

Kristen Lee

Teaching Professor
Lead Faculty, Behavioral Science

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Education

- 2011 **Northeastern University** (Boston, Massachusetts)
Ed.D., Organization and Leadership Studies
- 2000 **Boston University** (Boston, Massachusetts)
M.S., Clinical Social Work
- 1996 **Worcester State University** (Worcester, Massachusetts)
B.S., Communication Sciences and Disorders
Concentrations: Early Childhood Education; Psychology

Employment History

- 2021– **Teaching Professor, Lead Faculty, Behavioral Science**
Northeastern University
Psychology, Sociology and Human Services
Undergraduate Behavioral Science
- 2020– **Faculty in Residence**
Northeastern University, International Village
- 2019–2020 **Associate Teaching Professor, Lead Faculty, and
Faculty Director**
Northeastern University
Undergraduate and Graduate Leadership Programs
- 2017–2021 **Associate Teaching Professor Lead Faculty, Behavioral Science**
Northeastern University
Psychology, Sociology and Human Services
Undergraduate Behavioral Science

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Employment History (cont'd.)

2013–2017

Assistant Teaching Professor
Lead Faculty, Behavioral Science
Northeastern University
Psychology, Sociology and Human Services
Undergraduate Behavioral Science

2000–

Mental Health and IDEA Keynote Speaker, Trainer (domestic and international) Professional development and training for managers, c-suite leaders, schools, nonprofits, corporations, general audiences. 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, intersectionality, healthy mental health cultures, performance art, humor, 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. Emphasis on fostering pluralism and solidarity across social identity groups, and on reducing systemic oppression, discrimination, and marginalization of individuals and groups due to race, class, gender, sexual orientation, age, ability, religion, and other social identities.

2000–2017

Psychotherapist Specializing in College Mental Health (LICSW-MA License # 112239)

Fall River, New Bedford, and Middleboro, Massachusetts. Community-based outpatient mental health and private practice. Served diverse range of individuals and families within clinics, schools, correctional settings. Specialized in working with college students, educators, and professionals in conflict resolution, relationships, and communication skills. Assessed and treated trauma, PTSD, anxiety, depression, and co-occurring learning disabilities such as ADHD and autism spectrum across the lifespan. Experienced in CBT, DBT, ACT, IFS, and solution-based therapy.

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Employment History (continued)

- 2011–2015 **Graduate Lecturer and Advisor**
Doctor of Education
Graduate School of Education, Northeastern University
- 2011–2013 **Graduate Lecturer**
Master, Non-Profit Management
Northeastern University
- 2009–2013 **Graduate Lecturer**
Master, Corporate and Organizational Communication
- 2009–2011 **Graduate Lecturer and Program Developer**
Center for University and School Partnerships
University of Massachusetts (Dartmouth, Massachusetts)
Taught courses and provided training for STEM teachers in grades 5–12 educational settings to foster inclusive classroom and school practices.
- 2000–2005 **Grant Writer, Program and Resource Developer**
New Bedford and Fall River, Massachusetts
Resource development for nonprofits. 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, families of 9/11 victims, veterans, elders, sexual abuse survivors, immigrants, and refugees.

Scholarship/Creative Activity

Books

Worth the Risk: How to Microdose Bravery to Grow Resilience, Connect More, and Offer Yourself to the World. Boulder, Colorado: Sounds True, 2022.

Scholarship/Creativity (cont'd.)

Mentalligence: A New Psychology of Thinking: Learn What It Takes to Be More Agile, Mindful and Connected in Today's World. Deerfield Beach, Florida: Health Communications, 2018.

Reset: Make the Most of Your Stress: Your 24-7 Guide for Well-Being. Bloomington, Indiana: I Universe, 2014.

Performing Arts

Crackin' Up with Dr. Kris: Where Therapy Meets Comedy
Lyric Stage Company of Boston
Director, Producer, Performer; Lyric Stage Company of Boston

2022: December, October, July

2021: December, October, August

Articles

Psychology Today

2023: "Is the Pressure to Crush it Crushing You?"

