

Center: Mindfulness, Compassion and Resilience at ASU Annual Report 2022

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1. MISSION

Scale an ASU-wide center that connects global researchers, scholars, teachers, practitioners, and learners around the concepts of mindfulness, compassion and resilience. ASU is known for a vibrant and forward-leaning community that embodies and models mindfulness as a context for learning, connecting and thriving. Our work is aligned with the ASU Charter and accelerates the innovative leadership culture of caring that is foundational to The New American University. We are known not only for what we do, but how we do it.

2. CENTER CORE FOCUS AREAS

Engage: Center brings together a vast array of transdisciplinary interests in order to best honor the needs of the university's diverse population. We promote and connect mindfulness efforts underway as well as inspire and support future endeavors across ASU campuses, within Phoenix and the surrounding communities.

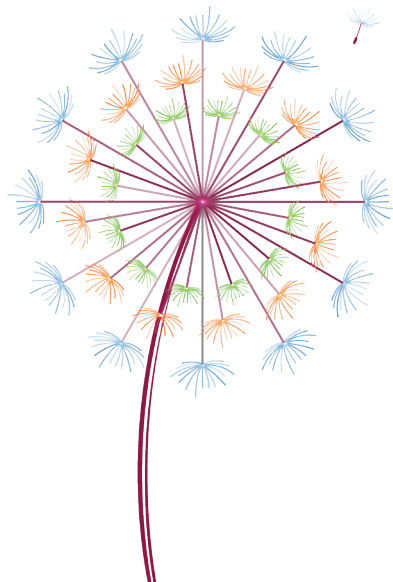
Teach: Center provides multiple pathways to mindfulness training in order to scale and provide opportunities for ASU departments, colleges, institutes and community organizations to develop a mindful skills and enhance well-being.

Connect: Center serves as a convening vehicle and connects global researchers, scholars, teachers, practitioners and learners around the concepts of mindfulness, compassion and well-being.



3. CENTER'S THREE PRINCIPLES

Core Principle 1: The Expansive Model of Mindfulness (EMM) is an overarching paradigm that we center our understanding of mindfulness practices within and under. Mindfulness is utilized as a supportive strategy across a spectrum – as a self-care and resilience tool, as a means to communicate with others, within and throughout communities, and finally, across all of humanity as a connector. EMM informs how we consider conversations around mindfulness and how we create programs designed at each level. EMM is grounded in the premise that mindfulness practices naturally show up within the world and we can leverage them to create a more compassionate, resilient culture of caring at ASU and beyond.



EMM framework Nika Gueci and Tiara Cash

Broader Humanity

The world at large, inclusive of all people, animals and the natural environment.

Community

Three or more people with shared mentality or goals built on a common fellowship.

Others

One-on-one interactions as a bridge between self and another.

Self

The relationship within, as distinct from roles, responsibilities and internal narrative.

The Expansive Model of Mindfulness

Core Principle 2: During a time of global upheaval, social unrest, and historical oppression, the Equitable Mindfulness Initiative (EM), created by Tiara Cash, MS, former Culture and Equity Specialist, focused on the intersection between mindfulness and social transformation, activation and social justice to create an equitable world through sustained practice of mindfulness and compassionate listening/action. EM employed a three-tiered foundation focused on:

- Personal protection
- Mindful activation, systematic change & sustainability of practice
- Robust programming with the population in mind

Core Principle 3: Mindfulness and Sustainability: To leverage bandwidth while scaling mindfulness to individuals, communities, and virtually, Center constructs responsive, sustainable programs. As “pollinators” of well-being, Center ensures that all programs, events, and courses are developed with the audience in mind. Co-creation of an engagement that is designed by both Center and the audience is a founding principle intended to bring the best possible experience to the learner and make it relevant for their needs. This principle of co-creation sows the seeds of mindfulness and compassion practices to the communities that we impact, creating a ripple effect, similar to train-the-trainer programs.

