

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

1. PERSONAL INFORMATION

Place of Birth: Minnesota
Citizenship: United States
Phone: 507-266-4688
Email: guerton.nicole@mayo.edu or nmguerton@gmail.com

2. PRESENT ACADEMIC RANK AND POSITION

Assistant Professor , Mayo College of Medicine and Science	2019 – present
Instructor , Mayo College of Medicine and Science	2016 – present
Injury Prevention Coordinator , Department of Nursing, Mayo Clinic Level 1 Adult and Pediatric Trauma Centers	2020 – present

3. EDUCATION

Bemidji State University, Bemidji, Minnesota – BS, Exercise Science	09/2003 – 12/2007
Bemidji State University, Bemidji, Minnesota – BS, Community Health	09/2003 – 12/2007
University of Florida, Gainesville, Florida – MS, Health Education and Behavior	01/2011 – 12/2011

4. CERTIFICATION

BOARD CERTIFICATION

National Board for Health and Wellness Coaching National Board–Certified Health and Wellness Coach	2017 – present
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ADDITIONAL CERTIFICATION

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

5. HONORS/AWARDS

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

6. PREVIOUS PROFESSIONAL POSITIONS AND MAJOR APPOINTMENTS

Owner , Dynamic Wellness LLC dba ShareJoy®	2020 – present
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 Physiology Technician , Cardiac and 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 Homes, Rule 36 Ltd. of Duluth, Bemidji, MN.	2006 – 2010

7. PROFESSIONAL & COMMUNITY MEMBERSHIPS, SOCIETIES AND SERVICES**Professional Memberships & Services**

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

Journal and Organization Responsibilities

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
44 th Annual National Wellness Conference	
Proposal Review and Planning Committee	2019
Journal of Health Design, reviewer	2019 – present
Injury Prevention Committee, Trauma Center Association of America (TCAA)	2021 – present

Community Memberships & Services

Habitat for Humanity, student volunteer	2003 – 2005
Fellowship of Christian Athletes, member	2004 – 2006
Campus Crusade for Christ, Member, Bemidji, Minnesota	2003 – 2006
Leadership Team, Bemidji, Minnesota	2004 – 2006
Short-Term Evangelic Missions (STEM), volunteer	2006
Bemidji Evangelical Covenant Church, volunteer usher	2006 – 2010
Orphanage Outreach, volunteer	2007
American Cancer Society Relay for Life, volunteer	2010 – 2013
Hope In Action MN, volunteer; focus group facilitator	2013 – 2015
Shorewood Senior Communities, volunteer with Certified Therapy Dog	2015 – 2018
WellConnect: Southeast Minnesota Partnership for Community-Based Health Promotion, committee member	2015 – 2018
Advisory Board	2016 – 2022
St. Croix Hospice, volunteer with Certified Therapy Dog	2016 – 2017
Ironwood Springs Christian Ranch, volunteer	2017 – present
Board of Directors	2018 – present
Chair	2023 – 2024
Past Chair	2025 – present

8. EDUCATIONAL ACTIVITIES

A. Curriculum/Course Development

Capacity Coaching workshop	2019
Co-create 3-hour content for EACH Forum on Healthcare Communication, Netherlands.	
Care That Fits Capacity Coaching Workshop	2018-present
7-hour Workshop	
Faculty; create and deliver content for a full day workshop as a part of the 3-day international Minimally Disruptive Medicine Care That Fits conference at Mayo Clinic, Rochester MN.	
Program curricula, various programs at Dan Abraham Healthy Living Center, Rochester MN	2014-2019
60-90 minutes each for up to 12 sessions	
Create and co-create single session and multi-session courses:	
<i>Remodeling Your Time and Space Museum</i>	
<i>Why Weight?</i>	
<i>Healthy Back Workshop</i>	
<i>Active Book Club</i>	
<i>Live Well: Managing Chronic Conditions</i>	
Mayo Clinic Medical Transport Safety Day	2019

Faculty; Design educational material on exertional injury prevention for the transport teams across the Mayo Clinic Health System, MN and WI.

B. Teaching

Wellness Triple Boost, Cambridge, MN community 2012

Taught two 1-hour educational sections functional physical activity as part of a 7-week seminar series in collaboration with a homeopath and a naturopath. Each expert taught 2 sessions and all three participated as panel experts in the final session of the series.