"10 Mini Risks Worth Taking"

2022: "6 Gifts Your Future Self Will Thank You For"

"Is Confrontation Dread Causing You Unnecessary Anxiety?"

"World Mental Health Day Isn't Enough"

"How to Read More Even When You're Wildly Busy"

"4 Strategies When Work Isn't Working for You"

"Finding Your Brilliance Blindspot"

"3 Essential Anti-Rumination Practices"

"We Can't Self-Care Our Way out of This Mental Health Crisis"

"Therapy Isn't Grubhub"

"4 Ways to Outsmart Today's Hidden Burnout Factor"

"Does the Term 'Self-Care' Nauseate You?"

"When Work Is Total Mayhem"

"8 Quirky Ways to Boost Your Mood and Mental Health"

"How Do People Change?"

"4 Dangers of Undersharing in a Relationship"

2021: "Why All the Adult Temper Tantrums?"

"Teaching Within the COVID Circus"

"Overcoming the Cult of Beauty"

"It's Okay Not to Be Okay"

“The Difference Between Hopeful Optimism and Toxic Positivity”

- 2020: “Why the Internet Broke for Bernie Sanders’s Mittens”
“Why Are Women Called Every Name Except the One They Earn?” “Can Humor Save The Day?”
“The Election Looms: Is Mental Health a Thing?”
“Is Sanity Possible During Insane Times?”
“2020: Anxiety’s Frenemy”
“The ABC’s of Accountability for Black Lives”
“Avoiding Leap Frog Brain”
“What Protects You?”
“How We Find Resilience During Impossible Times”
“Can the Worst of Times Bring Out the Best in Us?”
“How to Keep Your Coronavirus Anxiety from Spreading”
“Your Self-Care Sweet Spot”
“20 Ways to Protect Your Mental Health”
- 2019: “How to Protect Your Mental Health During Finals Season”
“Are You Resilient?”
“Self-Care Isn’t Selfish or Superficial”
“Protecting Mental Health in College”
“Why I Share My Own Mental Health Condition with My Students”
- 2017: “Do You Wish for a Better World?”
“Are You a Healthy Achiever or Anxious Overachiever?”
“9 Essential Steps to Protect Your Mental Health”
- 2018: “The New You Blues”
“When Therapy Doesn’t Go Well”
“You Are Not an Imposter”
“Finding Peace in Toxic Times”
“Why Is it So Hard to Set Boundaries?”
“Is Burnout Inevitable?”
“Four Lessons Aretha Franklin Taught Us”
“Can Mindfulness Save the Day for Pressured Parents?”
“The Dangers of Perfectionism”
“Should You Major in Psychology?”
“Why Workers Have to Do More to Protect Their Mental Health”
“Why We Fight”
“The Amazing Power of the Upward Spiral”

Psychology Today (cont'd.)

“You’re Not as Awkward as You Think”
“Why We Can’t Keep Treating Our Emotions Like Lord
Voldemort” “Medication is Not the End-All-Be-All for Distress”
“The Hidden Third Wheel That’s Messing Up Your
Relationship”
“How Agile Are You?”
“The Unsettling Truth About What’s Hurting Today’s Students”
“Has Mindfulness Become the New Kale?”

2017: “Rethink Your Way to a Saner Holiday Season”
“The Price of Choice” (2017).
“Rethinking the College Mental Health Crisis: Is Our Game of Hide-and-
Don’t-Seek Proving a Disaster?”
“Rethinking the College Mental Health Crisis: Do Bubble Wrap and
Snowflake Myths Prevent a Vision for Needed Change?”
“Why You Need to Fire Your Inner Monday-Morning Quarterback”

2016: “5 Lessons Carrie Fisher Taught Us”
“Could the Orlando Shootings Be the Smelling Salts We Need?”
“Why ‘Work-Life Balance’ Talk May Stress Us Out”
“How Unlearning Could Help Our College Mental Health Crisis”
“Four Traps to Avoid When You’re Filled with Anxiety”
“Six DIY Hacks”
“Can We Escape Bias?”

