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Lifestyle Medicine & Integrative Medicine | Executive Mindset & Resilience | Well-being & Integrative Health Coaching | Positive Intelligence Coaching | Strengths-Based & Sparketypes Coaching | 1:1 and Group coaching | NLP Coaching/ TimeLine Therapy/ Hypnosis | Keynote speaking | Motivational Interviewing | Mindfulness & Resilience Programs & Executive Retreats | Nuclear Pharmacy & Lifestyle Medicine Education | Interprofessional Education | Skilled Collaborative Leader | Nuclear Pharmacy Regulatory / Quality & Safety Compliance | Event Investigation, Root Cause Analysis (RCA) & Corrective Action Plans | Best Practice & Standard Operating Procedure (SOP) & Program Development | Radiation & General Safety | Workers Compensation Clinical Pharmacy Product Sales & Development

PROFESSIONAL EXPERIENCE

UAMS COLLEGE OF PHARMACY, Department of Pharmacy Practice, Little Rock, AR **2020-present**
Associate Professor/ Director Nuclear Education Online

Teaching & curriculum development for nuclear pharmacy program for undergraduate pharmacy and certificate program pharmacists, nuclear medicine technologists and physicians. Direct and lead Nuclear Education Online consortium with University of New Mexico College of Pharmacy to train nuclear pharmacy and nuclear medicine professionals across the country. Serve as faculty liaison for student nuclear pharmacy organization. Coordinate student nuclear pharmacy rotations and internships. Develop and Co-coordinate lifestyle medicine special project elective course. Mindfulness teaching and workshops for faculty, staff, students, community: UAMS Mindfulness; IPE facilitator for multiple events in culinary medicine, lifestyle medicine, food insecurity and other topics.

REINVENTION STRATEGIES/Aligned Engagement Strategies, LLC, AZ/Little Rock, AR **2017 - present**
CEO/ Founder Minding Your Minutes

<https://www.aligned-engagement.com>

Design and conduct Executive mindset, career and resilience coaching for individuals and groups with focus on burnout prevention and well-being strategies, as well as work-life balance & mindfulness.

- Created Aligned Engagement Roadmap and LifeALIGN Well-being model
- Created Minding Your Minutes™ mindful well-being & mindset coaching program & podcast
- Conduct 1:1 & group executive coaching sessions for well-being, health, stress-resilience, leadership, and work-life integration goals;
- Create and lead Executive retreats & workshops; Creator of LifeALIGN, MindALIGN, Minding Your Minutes & AlignedMIND;
- Pharmapreneur Inner Circle Mastermind coaching/retreats/speaking/workshops/presentations; Blair Thielemier creator and CEO, 2021-2023; Nosara Costa Rica & virtual
- Certified Sparketypes Advisor- Assessment & Facilitation, 2022-present
- Positive Intelligence Coaching & Facilitation, 2023-present
- RIM Essentials Trained 2023, Certified Integrative Health Coaching (IHC) AZCIM 2019, Board Certified Health & Wellness Coach 2020, Board Certified Lifestyle Medicine Practitioner 2020, Certified in TimeLine Therapy, NLP Coaching, hypnosis 2022, Certified Martha Beck Life Coach 2018, Certified Mindfulness Teacher 2019, Certified Yoga Therapy and Yoga (C-IAYT and RYT-500) ongoing

PHARMALOGIC HOLDINGS LLC, Scottsdale, AZ based**2019 - 2020****Vice-President, Quality & Regulatory**

Led Quality and Regulatory department for growing U.S.-based radiopharmacy network of PET and pharmacy operations, including cGMP/FDA compliance, radiation safety compliance and general compliance for operations. Strategic planning of regulatory, licensing and training activities, including hiring and staff development for Q&R team (1 direct report). Oversee Compliance audit program and quality assurance programs. Strategic partnership and collaboration with Operations Management teams and Human Resources. Facilitate FDA audits on site and coordinate corporate response. Part of diligence review for acquisitions.

EXPRESS SCRIPTS/ MYMATRIX, Scottsdale, AZ based**2014 - 2019****Director**, Workers' Compensation Clinical Account Management

Led and mentored workers' compensation pharmacy benefits client-facing Clinical Account Executive team (7 direct reports). Oversaw strategic sale of workers' compensation clinical pharmacy products and program results for 250+ insurance carrier, employer, and third-party administrator (TPA) clients. Functional responsibility as Senior Vice-President for client and industry-facing thought leadership and presentations. Mentor / coach to high potential cross-functional partner outside division.