Chronic Disease Self-Management Program (CDSMP) 2013 – 2016

The CDSMP workshop focuses on key self-management skills such as problem solving, decision making, and goal setting, as well as topic areas such as exercise, healthy eating, managing pain, communication strategies, dealing with emotions, mindfulness, breathing techniques and the mind-body connection. Delivered fidelity-bound 15-hour curriculum once or twice annually.

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

Stress Management & Resilience Training: Fostering Resilience in the Workplace 2017 – present

60, 90, and 120-minute courses delivered throughout the year.

Mayo Clinic Employee Learning and Development in Rochester, MN.

Facilitate sessions covering Stress Management and Resiliency Training (SMART) principles for implementation into life for reduction of stress and improved resilience.

Healthy Back: Prevention and Management 2019

60-min class

Mayo Clinic Health System, MN and WI.
Faculty, 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.

C. Academic Career Development –

Coaching in Healthcare / CiHC (9 x 2-hour virtual associate trainer sessions through Thought Architects) 2024

Cognitive Coaching Foundations Seminars® (8-day intensive through Thinking Collaborative™) 2024

Agile, Mayo Clinic, Rochester 2024

CarFit Event Coordinator (AARP, AOTA, AAA) 2023

CarFit Technician (AARP, AOTA, AAA) 2022

Healing the Emotional Lives of Peers (H.E.L.P.), Mayo Clinic, Rochester 2020

Aspiring Leaders Program (8 sessions), Mayo Clinic, Rochester 2020

Writing and Publishing High-Impact Research seminar (full-day) 2018

Transform Program (2-day workshop, 6-month 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

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

Inter Departmental

Cambridge Medical Center Employee Wellness Fair – planning committee	2012, 2013
Cambridge Medical Center Wellness Leadership Team	2012 – 2014
Mayo Clinic Minimally Disruptive Medicine Working Group: Capacity Coaching – development team	2015 – present

Mayo Clinic Student Service Well-Being Oversight Group – Faculty	2017 – present
Holistic Health and Well-Being – 2021 LIVESTREAM CNE Conference – faculty	2018, 2021
Internal Medicine Preventive Medicine resident rotation – Coordinator, Dan Abraham Healthy Living Center	2018 – 2019
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
Trauma Subcommittee	2020 – present
Joy at Mayo, Advisory Group	2021 – present

10. PRESENTATIONS

National/International

Experience and Practice Coaching Care That Fits, international conference Rochester, MN [with Sara Dick, MS, PMP, CSM]	09/2023
Coaching Yourself: Leading by Example Care That Fits, international conference Mayo Clinic, Rochester MN	10/2019
Capacity Coaching: What does it look like? Care That Fits, international conference Mayo Clinic, Rochester MN	10/2019
Capacity Coaching: Bringing Kindness into Healthcare at Mayo Clinic National Wellness Conference St. Paul, MN [with Kasey Boehmer, PhD, MPH]	07/2018
Cultivating Patient Capacity through Coaching Organizing the Care Team through ICAN/Capacity Coaching Minimally Disruptive Medicine: Effective Care That Fits Mayo Clinic, Rochester, MN [with Kasey Boehmer, MPH, and Jason Soyring, NBC-HWC]	09/2016
WellConnect: An Innovative and Replicable Infrastructure for Integrating Community-Based Self-Management Support Demonstration: Public and Population Health Concordium 2016: Data and Knowledge Transforming Health Crystal City, Virginia [with Aaron Leppin, MD, MS]	09/2016
The Chronic Disease Self-MANagement Project: A Pilot Study Poster Presentation 5th Annual Mayo Clinic Robert and Arlene Kogod Center on Aging Conference Mayo Clinic, Rochester, MN	10/2014

Regional

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

Brand Development 03/2016
 WellConnect: Southeast Minnesota Partnership for Community-Based Health Promotion
 Regional Stakeholders Meeting
 Rochester, MN

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]

Invited

Sustaining Motivation 01/2024
 Initiative for Maximizing Student Development (IMSD)
 Mayo Clinic professional development
 Rochester, MN (virtual delivery)

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

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

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

Lifestyle Medicine: Wellness Coaching, Health Behavior Change, and Capacity Coaching 03/2019

Community Health Workers
Rochester, MN

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

Your Grieving Brain: Fostering Resilience 10/2018
Bereavement Services, Mayo Clinic Hospice
Pine Island, MN

Well Care for Clinicians and Allied Health A.S.A.P., part 1 of 2 08/2018
Bridge Program: Living Learning Community
University of Minnesota Rochester

