

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 of Health Care Administration , Mayo College of Medicine and Science | 2019 – present |
| Instructor of Family Medicine , Mayo College of Medicine and Science | 2016 – present |
| Injury Prevention Program Coordinator , Department of Nursing, Mayo Clinic Level 1 Adult and Pediatric Trauma Centers | 2020 – present |

3. EDUCATION

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

4. CERTIFICATION

BOARD CERTIFICATION

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

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| Project Management Institute Project Management Professional(R) 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) Master Certified Health Education Specialist® (2017) | 2011 – present |
| American College of Sports Medicine Certified Personal Trainer | 2009 – 2021 |
| American Heart Association Advanced Cardiac Life Support | 2009 – 2010 |

5. HONORS/AWARDS

| | |
|--|-------------|
| 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

| | |
|--|----------------|
| Developing 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

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| 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, 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

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|---|----------------|
| Ironwood Springs Christian Ranch, volunteer | 2017 – present |
| Past Chair | 2025 – present |
| Chair | 2023 - 2024 |
| Board of Directors | 2018 – present |
| St. Croix Hospice, volunteer with Certified Therapy Dog | 2016 – 2017 |
| WellConnect: Southeast Minnesota Partnership for Community-Based Health Promotion | 2015 – 2018 |
| Advisory Board | 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 |
| Leadership Team, Bemidji, Minnesota | 2004 – 2006 |
| Fellowship of Christian Athletes, member | 2004 – 2006 |
| Habitat for Humanity, student volunteer | 2003 – 2005 |

8. EDUCATIONAL ACTIVITIES**A. Curriculum/Course Development**

| | |
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| Capacity Coaching workshop | 2019 |
| <i>3-hour content for EACH Forum on Healthcare Communication, Netherlands.</i> | |
| Mayo Clinic Medical Transport Safety Day | 2019 |
| <i>Faculty member; Design educational material on exertional injury prevention for the transport teams across the Mayo Clinic Health System, MN and WI.</i> | |
| Care That Fits Capacity Coaching Workshop | 2018 |
| 7-hour Workshop | |
| <i>Faculty member; 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.</i> | |
| Program curricula, various programs at Dan Abraham Healthy Living Center, Rochester MN | 2014-2019 |
| 60-90 minutes each for up to 12 sessions | |
| <i>Design and deliver single session and multi-session courses:</i> | |
| Remodeling Your Time and Space Museum | |
| Why Weight? | |
| Healthy Back Workshop | |
| Active Book Club | |
| Live Well: Managing Chronic Conditions | |

B. Teaching

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| Healthy Back: Prevention and Management | 2019 |
| 60-minute class | |
| Mayo Clinic Health System, MN and WI. | |
| <i>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.</i> | |
| Stress Management & Resilience Training: Fostering Resilience in the Workplace | 2017 – 2019 |
| 60, 90, and 120-minute classes | |
| Mayo Clinic Employee Learning and Development in Rochester, MN. | |
| <i>Facilitate sessions covering Stress Management and Resiliency Training (SMART) principles for implementation into life for reduction of stress and improved resilience.</i> | |

Chronic Disease Self-Management Program (CDSMP) 2013 - 2016
Eight 2-hour session curriculum

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

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.

C. Academic Career Development –

| | |
|--|------|
| Coaching in Health Care / 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 |

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| 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 – present |
| Cambridge Chiropractic Clinic Rehabilitative Exercise Program – manager | 2012 – 2014 |

Inter Departmental

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|---|----------------|
| Joy at Mayo, Advisory Group | 2021 – present |
| 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

| | |
|---|---------|
| <i>upcoming:</i> | 10/2025 |
| Clinical Capacity Coaching | |
| Care That Fits conference | |
| Paris, France; [with Kasey Boehmer, PhD, MPH] | |
| <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] | |
| <i>invited</i> | |
| 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 Soyering, 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 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
invited

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

invited

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
invited

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
invited

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
invited

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

Wellness Self-Management in the Workplace: Evaluating a Group-Based Chronic Disease Self- 10/2017
 Management Program (CDSMP), a Mixed Methods Analysis of Feasibility and Acceptability
 Poster Presentation: Celebration of Women's Health Research Symposium
 Mayo Clinic, Rochester, MN

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

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 11/2016
 Healthy Aging Exploration Series
 Mayo Clinic Charter House
 Rochester MN

Navigating Your Path: What to do with an Exercise Science Degree 11/2016
 Introduction to Exercise Science course
 St. Catherine's University

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| St Paul, MN <i>invited</i> | |
| The Journey to Weight Loss: Understanding Patient Capacity Mayo Clinic Knowledge and Evaluation Research Unit Rochester MN <i>invited</i> | 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 <i>invited</i> | 05/2016 |
| Journey to Weight Loss: Big Epidemic, Simple Solution? Mayo Clinic Family Medicine Residents Kasson, MN <i>invited</i> | 04/2016 |
| Brand Development WellConnect: Southeast Minnesota Partnership for Community-Based Health Promotion Regional Stakeholders Meeting Rochester, MN | 03/2016 |
| 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 <i>invited</i> | 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 <i>invited</i> | 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 <i>invited</i> | 11/2014 |
| Guest Speaker: NEAT (Non-Exercise Activity Thermogenesis) Mayo Clinic Dan Abraham Healthy Living Center Rochester, MN | 2014 – 2019 |

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

01/2013

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

07/2012

11. CLINICAL PRACTICE, INTERESTS, AND ACCOMPLISHMENTS

Current Practices (joint assignments):

- Focus areas: Epidemiology, data analysis, behavioral intervention, and education .
 - Pediatric and Adult Fall Prevention
 - Motor Vehicle Occupant Safety
 - Mobile Recreation Safety

Previous Practices:

- Clinical Therapeutic Exercise Specialist, Cambridge Chiropractic Clinic
 - Provided active care demonstration, guidance, and exercise prescription for youth, teens, adults, and geriatric patients.
- Exercise Physiology Technician, Clearwater County Memorial Hospital
 - Delivered cardiac and pulmonary rehabilitation services in collaboration with multidisciplinary care teams.
- Clinical Wellness Coach - Mayo Clinic Dan Abraham Healthy Living Center
 - Provided individualized wellness coaching for adults, including patients directly referred by a primary care provider.

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 |

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|-----------------|--|----------------|-------------------|
| 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., 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.

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. KTTCC Live, Midwest Access, 'Child Passenger Safety Week'. https://www.kttcc.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, 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)