4. CENTER’S GROWTH AND SCALE

Since Center’s inception, we have reached the following number of students, faculty, community members and stakeholders through presentations, consultations, and student think tanks:

- **2022: 3,659 people through 178 events (97 internal, 61 external, 20 both)**
- 2021: 3,312 people through 137 events (66 internal, 63 external, 8 both)
- 2020: 10,604 people through 170 events (112 internal and 58 external events)
- 2019: 6,330 people through 179 events (89 internal, 61 external, 29 both)
- 2018: 6,456 people through 161 events (76 internal, 54 external, 31 both)
- 2017: 7,487 people through 68 events (37 internal, 22 external, 9 both)

A. Annual Giving

- Center is self-sustaining and continues to work with Edson and ASU Foundation development officers to identify and secure sources of funding. The Annual Giving team ran a 4-week campaign to re-engage event participants and donors with Center. This campaign was linked to the release of [Center’s 5-year report](#) (Oct. 2022).

B. Imagination Retreat

- To continue to build affinity and sustainability, a **day-long design thinking experience** was held on Oct. 14th. This event was for select stakeholders from ASU and across the community to celebrate and help build upon Center’s accomplishments and co-create a vision for how Center can best continue to support its communities and constituents over the next five years and beyond. Throughout the day, design thinking sessions were facilitated by ASU’s University Design

Institute (Cary Lopez, Director of Strategic Initiatives, and Phil Weaver-Stoesz, Design Expert and Facilitator), and mini-mindfulness practices were led by the Center staff and guests to provide moments of introspection and connection. Together, we honored our past and set our intentions for a shared future.

C. Profit-Sharing

- Center piloted a new profit-sharing model with mindfulness instructors throughout ASU and the larger community to provide more mindfulness offerings and generate revenue. Spring 2022 offerings included:
 - a. Talk with Teri: Mindfulness Mentoring
 - b. Compassion Fatigue
 - c. Personal Authenticity and Expression (Inner Knowing, Outer Expression)
 - d. Foundations of Mindfulness for Lawyers, 4-week program (Patty Beck, A Balanced Practice LLC)
 - e. Six-Week Introductory Training (S.I.T.) in Mindfulness (Dr. Ann Sebren, College of Health Solutions)
 - f. Off-The-Mat Series (Felicia DeBrun, Center Affiliate)

D. Website and 5-Year Report

- In 2022, Center and UTO overhauled our [website](#) to be more streamlined and accessible. Additionally, our [five-year report](#) was completed with the support of Margaret Coulombe, Director of Communications, Tracey Phalen, Graphic Design Specialist, and Julie Riddle, Specialist, at Academic Enterprise Communications.

E. Website Metrics

- Website views have quadrupled over the past three years:
 - 2020 total users: 18,299 (9,000 new visitors)
 - 2020 total page views: 50,589

 - 2021 total users: 57, 559 (53,157 new visitors)
 - 2021 total page views: 77,106

 - 2022 total users: 88,757 (84,973 new visitors) up 54% over previous year
 - 2022 total page views: 106,138

5. UNIVERSITY AND COMMUNITY ENGAGEMENT

From Jan 1 – Dec 31, 2022, Center reached **3,659** students, faculty, community members and stakeholders through **178** events, consults, and presentations

A. Internal Collaborations with ASU Departments and Programs

- Co-hosted **Trans Day of Remembrance** event with LGBTQ Faculty and Staff Association and Hayden Library (Nov. 16)
- Michelle Loposky, Director, and Shawn Banzhaf, Associate Director of Student Success and Academic Innovations at ASU's Pat Tillman Veterans Center,

facilitated the **Proving Grounds training** (intended for university personnel to understand the culture of student veterans, and how to best support them) to Center staff and affiliates/Koru instructors, taught mindfulness to student veterans, fall '22.



Zachary Reeves-Blurton, Michelle Loposky, Shawn Banzhaf, Barbara Crisp, Nika Guerci, and Dawn Augusta (Aug 26, 2022)

- Nature bathing and five senses meditations during **ASU Pride at ASU 365** (April 10)



- Resilience Event: Joint programming with **Sun Devil Fitness and Wellness** (April 15)
- Tabling at the Sun Devil Fitness and Wellness **“Give ‘Em Health Devils”** Fair (April 14)
- Consulting for the 2022 **Maryvale Visioneering Summit** at ASU with Social Embeddedness team (March 18)
- Research and manuscript writing with **ASU’s Center for Biodiversity Outcomes**, linking mindfulness as a method to cope with eco-fatigue and climate change anxiety
- Along with all Edson Centers, co-hosted Visiting Scholar Dr. Julianne Holt-Lunstad for her presentation, “Where is the ‘social’ in social determinants of health?” (Jan. 25)
- Collaboration with Edson College of Nursing and Health Innovation Center for Advancing Interprofessional Practice, Education and Research **CAIPER I-TEAM by Design Course**: Mindfulness videos from our Caring and Connection: Middyay