2015: “Why Anxiety May Be Your # 1 Frenemy”
“What Disney Pixar’s Inside Out Teaches Us About Emotions”
“Why Waiting for Your Next Vacation to Unwind Might Hurt You”
“What a Guy Who Ate an Entire Plane Teaches Us About Stress”
“Why You Can’t ‘Just Say No’ To Stress”
“It’s Nice to Meet You, But That’s Not Your Real Name”
“Your Mental Health Is More Important Than Your Grades”
“Do We Need a New Pill Drill?”
“Three Ways to Give Your Kids a 1980’s Halloween To Remember”
“Why Our Kids Don’t Need Any More Hoops to Jump Through”
“Bye-Bye Perfectionism: I’m Done with You”
“What to Do When Your Kid Emotionally Throws Up on You”
“Why Keeping Up with the Kardashians May Cost Us”
“Three Strange Words That Might Just Save You This Valentine’s Day”
“How to Prevent Burnout from Spreading Like Wildfire”

Presentations

2023:

Commencement Speaker Worcester State University

Keynote Speaker, Maria Droste Counseling “Cultivating Compassion During Complex Times”

Keynote speaker, RAPP: “Burnout Prevention and Retention Strategies During Complex Times”

Keynote Speaker: Oregon State University Parenting Collaborative “Burnout Prevention During Criss and The Great Resignation”

Keynote speaker, Design Museum: “Humor as Practice and Protective Factor Towards Resilience”.

Director and Performer, Georgia University System: “Crackin’ Up: Where Therapy Meets Comedy”; and “Cultivating Resilience Through Humor”

Keynote speaker, ACUI: “Adopting Mental Health Cultures: Cultivating Resilience and Psychological Safety Within Today’s Complex Educational Landscape”

Keynote speaker, Chartwells: “Cultivating Resilience and Camaraderie During Times of Uncertainty”

Keynote speaker, Salisbury University: “Adopting a Healthy Mental Health Culture: What Faculty, Staff, and Leaders Can Do”

Keynote speaker, Torchlight: “Navigating Anxiety and Stress: Staying Well Through Chaos and Uncertainty”

2022:

Keynote speaker, Sounds True: “Microdosing Bravery: Small Bits of Courage to Help You Grow Resilience, Connect More, and Offer Yourself to the World”

Convocation keynote speaker, Germanna Community College: “Cultivating Resilience and Adopting Healthy Mental Health Cultures”

Keynote speaker, Twill: “Flourish in the Age of Anxiety”

Keynote speaker, South Dakota State University: “Adopting a Healthy Mental Health Culture: What Faculty, Staff, and Leaders Can Do”

Keynote speaker, South Dakota State University: “Is Resilience Possible During Impossible Times?”

Breakout speaker, South Dakota State University: “Communicating a Culture of Psychological Safety”

Keynote speaker, University of Akron: “Adopting a Healthy Mental Health Culture: What Faculty, Staff, and Leaders Can Do”

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

Keynote speaker, Virginia Assoc. Student Financial Aid Administrators: “Building Healthy Mental Health Cultures: What Faculty, Staff, and Leaders Can Do”

Keynote speaker, Pathify: “Building Healthy Mental Health Cultures: What Faculty, Staff, and Leaders Can Do”

Keynote speaker, Workplace Wellness Council of Massachusetts: “Remagining Resilience: Micro-Strategies to Help You Stay Agile, Mindful, and Connected”

2021: Keynote speaker, Housatonic Community College: “Adopting a Healthy Mental Health Culture: What Faculty Can Do”

Keynote speaker, West Virginia Higher Education Policy Commission: “Cultivating Resilience: A Toolkit for Healthy Achievement and Sustainability in Today’s Demanding World.”

Keynote speaker, State of South Dakota Leadership Conference: “Cultivating Resilience and Building Positive Mental Health Cultures: A Toolkit for Leaders in Today’s Complex Times”

Keynote speaker, Community Mental Health Assoc. of Michigan:

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Presentations (cont’d.)

