

Kristen Lee, EdD, LICSW

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Professional Summary

Accomplished clinician, educator, and health care leader with demonstrated track record. Deep expertise in advancing positive change with a legacy of creating access through creativity, collaboration and collegiality. Proven record of scholarship and applied interventions in advancing the human condition through psychological safety and belonging. Driven to produce outstanding results in advancing human rights and health outcomes-particularly for marginalized populations. Relentlessly committed to applying solution focused, innovative, inclusive, interdisciplinary approaches to optimize human flourishing.

Education

EdD: Organizational Leadership Studies, 05/2011

Northeastern University – Boston, MA

Thesis: **An Exploration of the Central Factors Influencing Teachers' Stress Management in Urban Classrooms**

M.S: Clinical Social Work, 05/2000

Boston University – Boston, MA

Specialization: Group work and macro interventions

B.S: Communication Sciences and Disorders, Early Childhood Education; Psychology, 05/1996

Worcester State University – Worcester, MA

Experience

Licensed Independent Clinical Social Worker/Psychotherapist 05/2004-2017; 01/2005-present

Community based care and private practice – Serving the communities of Fall River, New Bedford, Attleboro, Taunton, and Middleboro, MA; currently Providence Rhode Island.

- Provide specialized care for health and social impact professionals (physicians, nurses, social workers, psychologists, educators).
- Assess and treat trauma, PTSD, anxiety, OCD, depression, and co-occurring learning disabilities such as ADHD and autism spectrum across the lifespan. Experienced in crisis management, CBT, DBT, ACT, IFS, and solution-based therapy for immigrant and refugee populations.
- Collaborate with other treatment providers to coordinate care for clients to optimize outcomes.

Human Resilience Speaker, 05/2000 -present

Keynote Addresses and Workshops

- 25-year legacy of delivering domestic and international professional development and training for health care, higher education leaders, faculty, and staff, managers, c-suite leaders, schools, nonprofits, corporations to over 100K live persons and millions virtually. TEDx talk featured on Ted, with over 400K views.
- Apply behavioral science for individual and institutional well-being; early intervention, prevention of harm, and integration of evidence-based practices to support well-being through social justice, pluralism, healthy mental health cultures, performance art, mindfulness, lifestyle medicine, cognitive behavioral principles, and applied neuroscience.
- Advocate for social and economic justice, and for policies and practices that create access for and support varied identities, particularly underrepresented and marginalized populations.

Behavioral Science Lead Faculty and Faculty Director 04/2013 -07/2023

Northeastern University, Lowell Institute STEM School, Health Care and Biotech Division– US

- Supervise thirty-five faculty and advised thousands of students during ten-year tenure. Developed and oversaw best practices for online, hybrid, and in-person delivery.
- Provided strategic support for numerous initiatives with outstanding results.
- Serve as appointed faculty liaison for Center for Advancement of Teaching and Learning focused on faculty development and responsive pedagogy.
- Developed well-being resource center and orientation curriculum for faculty across university. Provide mentorship and leadership to faculty on best practice teaching and mentoring.
- Co-lead “Staying on Course” through Office of Inclusion and Diversity (OIDI) initiative devoted to first-generation and BIPOC students focused on creating a sense of belonging and psychological safety.
- Lead multiple STEM and health care professions student success initiatives within the Lowell Institute School. Create access for co-op, internships, practicums, and job placements for students across biotech, health sciences, psychology, and STEM disciplines.
- Work closely with academic advising teams to ensure learner success. Developed multiple key programs to foster sense of belonging and provide academic and professional development to support student outcomes within today’s health care forums. Topics include professional sustainability, standards, resilience, and mental health care.
- Co-developed graduate integrative health certificate and graduate resilience lab. Served as Global Resilience Institute faculty and ambassador for various campus initiatives.
- Serve on Provost committee for faculty and student mental health. Serve(d) on multiple committees including faculty professional development, faculty promotion, faculty governance, new track and certificates development, summer residency programs.
- Spearheaded new program design and evaluation to meet NEASC standards and achieve accreditation. Recognized with college-wide award for best student learning outcomes and reporting. Responsible for all quality assurance processes for thirty-five faculty and portfolio of courses for over a decade.
- Responsible for program and curricular design of innovative behavioral science program including tracks for education and applied behavioral analysis and courses in psychology, education, and human development across the lifespan.
- Work closely with deans to develop strategic vision for the college and create a diverse range of external partnerships across higher education, community colleges, industry, non-profit entities, and various locales. Served on inaugural team for development of XN Projects (Experiential Network), short-term co-ops to provide students real world experience. Supervised co-op and XN students.
- Serve concurrently as interim Faculty Director for interdisciplinary graduate program team for one year.
- Developed and delivered alumni relations programming to dynamic global ecosystem, including "Developing a Resilient Leadership Identity". Served as a speaker for several key external events.
- Designed University-wide student and family orientation, focused on mental health and well-being, along with several high-profile, high-stakes key initiatives.
- Develop articulation agreements with dozens of community colleges and B2B partners to serve as pipeline for student success; mapped curriculum and worked closely on administrative and advising teams to create comprehensive support for student access and success.
- Served as selected keynote speaker for friends and family weekend and Women Who Empower event.
- Delivered workshops across multiple colleges and divisions across entire global network focused on human flourishing.