Mindfulness YouTube series are embedded in the supporting material for this 8 CE credit in six specialties course in the form of Pause Activities and Work Outs:

- 8 Min Meditation for Oneness (Season 1, Episode 9, 10/26/20)
- 8 Min Meditation to Encourage Connection & Compassion for Others (Season 1, Episode 1, 8/7/20)
- 12 Min Meditation for Self-Gratitude (Season 1, Episode 10, 11/2/20)
- 14 Min Meditation for Mindful Eating (Season 2 Episode 2 1/25/21)

B. Academic and Programming Support for Students

- Dr. Zachary Reeves-Blurton mentored three students during the Fall semester: 1. Thesis committee member, Zainab Imran, Barrett Honors College, 2. Thesis committee member, Cora Souffrant, Barret Honors College, and 3. Nicole Kallima Haikalis, Presidential Graduate Assistantship for Minority Students recipient and doctoral student at the School of Biomedical Engineering
- **Directed Field Study** site for Rebecca Heller, doctoral student in the Mary Lou Fulton Teachers College Educational Leadership and Innovation program (Summer 2022)
- Final course project for David Whitaker's PSY 534 Psychometrics Department of Psychology course, **A Review of Loneliness Measures with Respect to Measuring the Effectiveness of a Mindfulness Education Intervention** (Spring 2022)
- Bin Suh successfully defended her dissertation, **The Effects of Adverse Childhood Experiences and Resilience on Child Development: Future Directions in Research, Practice and Policy**, in the Edson College of Nursing and Health Innovation. Dr. Teri Pipe Co-Chaired on her committee. (Spring 2022)



Dr. Bin Suh and her family with Dr. Teri Pipe

- Saiarchana Darira successfully defended her senior Barrett Honors Thesis on the impact of rest and self-care on the mental health of environmentalists around the world with the **Global Mental Health Lab**. Dr. Teri Pipe Chaired her committee. (Spring 2022)

- Master in Public Administration student, Nathaniel Harris, completed his Capstone project, ***Mindful Listening: A Program Evaluation***, a collaboration with Center and Arizona Musicfest. (Spring 2022)



Nathaniel Harris is in his final year of ASU's Masters in Public Policy program. With extensive work in both the private and public sector, he is pursuing the goal of helping push for and implementing sustainable change that challenges societal norms. Helping start Arizona States collegiate recovery program has helped him bring a focus of mindfulness, adaptability, and inclusivity in all initiatives he is a part of. In his free time, he can be found caring for his animals, gardening, playing table top games, and rooting for the Suns and the Diamondbacks.

- Programming support for student-facing “Stress Management through Mindfulness” event in Civic Space Park with the College of Health Solutions (Feb. 24)
- Programming with First on Fusion on “Mindful Mondays” to increase student engagement on mindfulness-based events
- Supported 6 undergraduate and graduate students on final projects, programming, or internship support

C. Academic Support for Faculty/Staff and Center Affiliates

- **Writing Retreat:** A mindful writing retreat is scheduled for Jan. 2023 in Phoenix, AZ. Attendees include Center staff and affiliates, including doctoral students previously employed/supported by Center. This is intended to produce manuscripts of chapters for Dr. Pipe’s upcoming book, with case studies and examples of transdisciplinary mindfulness approaches to programs, research, and projects.
- Submitted a collaborative manuscript as a Diversity piece with the Center for Biodiversity Outcomes and the School of History, Philosophy and Religious Studies to the Conservation Science and Practice Journal entitled ***Practicing mindfulness in confronting the ecological apocalypse*** by Leah R. Gerber, Zachary Reeves-Blurton, Nika Gueci, Gwen Iacona, J.A. Beaudette, Teri Pipe
- Research study with Chris Hammer and James Bogner at **ASU’s Academic Enterprise Enrollment** and the **Pat Tillman Veterans Center** to “measure the impact of implementing a mindfulness-based intervention to enhance well-being among student veteran populations” (covered in [ASU News](#)). Center organized and contracted with Koru Instructors ([Dr. Dawn Augusta](#), and Dr. Lisa Jaurigue, Clinical Assistant Professor, Edson Pre licensure, both attended Koru training hosted by Center; Barbara Crisp, ASU Design School)