Women on the Move to Build Resilience 08/2018
Understanding the Midlife Transition in Women
Dan Abraham Healthy Living Center, Mayo Clinic, Rochester, MN

Live Well: Managing Chronic Conditions 07/2018
2018 Mayo Clinic Holistic Health and Well-being Conference
Rochester, MN

Meet Your Clients in 'The Gray Zone': Where Theory and Reality Overlap 04/2018
Northland ACSM Spring Tutorial
St. Paul, MN

Move More, Stress Less: A NEAT, SMART dining experience at 'The Dan' 11/2017
Zumbro Valley Medical Society
Rochester, MN
[with Margaret Gall, RD, and Raelynn Chase]

You Become What You Believe 10/2017
Plainview-Elgin-Millville High School Volleyball Teams
Plainview, MN

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

Capacity Coaching: Experience from the front lines 10/2017
Minimally Disruptive Medicine: Effective Care That Fits
Mayo Clinic, Rochester, MN
[with Jason Soyering, Kathryn Havens]

Wellness Coaching: Training, Credentials, and Practice 03/2017
Health Coaching FSNU 3300
St. Catherine's University (via Google Hangout)

Coaching Strategies: How to make coaching work for you 11/2016
Mayo Clinic Knowledge and Evaluation Research Unit
Rochester MN

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 St. Catherine's University St Paul, MN	11/2016
Sustaining Motivation Woman's Day Live Longer, Stronger Heart Health Challenge (via Google Hangout)	08/2016
The Journey to Weight Loss: Understanding Patient Capacity Mayo Clinic Knowledge and Evaluation Research Unit Rochester MN	08/2016
Navigating Your Path: What to do with an Exercise Science Degree Introduction to Exercise Science course St. Catherine's University St Paul, MN	05/2016
Journey to Weight Loss: Big Epidemic, Simple Solution? Mayo Clinic Family Medicine Residents Kasson, MN	04/2016
12 Strategies for Healthy Aging: Move More, the NEAT Way Healthy Aging Exploration Series Mayo Clinic Dan Abraham Healthy Living Center Rochester MN	01/2016
Navigating Your Path: What to do with an Exercise Science Degree Introduction to Exercise Science courses (2) St. Catherine's University St Paul, MN	11/2015
Blueprints are Nice: What to do with an Exercise Science Degree Introduction to Exercise Science course St. Catherine's University St Paul, MN	04/2015
Engaging Patients in Self-Care and Recovery Mayo Clinic William J von Liebig Center for Transplantation and Clinical Regeneration Rochester, MN	01/2015
How to Be a Professional: What to do with an Exercise Science Degree Introduction to Exercise Science course. St. Catherine's University St Paul, MN	11/2014

Guest Speaker: NEAT (Non-Exercise Activity Thermogenesis)
Mayo Clinic Dan Abraham Healthy Living Center
Rochester, MN

2014 – present

Moving Toward Health and Happiness
Mothers of Preschoolers (MOPS)
Princeton, MN

01/2013

11. CLINICAL PRACTICE, INTERESTS, AND ACCOMPLISHMENTS

Previous Practices:

- Clinical Therapeutic Exercise Specialist, Cambridge Chiropractic Clinic – youth, teen, adult, and geriatric active care demonstration, guidance, and prescription.
- Exercise Physiology Technician, Clearwater County Memorial Hospital – cardiac and pulmonary rehabilitation
- Clinical Wellness Coach – Mayo Clinic Dan Abraham Healthy Living Center – adult patients who are members and directly referred by a primary care provider.

Current Practices (joint assignments):

- Pediatric and Adult Falls Prevention
- Child Passenger Safety

12. RESEARCH INTERESTS

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

13. MAYO IRB PROTOCOLS

Primary Investigator	Minnesota Community Coalition Aims to Reduce Adult Falls through Collaborative Lift Assist Initiative	IRB #23-009772	In review
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. **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.
2. **Burow N.**, Dick S., Egginton J., Lecy 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.

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 – present)
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. KTTC Live, Midwest Access, 'Child Passenger Safety Week'. https://www.kttc.com/2022/09/22/child-passenger-safety-week/?fbclid=IwAR1z7v1Rs3HCTj7Is_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. (forthcoming) Contributing author, editor: *Injury Prevention Intergenerational Falls Resource Guide*. TCAA and TPC, April 2025.