Faculty-in-Residence, 08/2020 - 07/2023

Office of Student Affairs, International Village, Northeastern University

- Worked closely with Office of Residential Life and Office of Student Affairs to create a healthy mental health culture and to advance well-being across the global network. Provided multiple trainings and activities to foster belonging, mental health literacy, burnout prevention, strategic self-care, and collective efficacy.
- Appointed for highly selective, visible leadership position to reside within the Living learning Community among 1K+ students in International Village. Advised and mentored domestic and international (primarily) and first-year students

on experiential learning, academic and interpersonal growth, navigating opportunities and strategizing for optimized interpersonal, academic, and professional outcomes.

- Participated in several mental health initiatives with the Office of the Provost and Office of the Chancellor to drive wellbeing and resilience across global ecosystem including Vancouver, London, Seattle, San Jose, San Francisco, Charlotte, Portland, and Oakland.
- Collaborated with varied departments to develop meaningful programming and initiatives to foster a sense of belonging and promote engagement beyond the classroom.
- Served as SAIL (self-authored integrated learning) ambassador to advance and measure student learning outcomes within and beyond the classroom.

Educational and Organizational Consultant, 05/2013 - Present

Higher Education, Community, Corporate, Governmental and Non-Profit Leadership Consultant

- Provide strategic vision and specialized initiative consultation to educational and community leaders across broad range of community college, workforce, and community settings across the United States and internationally.
- Develop programmatic initiatives to promote advancement of educator and learner success within dynamic global interdisciplinary ecosystems to advance academic, interpersonal, organizational, and career efficacy.
- Representative clients: Germanna Community College, Housatonic Community College, Bunker Hill Community College, New Bedford Public Schools, Everett Public Schools, Quincy College, Massachusetts Superintendents, Worcester State University, South Dakota State University, American Chemical Society, Brown University, Harvard University, Harvard Medical School, Caribbean Science Foundation (MIT), Boston University, NACADA, ACUI, NASPA, Alumni Career Services Network, Kenyon College, Taipei American School, Active Minds (see also select presentations and clients).
- Teach institutional efficacy and building equitable cultures of continuous improvement, psychological safety, trust, and well-being to advance educational and economic advancement, community engagement, student success, career success, and social impact.
- Lead leadership, faculty, and staff professional development initiatives to strengthen skills, competencies, and dispositions that drive results-oriented teaching and learning environments.

Faculty, Researcher, Program Developer University of Massachusetts Dartmouth, 01/2009 - 06/2011

Center for University and School Partnerships

- Engaged in research within New Bedford and Fall River schools to examine teacher burnout and systemic factors.
- Taught and advised graduate students in teacher preparation program within New Bedford and Fall River school districts. Courses included: EDU500 Fundamentals of Teaching and Learning, EDU547 Teaching and Managing Inclusive Classrooms to strengthen educational outcomes across southeastern Massachusetts.
- Collaborated with interdisciplinary team on prospect research, program design and development. Conducted research in local urban schools with novice teachers.
- Provided workshops and lectures on themes of human development and resilience.

Associate Teaching Professor and Academic Advisor, 01/2011 - 06/2015

Northeastern University Doctor of Education Program

- Taught and advised doctoral students. Courses included: EDU 7202 Transforming Educational Systems 7210 Leadership Theory and Research and 7274 Doctoral Seminar
- Developed and delivered summer residency curriculum and programming to attract and retain students and ensure high-quality immersive experiential learning.

Behavioral Science Teaching Professor, 04/2013 - Present

Northeastern University

- Design and monitor student learning outcomes.

- Develop industry partnerships with local schools and community colleges.
- Teach wide range of undergraduate psychology courses.
- Serve as Principal Instructor for PSY2300 Stress, Resilience, and Behavioral Change, PSY3850 Senior Research Methods and PSY4600 Practicum.
- Lead and advise students and faculty within program.
- Develop experiential learning and co-curricular initiatives.
- Advanced from assistant to associate to full professor.