- Application submitted to present at the 2023 American College Health Association (ACHA) conference
- Applied to the grant submission to the **John Templeton Foundation (Spiritual Yearning Research Initiative: The Search for Meaning Among the Nonreligious)** with ASU's Center for Religion and Conflict (title: *Building Cross-Disciplinary Resources for Defining Spiritual Health*, Dr. Tracy Fessenden, Steve and Margaret Forster Professor of Religious Studies and Director of Strategic Initiatives, Center for the Study of Religion and Conflict, ASU, Principal Investigator; Dr. Nika Gueci, Executive Director, Center for Mindfulness, Compassion, and Resilience, Edson College of Nursing and Health Innovation, ASU, Co-Principal Investigator; Dr. Kathryn Johnson, Associate Research Professor, Department of Psychology, ASU, Co-Principal Investigator)
 - Proposal not accepted
- Supported grant application for funding mechanisms and collaborated as Key Persons and/or service contractors with **Ted Kheng Siang Ng, Ph.D.**, incoming faculty at Edson College of Nursing and Health Innovation on his submission for:
 - National Institutes of Health (NIH) Mindfulness Intervention (MAP) grant proposal
 - BrightFocus Foundation's Standard Award Program in Alzheimer's Disease Research (using a Mindful Awareness Program (MAP) intervention)
 - Alzheimer's Association Research Grant to Promote Diversity (AARG-D) *Bio-psycho-social effects of mindfulness interventions on MCI: A pilot RCT Proposal ID 926128*

D. External

- Conference Sponsorship: Center supported the 2022 **International Coaching Federation (IFC)** Fall Coaching Summit "Be the Coach the World Needs Now" with a Bronze-level sponsorship as well as a presentation at the Summit
- ASU won the **Gold-Level Healthy Arizona Worksites Program (HAWP)** award through the Maricopa Public Health Department for the seventh year in a row and led a opening meditation at the award ceremony



May 23, 2022
Arizona State University

Congratulations! Your worksite meets the Healthy Arizona Worksite Gold award criteria. All awardees will be recognized at the Virtual Healthy Arizona Worksite award event on June 14, 2022 from 12:00pm-1:30pm on zoom. Please plan to attend and RSVP through the invitation sent separately.

The Healthy Arizona Worksite Award recognizes businesses that are making efforts to positively affect the health and well-being of their employees, their families, and their community through evidence-based worksite health initiatives and promoting programs.

Arizona State University will be recognized by the Arizona Department of Health Services for all your efforts. Your worksite will also be featured in statewide communications and on the Healthy Arizona Worksite Program website. Congratulations for your commitment to improving the health of your organization and the people you work with!

Sincerely,

Anne David
Anne David
Program Administrator,
Community Transformation
Division
Maricopa County Department of Public Health
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- Mindfulness presentations to **The Country Club at DC Ranch** and **Estancia Club**

- Bronze-level sponsorship of the **Arizona Women in Higher Education (AWHE)** conference (April 6-8) which includes one year of advertisement on the awhe.org website and on the conference's whova app, and conference registration
- Consulted and collaborated on a workshop series with **Arizona Musicfest** called "*Musicfest Mindfulness: A Mindful Deep Listening Program.*" This program is provided for no cost to the public. Center Capstone student, Nathaniel Harris, provided assessment on the [mindful listening](#) program. (Feb. – May)
- Presented two sessions at **Florence Unified School District's** first annual Social-Emotional Learning Summer Academy: "Building Student Resilience" with Center affiliate Leslie Rowans and "The Beauty of Love, Truth and Courage: Mindfulness, Emotional Growth, and Healing" (June 1).
- Contracted by **American Veterinary Group** to create five short mindfulness and meditation videos for veterinary team managers of 98 veterinary hospitals across the US southeast (Alabama, Florida, Georgia, North Carolina, South Carolina, Tennessee, Texas, West Virginia)
- Consulting with the **Arizona Department of Health Services (AzDHS)** to build out the state-wide loneliness and social connection initiative aimed at normalizing experiences with isolation and providing solutions to a wide audience. The interactive online series will fall under the AzDHS Arizona Health Improvement Plan ([AZHIP](#)) **state-wide strategy** to address loneliness and social isolation, specifically Strategy 2 under the Mental Well-Being Action Plan to "*improve awareness of, and address, the impact of social isolation and loneliness on health.*"
 - ASU and AzDHS has a long-standing collaboration, and this is mission-driven work for both institutions. The ASU [Charter](#) states that we are to assume fundamental responsibility for the overall health of the communities it serves. ASU's [Design Aspirations](#) state that ASU is to be Socially Embedded into the community, making this joint effort be mutually beneficially to AzDHS, ASU, and the people of Arizona.
 - IRB for data collection on this project has been approved and the first phase of foundational research is analyzed (Cycle 0).
- Sponsorship of **Wellness A to Z Day**, Greater Phoenix Chamber Foundation (May 15)
- **Puppies in the Park** with the Arizona Humane Society (March 15)