“Cultivating Resilience in Today’s Complex World”

Wellness speaker, Snapchat Unity: “Vision boarding for Well-Being.” Co-presenter Halima Aden.

Keynote speaker, Ovation TV: “Mindfulness to Help You Stay and Do Well: Cultivating Resilience During Complex Times”

Keynote speaker, American Chemical Society: “Cultivating Resilience During Unprecedented Times”

Presenter, United Way Rural Conference: “Cultivating Resilience During Complex Times”

2020: Keynote speaker, Harvard University: “Hidden Issues of Diversity: Ethnicity and Mental Health”

Co-presenter, United States Chamber of Commerce Foundation: “Parenting During the Pandemic: Supporting Teens, Tweens and Ourselves Through Challenging Times”

Keynote speaker, University of North Texas System: “Adopting a Healthy Mental Health Culture”

Keynote speaker, Kenyon College: “Creating a Healthy Campus Mental Health Culture”

Webinar and breakout session, National Scholarship Providers Assoc. “Cultivating a Holistic Mental Health Culture”

2019: Keynote speaker, Harvard Medical School, Grand Rounds: “Reimagining Success in Today’s Hypercompetitive World”

Keynote speaker, New Albany High School; Olentangy High School: “Cultivating a Healthy Mental Health Culture: What Schools Can Do”

2018 Keynote speaker, Nationwide (Columbus, OH): “Agile, Mindful and Resilient Leadership Behaviors for Today’s Complex Global Arena”

Breakout session, US Journal Adolescent and Young Adult National Conference “Mindfulness in Today’s Changing World”

Keynote speaker, US Journal Adolescent and Young Adult National Conference: “Cultivating Resilience Within Today’s Global Mental Health Crisis”

Breakout session, Active Minds National Conference “Mitigating the College Mental Health Crisis: What Faculty Can Do”

Keynote speaker, C-Space: “Mindfulness in Today’s Changing World”

Keynote speaker, State Street Global Advisors: “Mindfulness in Today’s Changing World”

Keynote speaker, Worcester State University: “Your Mental Health is Everything: Become More Agile, Mindful and Connected in Today’s ‘Age of Anxiety”

Breakout session, Learning and the Brain: Reaching for Greatness: Unleash Potential, Passions and Creative Talents in Students with Cognitive Science; “Reimagining Success in Today’s Hypercompetitive Market”

Keynote speaker, Assoc. for Continuing Higher Education Emerging Leaders Institute: “Burn Bright: Cultivating Resilience and Agility in Today’s Complex Higher Education Landscape”

Breakout session, International Assoc. of Leadership “Moving from Me to We: Collective Efficacy for Emerging Leaders”

Breakout sessions, Delta Tau Delta Karnea Convention (St. Louis, MO): “Cultivating Resilience in Today’s Complex Landscape” and “Rethink Your Way to the Good Life: Move from Me to We”

Ever Fi Campus Prevention Summit (New Orleans, LA): “Moving from ‘I’ to ‘We’: Strategies for Students and Educators to Cultivate Agility, Mindfulness and Connection to Mitigate the Education Mental Health Crisis” breakout session; and “Put Your Mask on First” burnout prevention. Three-part series.

Workshop facilitator, Association for Continuing Higher Education Emerging Leaders Institute (Chicago, IL): “Cultivating Resilience in Today’s Complex Landscape”

Breakout session: Learning and the Brain Educating Mindful Minds Conferenc; “Moving from ‘I’ to ‘We’: Strategies for Students and Educators to Cultivate Agility, Mindfulness and Connection to Mitigate the Education

2017:

Keynote speaker, Taipei American School: “Cultivating Resilience in Today’s Always-On World”; “Moving from ‘I’ to ‘We’: Cultivating Individual Wellness and Resilience to Bring Impact”; panel moderator, breakout session; Preventing and Treating Burnout Within Today’s Complex Service Arenas”

