robert and Arlene Kogod Center on Aging Conference, Rochester, MN, October 2014.

Peer-Reviewed Articles

1. Leppin A., Schaepe K., Egginton J., Dick S., Branda M., Christiansen L., **Burow N.**, Gaw C., Montori V. Integrating Community-based Health Promotion Programs and Primary Care: A mixed methods analysis of feasibility. BMC Health Serv Res. 2018 Jan 31; 18(1):72. doi: 10.1186/s12913-018-2866-
2. Boehmer K., **Guerton N.**, Soyering, J., Hargraves I., Dick S., Montori V. "Capacity Coaching: A New Strategy for Coaching Patients Living with Multimorbidity and Organizing Their Care." Mayo Clinic Proceedings. 2019 Feb; 94(2): 278-286. <https://doi.org/10.1016/j.mayocp.2018.08.021>

Other publications (with description)

1. Editor, Employee Wellness Newsletter – Cambridge Medical Center, Allina Health (2012 – 2014)
2. Author of 18 published health and wellness related blogs on dahlc.mayoclinic.org. (2014 – 2018)
3. Contributing author, Dodge County InformEd: Education, Family, Faith (2015).
4. 12 Habits of Highly Healthy People, expert contributor, newsletter, communications, poster, blog <http://dahlc.mayoclinic.org/discussion/7-17-12-habits-for-highly-healthy-people-habit-7/> (2015)

5. Contributing consultant, Mayo Clinic patient education resource, *What's Important to You? Setting goals & making changes based on what you value*. MC7638
6. Co-facilitator of breakout discussion at WellConnect® Regional Stakeholder Meeting. Topic: Meeting the Needs of Diverse Populations. (2016)
7. Mayo Clinic Expert: Health and Wellness Coach, Woman's Day 'Live Longer, Stronger' Challenge <http://www.womansday.com/health-fitness/a57792/live-longer-stronger-challenge-2017/> (2016).
8. Mayo Clinic Expert: Health and Wellness Coach, Woman's Day Red Dress Awards, New York, New York (February, 2017).
9. Mayo Clinic Expert: Health and Wellness Coach. Mayo Clinic Minute: Are you hitting your target heart rate? <http://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-are-you-hitting-your-target-heart-rate/> (February, 2017).
10. Contributing consultant, Mayo Clinic patient education resource, *Evaluation: Your Fitness Profile*. MC6021-267.
11. Contributing consultant, Mayo Clinic patient education resource, *Wellness Coaching: Navigate Your Well-being*. MC6021-295.
12. Contributing content creator, *A Healthy Career* blog.
 - a. **Guerton, N.** (2018, September 1). "Three Strategies to Overcome Schedule Conflict [Blog post]." Retrieved from <https://ahealthycareer.com/three-strategies-to-overcome-schedule-conflicts/>.
 - b. **Guerton, N.** (2018, October 8). "Three Key Elements of Motivation and Success [Blog post]." Retrieved from <https://ahealthycareer.com/three-key-elements-of-motivation-and-success/>.
 - c. **Monaghan, K.** (2019, February 24). "Staying Active Indoors During Inclement Weather [Blog post]." Retrieved from <https://ahealthycareer.com/staying-active-indoors-during-inclement-weather/>.
 - d. **Monaghan, K.** (2019, February 25). "Combatting the Psychological Effects of Cabin Fever [Blog post]." Retrieved from <https://ahealthycareer.com/combating-the-psychological-effects-of-cabin-fever/>.
13. Mayo Clinic Expert: Injury Prevention. Mayo Clinic Q & A: Sorting out car seat safety with the Mayo Mom (podcast). <https://newsnetwork.mayoclinic.org/podcast-episode/sorting-out-car-seat-safety-with-the-mayo-mom/> (June 2021)
14. Live television interview and demonstration: Injury Prevention. KTTT Live, Midwest Access, 'Child Passenger Safety Week'. https://www.kttt.com/2022/09/22/child-passenger-safety-week/?fbclid=IwAR1z7v1Rs3HCTj7ls_tSEqLG167eK_be3XWQtgtgWXVSFePb2evOsikG5dM&fireglass_rsn=true#fireglass_params&tabid=a278676d7082e2c7&start_with_session_counter=3&application_server_address=mc5.prod.fire.glass (September 2022).
15. Mayo Clinic Expert: Injury Prevention. Clinical Updates, Trauma: Gun safety awareness for you and your community. <https://www.mayoclinic.org/medical-professionals/trauma/news/gun-safety-awareness-for-you-and-your-community/mac-20539830> (November 2022).
16. Mayo Clinic Expert: Injury Prevention. Clinical Updates, Trauma: Guidelines for staying safe while boating this season. <https://www.mayoclinic.org/medical-professionals/trauma/news/guidelines-for-staying-safe-while-boating-this-season/mac-20549605> (June 2023)
17. Editor and contributing author: Injury Prevention Intergenerational Falls Resource Guide. Trauma Center Association of America (TCAA) in collaboration with the Trauma Prevention Coalition (TPC). https://cdn.ymaws.com/www.traumacenters.org/resource/resmgr/injury_prevention_committee_2016/Injury_Prevention_Intergener.pdf (April 2025)