- Host of the Maricopa County Department of Public Health – **Healthy Arizona Worksites Program (HAWP)** training (Feb. 7 & 8)

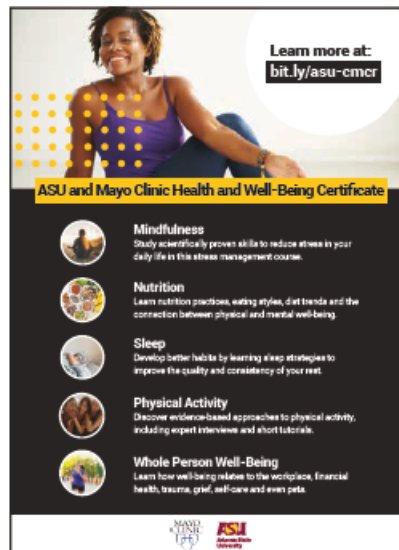
E. ASU/Mayo Health and Wellness Series

- ASU's Learning Enterprise Upskilling department, which oversees Continuing and Professional Education portfolios, has built a relationship with the Arizona Republic in order to offer the **Health and Wellness Series** courses to their employees for a discounted rate to help them succeed at in-demand jobs.

These courses were developed by the Center for Mindfulness in conjunction with *Career Catalyst* and the *Mayo Clinic*: Center staff and affiliates were commissioned as content experts for curriculum development to create a series of five 10-hour online courses (**Mindfulness, Sleep, Nutrition, Physical Activity and Whole-Person Well-Being**) and are available to anyone for a fee through ASU's Continuing and Professional Education website. After taking this course, learners earn a professional certificate and a badge to place on their LinkedIn account to showcase advanced abilities in health and wellness practices.

Total number of learners: **4,961** since 2018

- Please see [video](#) and [written](#) testimonial from Patty Beck, a course learner and lawyer.
- Advertised with the support of our donor, Hana Callaghan, in Highlands Living Magazine, May 2022:



Highlands Living • May 2022

6. STAFF DEVELOPMENT

- Assistant Director, Zachary Reeves-Blurton, won a Sun Award: Serving University Needs for his presentation to the Employee Wellness Program!
- Dr. Teri Pipe serves on the following committees:

- NurseTRUST Board
- Wellbeing Collaborative Advisory Team, Blue Cross Blue Shield of Arizona
- American Association of Colleges of Nursing (AACN) Advisory Board - new initiative funded by Johnson & Johnson Center for Health Worker Innovation titled, [A Competency-Based Approach to Leadership Development and Resilience for Student Nurses](#)
- Corporate Counseling Associates (CCA) Nurse Advisory Board

- Dr. Nika Gueci serves on the following committees:
 - Arizona Veterinary Medical Association (AzVMA) Wellness Task Force member
 - Co-Chaired the Arizona Department of Health Services (AZDHS) Arizona Health Improvement Plan (AZHIP) Steering Committee – Mental Well-Being Task Force
 - Wellness A to Z Steering Committee
 - Arizona Department of Health Services (AZDHS) Arizona Health Improvement Plan (AZHIP) Steering Committee

- Dr. Reeves-Blurton serves on the following committees:
 - Graduate College Justice, Equity, Diversity Inclusion (JEDI) task force
 - Edson College of Nursing and Health Innovation Justice, Equity, Diversity, Inclusion (JEDI) workgroup
 - Design School wellness spaces workgroup to increase community, connection for students

Professional Development Conferences:

- **Proposal accepted to the 2023 American College Health Association (ACHA)** conference (Dr. Chris Hammer as lead presenter and Drs. Dawn Augusta, Zachary Reeves-Blurton and Nika Gueci as co-presenters) to lead a session **called “Powerful presence: Mindfulness training for student veteran resilience at Arizona State University”** to discuss the results of the Fall 2022 Koru Mindfulness intervention. Collaborators on this project include: Center for Mindfulness, Academic Enterprise Enrollment, Pat Tillman Veterans Center, and Koru instructors who are faculty in Edson College of Nursing and Health Innovation and The Design School.
- Nika attended:
 - Phoenix Women Leaders: The Phoenix Chapter of Women Leaders Association Annual Summit at JW Marriott Phoenix Resort (Oct. 6, 2022)
 - “The Deeper Teachers: Fear, Pain and Grief” with Mark Nepo at the Omega Institute in Rhinebeck, NY (June 24 – 26)
 - American College Health Association Annual Meeting, Equity and Well-Being: The Future of College Health in San Diego, CA (May 31 – June 4)

- Zach attended:
 - “The Way of Awareness: An Immersion Experience in Mindfulness and Healthfulness” with Jon Kabat-Zinn and Will Kabat-Zinn at the Omega Institute in Rhinebeck, NY (June 26- July 1)

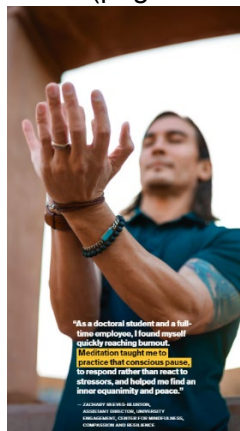
Center Intern:

- **Riley Olsen** is a senior at ASU majoring in Communication with certifications outside of school in personal training, yoga, nutrition, reiki, and mindfulness. Her goal after college is to be a wellness coordinator. This job would consist of working at a mind-body-soul resort, staying up to date with science-based research, creating and facilitating any events, workshops, or retreats at the resort. What mindfulness means to Riley is awareness of yourself. Riley will gain more experience in facilitating mindfulness activities as well as help others during her time at Center. She is passionate about helping others build awareness so that they can find peace and happiness within themselves, freeing themselves from conditioned beliefs that aren't serving them or are necessarily true. Riley's overall goal at the Center is to inspire, empower, and educate those around her.

7. COMMUNICATIONS

A. Media

- New Center [blogs](#) written by Dr. Zachary Reeves-Blurton to update our community on Center events and offerings
- "[This year, prioritize yourself](#)," by Dr. Zachary Reeves-Blurton for the Arizona Veterinary Medical Association newsletter
- ASU Now story "['News addiction' can cause stress, anxiety, study says](#)"
- ASU Now story on Center's work with the Pat Tillman Veteran's Center "[ASU teams collaborate on mindfulness training for student veterans](#)"
- ASU Now story on Center's work with doctoral student Rebecca Heller of Mary Lou Fulton Teachers College "[ASU Doctoral Student Uses Mindfulness to Help K-12 Students Succeed](#)"
- Nika collaborated with ASU Media Relations and Strategic Communications on May's Mental Health Awareness month [videos](#) and [social media](#)
- Zach commented as subject matter expert for ASU Thrive Magazine [feature on mindfulness](#) - photo shoot and interviews (page 58 in Spring 2022 issue)



- Nika commented as subject matter expert on Public News Service "[As Arizonans Return to the Office, Tips for Reducing Anxiety](#)" by Suzanne Potter (March 31, 2022)

B. Presentations

- Founding Director, Teri Pipe, presented:
 - Mindfulness exercise at the Viana McCown Lectureship at the College of Nursing, University of South Carolina (Oct.21)
 - Marilyn K. Bedell Lecture for Grand Rounds at Dartmouth Cancer Center in Hanover, NH (Oct. 17)
 - American Association of Colleges of Nursing (AACN) Thought Leaders Assembly in Vail, Colorado (July 16)
 - New England Organization of Nurse Leaders (ONL): recorded session on resilience for Nurses Week (May 6-12)
 - “Comprehensive Models for Best Practice Approaches to Health Professional Fulfillment,” for Presentation for Grand Rounds hosted by NARBA Institute (formerly Northern Arizona Regional Behavioral Health Authority), Health Choice Arizona, and Blue Cross Blue Shield to Arizona health care professionals (April 6)
 - “Faculty Wellness and Mental Health Seminar Series: Moving out of Exhaustion and Fatigue Through Strength Based Approaches” for the University of Arizona College of Medicine, 3 AMA PRA Category 1 Credits (Feb. 16)
 - Mindful.org Healing Healthcare Summit (Feb.8)
 - Beyond the Paper Gown podcast