Keynote speaker, Ted X Risk Change (Ocala, FL): “The Risk We Must Take”

Keynote speaker, Association of Women in Science: “Reset Your Stress”

Keynote speaker, Emerson College Student Leader Conference: “Mitigating the College Mental Health Crisis”

Workshop, NASPA Mental Health and Education Conference: “Mitigating the College Mental Health Crisis”

Breakout session, Ever Fi Campus Prevention Network: “Mitigating the College Mental Health Crisis”

2016: Poster presentation, National Alliance on Mental Illness: “Time to Rethink I Can”

Workshop, National Academic Advising Assoc.(Boston, MA): “Cultivating Resilience in Today’s Complex Educational Landscape”

Workshop, Massachusetts Assoc. of School Superintendents: “Cultivating Resilience in Today’s Complex Educational Landscape”

Workshop, Harvard University Kennedy School of Government: “Cultivating Resilience in Today’s Complex Educational Landscape”

Workshop, New Bedford Public Schools Professional Development: “Cultivating Resilience in Today’s Complex Educational Landscape”

Breakout session, Virgin Pulse Thrive Summit (Boston, MA): “Rethink ‘I Can’”

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Presentations (cont’d.)

Poster presentation, National Alliance for Mental Illness: “What Do Graduate Students Identify as Central Factors Contributing Towards Their Resilience and Identity?”

Breakout session, National Association of Social Workers (Washington, DC): “What Contributes Towards Leader Resilience?”

Breakout session, Smith College Women’s Leadership Summit (Northampton, MA): “Is It Time to Rethink ‘I Can’?”

2015: Poster presentation, National Institute on the Teaching of Psychology: “What Impact Does a Stress Management Course Have on Student Well Being?”

Poster presentation co-presenter, National Institute on the Teaching of Psychology: “Surviving the Doctoral Process: Self-Care and Sustainability Strategies for Preventing Stress Overload and Burnout”

Workshop, Vancouver International Institute of the Teaching of Psychology: “Cultivating Resilience in Today’s Complex Educational Landscape”

Professional development workshop, Quincy College: “Cultivating Resilience in Today’s Complex Educational Landscape”

Poster presentation, National Institute of the Teaching of Psychology: “What Impact Does a Stress Management Course Have on Student Well-Being?”

Poster presentation co-presenter, National Institute of the Teaching of Psychology : “Surviving the Doctoral Process: Self Care and Sustainability Strategies for Preventing Stress Overload and Burnout”

Poster presentation, Vancouver International Institute of the Teaching of Psychology (Vancouver, BC): “What Impact Does a Stress Management Course Have on Student Well-Being?”

2013: Poster presentation, Mentoring Institute: “What Types of Support Do Urban Schoolteachers Need to Increase Their Resilience?”

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Grants

2019: Northeastern University Office of Inclusion and Diversity (OIDI) \$12,000 “Staying on Course” focus groups; film development and

dialogues highlighting strategies for first-generation and students of color to navigate systemic discrimination and marginalization due to race, ethnicity, class, gender, and intersecting identities.

Teaching and Advising

Doctoral Courses

Northeastern EDU 7202 Transforming Educational Systems
Northeastern EDU 7210 Leadership Theory and Research
Northeastern EDU7274 Doctoral Seminar

Master's Courses

Northeastern CMN 6001 Professional Speaking
Northeastern CMN 6061 Personal Branding
Northeastern CMN 6070 Interviewing
Northeastern CMN 6110 Group Dynamics/Interpersonal Conflict
Northeastern NPM 6140 Grant and Report Writing
UMass EDU 500 Fundamentals of Teaching and Learning
UMass EDU 547 Teaching and Managing Inclusive Classrooms

Undergraduate Courses

Northeastern LDR 1200 Assessing Your Leadership Capability
Northeastern SOC 1110 Engaging Diversity and Difference
Northeastern PSY 1010 Introduction to Psychology
Northeastern PSY 1410 Introduction to Psychology Personal
Dynamics
Northeastern PSY 2230 Stress Resilience, and Behavior Change
Northeastern HSV 2000 Introduction to Human Services
Northeastern HSV 4955 Human Services Directed Study
Northeastern HSV 4995 Human Services Capstone

Course Design

Northeastern LDR 6101 Leadership Lab
Northeastern LDR 1200 Assessing Your Leadership Capability
Northeastern SOC 1110 Engaging Diversity and Diversity

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Course Design (cont'd.)