Behavioral Science Lecturer, 07/2009 – 04/2013

Northeastern University

- Designed and taught wide range of undergraduate and graduate leadership and psychology courses such as LDR6101 Leadership Lab, LDR1200 Assessing Your Leadership Capacity, SOC1110 Engaging Diversity and Difference, PSY1100 Foundations of Psychology, HSV2000 Introduction to Human Services, HSV2200 Introduction to Clinical Practice, HSV2240 Human Behavior in the Social Environment, HSV3200 Techniques in Individual and Group Counseling, HSV3220 Human Service Organizations, HSV3300 Social Welfare, Policies, and Practices, HSV3400 Social Service Volunteer Practicum, HSV4995 Practicum, CMN6001 Professional Speaking, CMN 6061 Personal Branding, CMN6-70 Interviewing, CMN6100 Group Dynamics and Interpersonal Conflict, NPM6140 Grant and Report Writing.

Alumni Relations Chair, 01/2016 - 07/2017

Northeastern University Doctor of Education Program

- Convened diverse alumni to identify areas for improvement within existing policies or procedures and presented recommendations accordingly.
- Successfully coordinated and chaired meetings, ensuring all relevant stakeholders were represented.
- Served on various committees and working groups to drive outstanding results.
- Provided support during summer residency programs.

Grant writer and resource developer, 05/2000 - 09/2005

Fall River, New Bedford, Attleboro, and Taunton, MA

- Conducted prospect research and built relationships with funders.
- Responsible for the design, implementation, monitoring, and evaluation of diverse portfolio.
- Raised over \$8 million in funding with a particular focus on programming for marginalized and underserved communities to support housing, basic needs, domestic violence prevention and intervention services, legal services for undocumented immigrants, counseling, and wrap-around services for wide range of populations including children and families, 9/11 victims, veterans, elders, sexual abuse survivors, immigrants, and refugees.
- Served as federal grant reviewer for United States Department of Minority Affairs, Substance Abuse and Mental Health Administration, and Health and Human Services for over ten years.
- Conducted community outreach and programming to create access for services.

Contributing Writer, 06/2015 - Present

Psychology Today

- Reached over two million readers through "Rethink Your Way to the Good Life" column devoted to translating behavioral science discoveries on human resilience to lay audiences. Author of multiple trending articles on salient mental health, resilience, educational, and social topics.

Publications

Books

Lee, K. (2025). *Clean Slate: How to Make Change Happen*. Barnes and Noble Press.

Lee, K. (2022). *Worth the Risk: How to Microdose Bravery to Grow Resilience, Connect More, and Offer Yourself to the World*. Sounds True.

Lee, K. (2018). *Mentalligence: A New Psychology of Thinking: Learn What it Takes to be More Agile, Mindful, and Connected in Today's World* (2018). HCI Books.

Lee, K. (2014). *Reset: Make the Most of Your Stress*. IUniverse.

Select Presentations, 2016-2025

Creating and Sustaining Healthy Mental Health Cultures: Leveraging Behavioral Science to Optimize Well-Being and Prevent Burnout. Visiting Scholar Harvard Medical School Grand Rounds McLean Hospital Nancy Black Simches Visiting Scholar Series.

Building Healthy Mental Health Cultures: What Faculty, Staff, and Leaders Can Do. Keynote speaker for: Alumni Career Network, ACUI National conference, Kenyon College, Pathify, Tabor Academy, University of Akron, South Dakota State University, Salisbury University, Housatonic Community College, Olney Community College, Community Mental Health Association of Michigan, American Chemical Society, United Way Rural Mental Health Summit, Ever Fi Campus Prevention Summit, Emerson College, National Academic Advising Association, New Bedford Public Schools, Everett Public Schools, New Albany High School, Olentangy High School, Quincy College, National Scholarship Provider's Association, University of North Texas System, Virginia Association Student Financial Aid.

Burnout Prevention During Complex Times. Keynote speaker for: Brown University, Oregon State University, Erie Insurance, Callan Institute, Snapchat, Amazon, CIRMA, Rogers Corporation, Brainweek, Impact Nation, Marie Droste Counseling, South Dakota Department of Health and Human Services, United States Department of Transportation, RAPP, Harvard McClean Grand Rounds.

Cultivating Resilience in Today's Complex Educational Landscape. Keynote speaker for: Harvard University Kennedy School of Government, Massachusetts Association of School Superintendents, Taipei American School, Vancouver Institute of the Teaching of Psychology.

Commencement Speaker. Worcester State University.