- Executive Director, Nika Gucci, presented:
 - Fall Symposium Keynote for the Arizona Community Health Workers Association (Nov. 30)
 - “Resilience in Transitional Times” to the Arizona Department of Health Services Bureau meeting (Nov. 15)
 - “Mindfully Navigating the Post-Pandemic Landscape” at the [Arizona Presenters Alliance](#) (APA) in Sedona, AZ (Aug. 18)
 - “Mindful Tools for Self-Care” to the Clinical Supervision workshop for ASU Genetic Counseling Program (Aug. 12)
 - “Keynote: Dissertation in Times of Change: Overcoming Challenges” to Mary Lou Fulton Teachers College Doctoral Research Conference (April 30)
- Assistant Director, Zachary Reeves-Blurton, presented:
 - Connected Academics Panel Discussion on navigating alt-academic careers (Oct. 28)

- “Mental Health, Stress Management and Wellness” for ASU Graduate College (Oct. 25)
 - Mind/Body Connection Meditation for Introduction to Somatics Class (Oct.13)
 - ASU Student Veteran Welcome on all four locations (August 8-11)
 - “Science of Mindfulness and Stress” for Cronkite Graduate students (Aug. 19)
 - “Compassion Fatigue” for the Fulton Schools of Engineering Summer Advising Workshop (June 21)
 - “Mindfulness for Creativity and Critical Thinking,” Graduate Writing Program Dissertation Boot Camp (June 16)
 - “Building Student Resilience” for the Florence Unified School District Social-Emotional Learning Conference (June 1)
 - “Fatigue Workshop” to Arizona FAFSA Counselor Spring Training (April 8)
 - Grad15: “Mapping your mentoring network,” ASU Graduate College (Feb. 15)
 - “Mindfulness at Work: Creating a culture of empowerment and focus,” ASU Employee Assistance Office (Jan. 27)
- Teri, Nika and Zach presented:
 - Compassion Fatigue workshop for the Sanford School of Social and Family Dynamics graduate students (Feb. 11)
 - Signature Program: Mindfulness Leadership Certificate (MLC) to:
 - i. General audience, in-person (April 21)

ASU Center for Mindfulness, Compassion and Resilience presents:



Mindfulness Leadership Certificate

Strong mindfulness practices can help us create better work-life balance, reduce stress, become more productive, and improve our quality of life. Register for a one-day workshop (9 am - 4 pm) to learn how mindfulness can help you become a better leader, colleague and community member.

Thursday, April 21, 2022
 Sun Devil Fitness Complex Tempe
 Synergy Studio (SDFC 231)
 9 am - 4 pm
 \$395

Details and registration at mindfulnesscenter.asu.edu

- ii. General Audience, virtual (Jan. 31)

- Zach and Nika presented:
 - Mindfulness and Gratitude for the ASU Enterprise Partners Town Hall (Nov. 16)
 - International Coaching Federation (ICF) Annual Conference in Glendale, AZ (Nov. 4)
 - Commission on the Status of Women (CSW) Annual Conference (Oct. 26 & 27)
 - Superintendent Roundtable Discussion with American Heart Association and Arizona Superintendents (Sept. 15)
 - “Living Mindfully: A Self-Care Reminder,” Estancia Golf Club (April 11)
 - “Living Mindfully: A Self-Care Reminder,” DC Ranch Country Club (April 6)
 - Compassion Fatigue, Stress Management and Mindfulness Practices Workshop for ASU’s Nonprofit Leadership Alliance (Feb. 12)

- Riley Olsen, Center intern, presented:
 - Mindfulness workshop to Dorrance Scholars (April 26)
 - “Mindfulness and Stress Management for College Success,” Barrett Honors College (April 11)

C. Publications

- Dr. Teri Pipe published in the Journal of Psychosocial Oncology:
Fisher CL, Kastrinos A, Piemonte N, Canzona MR, Wolf B, Pipe T. [Coping with breast cancer together: Challenging topics for mothers and their adolescent-young adult \(AYA\) daughters](#). J Psychosoc Oncol. 2021 Dec 13:1-14. doi:
10.1080/07347332.2021.2005734. Epub ahead of print. PMID: 34898401.