

## MAYRA PORRATA, M.Ed.



Writer, publisher, and educator Mayra Porrata works to advance individual and community flourishing. For more than 25 years, she's led and co-led projects to advance community health, lifespan health education, economic justice, mindfulness, mindful leadership, social-emotional intelligence, and personal leadership.

From 2007 until 2017, she taught at Kent State University's School of Health Sciences, and has also served as adjunct faculty at the Weatherhead School of Management at Case Western Reserve University.

Following her daughter's passing from cystic fibrosis in 2018, she experienced a shift in the focus of her work. In 2019, she founded [The Flourishing Way](#) to offer support and education to leaders and individuals seeking to live from the integrity of their "essential selves", as well as offer professional and community publishing services.

Mayra is the author/co-author of 10 social-emotional health education books, and the creator of multiple tools and resources that encourage contemplative practices in personal as well as professional and civic life. Along with colleague Kristie Pretti-Frontczak, she co-authored the Essence Glossary™ and serves as the community manager for Soul Publishing Group, a professional peer-support network and shared publishing imprint.

Her most recent book, *Until it Happens to You*, marks her debut into the genre of realistic poetry and weaves insights from her career, as well as her personal life. A sought-after mentor and coach, today Mayra dedicates her time to supporting clients and colleagues in living soul-centered lives. You can learn more about Mayra and her work at: [TheFlourishingWay.com](#) or email her directly at [mayraporrata@gmail.com](mailto:mayraporrata@gmail.com)

### BOOKS & PUBLICATIONS

**Until it happens to you** (2019) Mayra Porrata [social philosophy/poetry collection]

**Contemplando los superpoderes humanos** (2019) Mayra Porrata & Kristie Pretti-Frontczak. Spanish-language version of the Workbook of Human Superpowers [adult activity and contemplative book for social-emotional health education]

**People are like flowers** (2018) Mayra Porrata [social-emotional-spiritual health education/lifespan book]

**Gratitude Yearbook** (2018, 2019, 2020) Mayra Porrata [keepsake gratitude journal for personal and professional development]

**Emotional Intelligence| a creative guide** (2017) Crystal Pirri & Mayra Porrata [social-emotional health education primer]

**Grateful | 30-day self-care journal** (2017) Mayra Porrata [guided self-discovery and wellness journal]

**Wake up Beautiful Girl!** (2009, 2017) Mayra Porrata & Serena Silvestro [children's book that promotes mindfulness and life-meaning through the management of a chronic health condition (cystic fibrosis)]

**Lilly's Life** (2008, 2017) Mayra Porrata & Serena Silvestro [children's book that promotes mindfulness through the management of a chronic health condition (cystic fibrosis)]

**My True Feelings** (2017) Mayra Porrata. [children's/lifepsan book that promotes social-emotional awareness and intelligence.]

**Soulful Inquiries™**(2017) Mayra Porrata & Kristie Pretti-Frontczak. Based on the ESSENCE GLOSSARY, ready-to-use digital card file that promotes spiritual awareness, as part of leadership development.

**Inclusion Inquiries™**(2017) Mayra Porrata & Kristie Pretti-Frontczak. Based on the ESSENCE GLOSSARY™, ready-to-use digital card file that bolsters social and situational awareness, as part of leadership development.

**Mindful Inquiries™**(2017) Mayra Porrata & Kristie Pretti-Frontczak. Based on the ESSENCE GLOSSARY™, ready-to-use digital card file that bolsters self-awareness and self-regulation, as part of leadership development.

**The ESSENCE GLOSSARY™ Daily Journal** (2016) Crystal Pirri, Mayra Porrata, M.Ed. & Kristie Pretti-Frontczak, Ph.D. [90-day guided journal]

**Soul Friends** (2010, 2016, 2019) Mayra Porrata [children's book/lifespan book for social-spiritual literacy]

**The Workbook of Human Superpowers** (2016) Mayra Porrata, M.Ed. & Kristie Pretti-Frontczak, Ph.D. [adult coloring/activity book for social-emotional education]

**ESSENCE GLOSSARY™** (2014) Mayra Porrata, M.Ed. & Kristie Pretti-Frontczak, Ph.D. [Glossary of 32 evidenced-based, social-emotional attributes supportive of health, learning and well-being across the lifespan]

**The Day Kyle Met NUF** (2013) Mayra Porrata [children's book that promotes social-emotional learning through the awareness of our own unique gifts]

**A Nighttime Trip to Planet NUF** (2012) Mayra Porrata & Crystal [children's book that promotes social-emotional learning through the awareness of our own unique gifts]

### **PROFESSIONAL PRESENTATIONS**

**BEING FULLY PRESENT** | Mindful Leadership in Education | Ohio Early Childhood Special Education Conference, Ohio State University, Columbus, Ohio (2016)

**A REVOLUTIONARY APPROACH TO INCLUSION IN AN AGE OF ACCOUNTABILITY** | Ohio Early Childhood Special Education Conference, Ohio State University, Columbus, Ohio (co-presenter) (2016)

**LEADING FROM THE HEART** | A Primer on Social-emotional Leadership | Young Child Expo & Conference, New York City, NY (2016)

**INTEGRATING SOCIAL-EMOTIONAL LEARNING** | Getting to the heart of the matter | Division of Early Childhood International Conference, Atlanta, GA. (co-presenter) (2015)

**LEADING CAUSES OF HEALTH** | Kent State University (2012)

**A MINDFUL WORKPLACE STARTS WITH YOU** | Summit County (Ohio) Worksite Wellness Conference (2012)

**EFFECTIVE COMMUNICATION IN LEADERSHIP** | Akron-Summit County Public Library, Leadership Team training (2011)

### **COURSES TAUGHT & ACADEMIC PRESENTATIONS**

**Quantum Leadership** – Weatherhead School of Management @ Case Western Reserve University GUEST PRESENTER (March 20, 2018)

#### **Marketing Management**

MKMR201 (\*Weatherhead School of Management @ Case Western Reserve University)  
Fall 2015, Spring 2018

**Social Marketing/Communication and Marketing in Health Education & Promotion**  
Kent State University, School of Health Sciences

(traditional, hybrid and online) HED 64059 & HED 84059 (Graduate)  
Spring 2009, Spring 2010, Spring 2011, Spring 2012, Spring 2013, Spring 2014, Fall 2014,  
Fall 2015, Fall 2016, Fall 2017

**Community Health Education** (traditional lecture and online)

Kent State University, School of Health Sciences

HED 11590 (Undergraduate)

Fall 2009, Fall 2010, Spring 2012, Fall 2012, Spring 2013, Fall 2013, Spring 2014

**Consumer Health** (traditional and on-line)

Kent State University, School of Health Sciences

HED 32575 (Undergraduate)

Fall 2007, Fall 2010, Fall 2011

**Introduction to Health Education** (traditional lecture)

Kent State University, School of Health Sciences

HED 21030 (Undergraduate)

Fall 2008

**Women's Health Issues** (traditional lecture)

Kent State University, School of Health Sciences

HED 44025 (Undergraduate) HED 54025 (Graduate)

Fall 2008, Fall 2012, Fall 2014

**Marketing in Health Education & Public Health** (traditional lecture and online)

Kent State University, School of Health Sciences

HED 32565 (Undergraduate)

Spring 2008, Spring 2009, Spring 2010, Spring 2011, Spring 2012, Fall 2012, Spring 2013, Fall  
2013, Spring/Fall 2014, Spring/Fall 2015, Spring/Fall 2016, Spring 2017, Fall 2017