Rethinking Resilience and Success: Evidence-Based Strategies to Optimize Well-Being in the Age of Anxiety. Keynote speaker Alumni Career Services Network.

Prioritize, Optimize, and Sustain Your Well-Being. Speaker, Caribbean Science Foundation.

In Conversation with Bessel van der Kolk. Panelist, Marion Institute.

Reimagining Success in Today's Hypercompetitive World. Keynote speaker, Harvard Medical School Grand Rounds.

Mitigating the Mental Health Crisis. Speaker, Active Minds National Conference.

Hidden Issues of Diversity: Ethnicity and Mental Health. Speaker and panelist, Harvard University.

Reaching for Greatness: Unleash Potential, Passions, and Creative Talents in Students with Cognitive Science. Speaker, Learning and the Brain.

Cultivating Resilience and Camaraderie During Times of Uncertainty. Keynote speaker, Chartwells.

Leadership Institute. Speaker Team Impact; Smith College.

Communicating a Culture of Psychological Safety. Keynote speaker, South Dakota State University.

Cultivating Resilience and Building Positive Mental Health Cultures: A Toolkit for Leaders. Keynote speaker West Virginia Higher Education Policy, Germanna Community College.

Reimagining Resilience: Micro-strategies to Help you Stay Mindful, Connected, and Agile-Workplace. Keynote speaker Wellness Council of Massachusetts.

Cultivating Resilience Through Humor. Keynote speaker Georgia University System Mental Health Summit; YMCA of Foxborough; Office of the Chancellor Northeastern University.

Resilience During Crisis Course. Course developer and instructor Northeastern University Alumni Association.

Worth the Risk: Small Acts of Bravery to Grow Resilience. Webinar instructor Boston University Alumni Association.

Flourish in the Age of Anxiety. Webinar instructor Twill.

Surviving the Doctoral Process. Speaker National Institute on the Teaching of Psychology.

Parenting During the Pandemic. Speaker United States Chamber of Commerce Foundation.

Taking Care of You: Staying Well Through Complex Times. Keynote speaker, Seasons Behavioral Health.

Agile, Mindful, and Resilient Leadership Behaviors for Today's Complex Arenas. Keynote speaker Nationwide

Mindfulness in Today's Changing World. Keynote speaker US Journal Adolescent and Young Adult National Conference.

What Contributes Toward Leader Resilience? Speaker National Association of Social Workers.

Reset Your Stress. Keynote speaker and panel facilitator Association of Women in Science.

Select Media Appearances 06/2015 – Present

- NPR (2015, 2018, 2019)
- Scientific American
- Christian Science Monitor
- Chicago's Deep-Dish podcast
- Randi Zuckerberg Means Business
- Psychology America Podcast
- California Life Sciences Association
- Boston Globe
- WCVB Chronicle
- Forbes

Community Service

Active Minds Speaker's Bureau

2016-Present

- Serve as national speaker to advance student mental health and well-being

Urban Education Journal Reviewer, 01/2019 – Present

Journal of Communications in Healthcare: Strategies, Media, and Engagement in Global Mental Health Reviewer, 05/2022 - Present

- Perform peer review analysis of submitted articles

Regular media contributor, 01/2015 – Present

- Provide written and verbal interviews to wide range of outlets on mental health, resilience, and advancing well-being.

Scientific Advisor, 01/2021 - 01/2022

Becoming Artists

- Provided counsel to two founding members on how to integrate behavioral science into approaches that support artists and the artistic community

Performance art: Crackin' Up with Dr. Kris Where Therapy Meets Comedy

05/2022 – Present

- Direct and perform stand-up comedy show to benefit AAKOMA Project-creating access for BIPOC mental health and the National Alliance on Mental Illness

Awards

- Doctor of Humane Letters, Worcester State University
- Edtech MVP award first place winner: article, "Tackling the Higher Ed Mental Health Challenge"
- Nautilus Book Award Silver Medal
- Faculty Award
- Academic Quality Assurance (AQA) faculty award for notable student learning outcome development and reporting
- Next Big Idea Club nominee (Malcolm Gladwell, Susan Cain, Adam Grant, Daniel Pink)
- Old Colony Regional Vocational High School Wall of Achievement
- Worcester State University Distinguished Professional Achievement Award
- Next Generation Indie Book Awards Motivational Book of the Year
- Next Generation Indie Book Awards Finalist in Self-Help and Health and Wellness Categories
- Northeastern University College Wide Excellence in Teaching Award Recipient

Certifications

- LICSW-Massachusetts and Rhode Island

Interests

- Philanthropy, behavioral science, expressive therapies, creative writing, performance art, comedy, music, running, yoga, reading.

References

- Available upon request.