Northeastern PSY 1100 Foundations of Psychology
Northeastern PSY 2230 Stress and Its Management/
Stress Resilience, and Behavior Change
Northeastern CMN 6061 Personal Branding
Northeastern HSV 2000 Introduction to Human Services

Northeastern HSV 2200 Introduction to Clinical Practice
Northeastern HSV 2240 Human Behavior in the Social Environment
Northeastern HSV 3200 Techniques in Individual and Group Counseling
Northeastern HSV 3220 Human Service Organizations
Northeastern HSV 3300 Social Welfare, Policies and Practices
Northeastern HSV 3400 Social Service Volunteer Practicum
Northeastern HSV 4995 Human Service Practicum

Course Oversight

Northeastern SOC 1110 Engaging Diversity and Diversity
Northeastern PSY 2240 Human Sexuality
Northeastern PSY 3200 Social Psychology
Northeastern PSY 3210 Abnormal Psychology
Northeastern PSY 3220 Cognition and Language
Northeastern PSY 3230 Development Across the Lifespan
Northeastern PSY 3240 Sensation and Perception
Northeastern PSY 3450 Research Methods in Psychology
Northeastern PSY 4230 Physiological Psychology
Northeastern PSY 4310 Personality

Advising

2016 Northeastern University Doctor of Law and Policy
2013-2020 Faculty Advisor, Co-Op Behavioral Sciences, Northeastern University

Service and Professional Development

Department, College, and University Service

2022:

Northeastern News feature: Feeling Overwhelmed? Taking Small Risks Can Help Overcome Trauma, Face New Challenges
Northeastern News feature: Coping with the Constant Stream of Bad News
Northeastern University Office of Advancement Women Who Empower keynote speaker
Northeastern News feature: What is Financial Trauma?

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Service and Professional Development (cont'd.)

Northeastern University Honors Program Mentoring Network keynote speaker
Northeastern University College of Professional Studies roundtable on faculty wellbeing

2021:

Northeastern University Residential Life student well-being facilitator
Northeastern News feature: COVID-19 Has Been Hard on Our Mental Health.
Northeastern University Provost's office well-being series speaker
Northeastern University Advance's office speaker
Northeastern University Friends and Family keynote speaker, Boston.
Northeastern University Resilience speaker, Seattle
Northeastern University Resilience speaker London, San Francisco Bay Area
Northeastern University Wellness Week speaker
Northeastern University Office of the Chancellor well-being speaker

2020:

Northeastern University Provost's office well-being series speaker
Northeastern News feature: Fear Can Be Contagious. Ideas for Keeping Calm
Northeastern University College of Professional Studies resilience webinar
Northeastern University development of well-being resource center
Northeastern University N.U. in and first year student mental health orientation
Northeastern University Chancellor's Office COVID resilience series
Northeastern University Alumni Relations Career Resilience on-demand course
Northeastern University Alumni Relations Resilience During Crisis on-demand course

2019:

Northeastern News feature: 5 Things You Can Do So Finals Week Doesn't Stress You
Northeastern University College of Professional Studies Biotech and Health Care
domain: Integrative Health Certificate development contributor
Northeastern University Online Best Teaching Practices co-presenter
Northeastern University Office Residential Life student program co-host
Northeastern University College of Professional Studies Faculty Review and
Promotions Committee, Northeastern University College of Professional Studies

2018:

Lowell Institute series on imposter syndrome
Northeastern University College of Professional Studies Wellness Co-Chair and
presenter
Northeastern University Alumni Lifelong Learning speaker
Northeastern University Lowell Institute School Webinar speaker

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Service and Professional Development (cont'd.)

Northeastern University Office of Institutional Diversity and Inclusion film screening
co-facilitator
Northeastern University Center Intercultural Engagement You Belong facilitator
Northeastern University Khoury College of Computer Science speaker
Northeastern University Bouve College of Health Science speaker
Northeastern University Alumni Professional Development speaker
Northeastern University SAIL Ambassador (well-being dimension)

Northeastern University Global Resilience Institute Faculty Affiliate
Northeastern University Office of Residential life student program co-host
Northeastern University College of Professional Studies faculty speaker
Northeastern University Delta Tau Delta Beyond the Books speaker
Northeastern University Project Management Club speaker
Northeastern University Center for Intercultural Engagement facilitator
Northeastern University Sport and Society Team Impact Leadership institute
Northeastern University D'Amore McKim School of Business speaker
Northeastern University Snell Library Meet the Author speaker
Northeastern University Residential Life speaker

2017:

Northeastern University College of Professional Studies student speaker
Northeastern University Social Justice Resource Center Change Makers speaker
Northeastern University Active Minds speaker
Northeastern University Doctoral Residency speaker
Northeastern University Learner Experience Community of Practice speaker
Northeastern University Foundation Year Student Interviews
Northeastern University Community College Visits
Northeastern University D'Amore McKim School of Business speaker
Northeastern University Residential Life Speaker East Village
Northeastern University Residential Life Speaker West Village

2016:

Northeastern University Bookstore De-Stress Event speaker
2016 Northeastern University Human Resources Department Keynote speaker
2016 Northeastern University Massachusetts Promise Fellows Keynote speaker
2016 Mattapoisett Public Library Speaker Mattapoisett, Massachusetts speaker
2015 Northeastern University College of Professional Studies Staff speaker
2015 Northeastern University Center for Advancing Teaching and Learning Conference
Attendee

2015:

Northeastern University Faculty Academic Council Working Committee

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Service and Professional Development (cont'd.)

Northeastern University Biological Sciences Search Committee
Northeastern University Senior Advisor to the Dean Search Committee
Northeastern University Organizational Leadership Studies Committee Member
Northeastern University Undergraduate Student Orientation
Northeastern University Alumni Webinar speaker
Northeastern University Library Author Series Keynote speaker
Northeastern University Charlotte Alumni Relations speaker
Northeastern University Retired Alumni Relations speaker

Northeastern University Boston Ballet Commencement Keynote speaker
Graduate School of Education Alumni Council Chair

Service to the Discipline/Profession

2022– Journal of Communications in Healthcare: Strategies, Media and Engagement in Global Mental Health (reviewer)

2022--Scientific Board Advisor to Becoming Artists

2013– American Psychological Association Member

2011– The Urban Review (reviewer)

2002–2010 United States Department of Minority Affairs grant reviewer

2002–2010 United States Department of Substance Abuse and Mental Health Administration

2002–2010 United States Department of Health and Human Services grant reviewer

2000–2021 National Association of Social Workers Member

Service to the Community/Public

2022: Chicago Council's Deep Dish Podcast December 21

Randi Zuckerberg Means Business October 10

Career Strategies for Women that Work Podcast June 22

I Dare You Podcast with Darrin Johnson June 17

The Mindful Psychology Podcast June 16

In Session with Farid Holakouee Podcast. June 15

Psychology America Podcast June 14

Vibe Abundant Podcast June 13

Central Theatre Youth Underground Mental Health Summit. Panelist. June 11

Sounds True One Insights at the Edge with Tami Simon. Podcast. June 9

Mindfulness Matters Podcast June 3

2021: California Life Sciences Association Leadership Series: Becoming

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Service to the Community (cont'd.)

More Agile, Mindful and Connected in Today's World. Interview. June 4

The Wonder Dome Podcast: The Intelligence of Love. Interview. May 28

Unum HR Trends Podcast: Mental Well-Being in the Age of COVID-19.

Part II. Interview. May 26

Unum HR trends Podcast: Mental well-being in the age of COVID-19.

Part I. Interview. May 19

Southcoast Matters Television: Maintaining Good Mental Fitness throughout Crisis. Interview. April 24

American Association of Nurse Anesthetists. Peer Support: Self-care

and Resilience Webinar. April 23
Boston Globe: Staying Active Important for Kids Stuck Home
During COVID-19. Interview. April 8
WCVB Chronicle: Adjusting to Pandemic Life. Interview March 31
Active Minds: Sleep, Self-care, and Sharing a Productive Environment.
Webinar. March 25
Christian Science Monitor: Infodemic: When Fear and False
Information Go Viral. Interview. March 18

2019: Market Watch: The Best Gifts Might Be the Ones You Give Yourself.
Interview. December 24
NPR Kansas City: Kansas College Students Can Ace Tests, But
They Need Help “Adulting.” Interview. November 11
Forbes: Why Resilience Can Make or Break Your Career. Interview. October 13
Evolution: A Destiny Solutions Illumination: Supporting Mental
Health and Wellness for Adult Learners. Interview. February 27

2018: Trident Book Sellers. Speaker. November 29
National Association of Social Workers Podcast: Self-Care and
Avoiding Burnout. Interview. November 6
NPR Interview: Burnout. August 20
National Alliance on Mental Illness Greater Boston Consumer
Advocacy Network. Presentation. July 19
Thrive Global: What Is Mentalligence and How Can It Help Me? February 23
2017: Shrink Rap Radio: Mentalligence: A New Psychology of Thinking.
Interview. December 14
Worcester State University. Speaker: Keynote, and Lunch & Learn. April 4

2016: Southcoast Matters: Systemic Impact on Global Mental Health. Interview.
July 18
Boston Globe: Forget Helicopter Parenting: It’s all About Submarine
Parenting. Interview. May 16
Southcoast Matters TV: Being Global Conscious Citizens. Interview. May 13

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Service to the Community (cont’d.)

2015: NPR: Five Tips for Coping with College Stress. Interview. October 29
NPR: Anxiety as Frenemy-the Good and the Bad of Dreadful Stress.
Interview. August 5

Professional Development

Learning and the Brain. Calming Anxious Brains. November 21, 2021.
Second City. Advanced Storytelling Salon. October 6-27, 2021.
Esalen Institute: The Ceremony and Science of Psilocybin. April 23, 2021
Kripalu Improv for Life program. February 2018.

Improv Asylum Boston Improv I. April 2018
Kripalu RISE for Educators program. July 7, 2019.
Active Minds National Conference. Building a Mental Health Culture. March 22, 2019.
Kripalu Improv for Life. February 16-18, 2019.
Learning and The Brain. Reaching for Greatness. November 16, 2018.
Learning and the Brain. Educating Mindful Minds. April 19, 2018.
National Assoc. of Social Workers. Leading Change. Transforming Lives. June 22, 2016.

Awards

2023: Northeastern University Faculty Award for book publication
2023: Nautilus Book Award Silver Medal for Worth the Risk: “How to Microdose Bravery to Grow Resilience, Connect More, and Offer Yourself to the World”
2023: Doctor of Humane Letters, Worcester State University
2022: Edtech MVP award first place winner: article, “Tackling the Higher Ed Mental Health Challenge”
2022: Next Big Idea Club nominee for Worth the Risk: “How to Microdose Bravery to Grow Resilience, Connect More, and Offer Yourself to the World”
2021: Old Colony Regional Vocational High School Wall of Achievement
2017: Worcester State University Distinguished Professional Achievement Award
2015: Next Generation Indie Book Awards Motivational Book of the Year
2015: Next Generation Indie Book Awards Finalist in Self-Help and Health and Wellness Categories
2013: Northeastern University Excellence in Teaching Award Finalist
2011: Northeastern University College of Professional Studies Excellence in Teaching Award Recipient