- Attained 99+% turnaround on client-facing clinical pharmacist drug review and executed on time delivery of workers' comp- specific patient and physician outreach programs through collaborative partnership with cross-functional partners. Delivered Point of sale (POS) and retrospective programs focused on opioids and other dangerous drug combinations.
- Supported merger and acquisition by leading clinical pharmacy team through change management (CM) process. Collaborative sales with Account team leadership for strategic clients, including request for proposal (RFP) responses and finalist presentations. Realized 98%+ client retention, overseeing strategic sale of workers' compensation clinical pharmacy products /program results.
- Provided thought leadership and increased visibility through design and presentation of live and webinar-based training on pain management, opioids and pharmacy benefits-related topics for clients and regional / national audiences. Created industry-facing web posts.
 - Wellness Champion partner for Voice of Employee group across multiple Divisions.
- Improved employee engagement and work satisfaction from voice of employee (VOE) surveys as co-creator and leader of corporate yoga and mindfulness program, expanding from 15 to distribution list of 500+ participants in 3 years; Partnership.
 - 94% participants agreed mindfulness changed their life for better and 86% agreed program had impact on engagement and satisfaction at work.

TRIAD ISOTOPES, INC., Jacksonville, FL based**2007 - 2014****Senior Director**, Quality and Safety (promoted from Director 2010)

Oversaw planning and execution of long-term strategy for corporate quality and safety programs for 59 commercial nuclear pharmacies and 4 cyclotron locations. Directed safety culture leadership in close partnership with Human Resources & Legal. Led 5 direct reports (Director cGMP Compliance, Manager Pharmacy Quality, Corporate Radiation Safety Officer, Pharmacy Safety Specialist) and hired, trained, and developed regulatory / compliance staff. Directed compliance metrics reporting to senior management, Corporate Compliance team and Board of Directors. Developed strategy and communication plan for outside regulatory agencies on behalf of Triad Isotopes and led corrective action design and monitoring. Consulted with external customers on variety of pharmacy quality, USP 797, Joint Commission, radiation safety and medication safety topics related to nuclear pharmacy practice.

- Earned Spirit of Triad Award for creation and implementation of compliance, radiation safety and pharmacy practice standards program
- Delivered safety and compliance SOPs & training (OHSA, radiation safety, pharmacy practice, USP 797) across pharmacy network; Designed and launched and implemented electronic learning management system with custom and off the shelf content.
- Created and led corporate pharmacy audit program, including event investigation and RCA, utilizing Just Culture principles and standardized electronic management of event reporting.

MSC- Medical Services Company, Jacksonville, FL**2004 - 2007****Director, Clinical Pharmacy Services**, March 04-March 07**Interim Director, Retail Pharmacy Services**, October 04-July 05

Led clinical pharmacy operations with 8 clinical pharmacist / support staff direct reports for workers' comp PBM. Accountable for clinical pharmacy revenue goals and planning for business growth. Responsible for staff development, retention and recruiting of Clinical Pharmacy team, as well as monitoring adherence to performance goals.

- Led Clinical Pharmacy operations (4 direct reports), including development and launch of an outsourced 35-member pharmacist consultant network to perform DUR. Volume capacity increased 8-fold to accommodate customer demand, without adding additional headcount. On-time delivery of product increased from 16% to 100%.
- Interim management of call center operations and related customer service functions during search for new leader; 7 direct reports; 84 indirect reports.
- Co-Designed and implemented proprietary retrospective DUR product and injury specific formulary;
- Presenter for strategic client-facing team for targeted cross-functional selling of clinical pharmacy services to prospective and existing customers through competitive-bid RFP process and Client stewardship. Ongoing client education and CE programs for nurses and adjusters

Cardinal Health Nuclear Pharmacy Services, Jacksonville, FL (includes merger of Central Pharmacy Services, Inc. and Sincor International)**1990 - 2004****Program Manager, Educational Services, Quality & Regulatory,****2003 - 2004**

- Restructured and managed reporting of adverse event/dispensing errors for domestic pharmacy operations. Performed root cause analysis of all quality events. Provided clinical & safety support for ~200 internal pharmacy location customers and their external nuclear medicine customers.
- Clinical instructor for Authorized Nuclear Pharmacist training program, Woodland Hills, CA. Developed and presented of clinical lecture material on quarterly basis.

CPSI, Central Pharmacy Services, Inc. (merger with Cardinal)	1999 - 2003
Regulatory Compliance & Corporate Regulatory Support	2001 - 2003
<ul style="list-style-type: none"> Co-managed Radiation Safety/Compliance program for 40 internal US pharmacy customers; Authored RAM license submissions and amendments for FL pharmacy operations. 	
Staff Pharmacist, Radiation Safety Officer	1999 - 2001
Syncor International , Little Rock, AR, and West Lafayette, IN	1990 - 1999
Project Manager University Programs , Purdue University, West Lafayette, IN	1995 - 1999
Adjunct Clinical Assistant Professor, Nuclear Pharmacy and Manager/RSO of West Lafayette	
<ul style="list-style-type: none"> Provided oversight of Summer Intern Program, including recruiting, placement and training of Pharmacy intern and pharmacist candidates. Responsible for curriculum design and instruction for undergraduate nuclear pharmacy laboratory/ lecture and clinical rotation courses at Purdue University, as well as Nuclear Pharmacy Certificate Program didactic and laboratory courses. In-person and video-based training 	
Staff Pharmacist , Little Rock, AR	1993 - 1995
Pharmacy Intern , Little Rock, AR	1990 - 1993

EDUCATION

- **Doctor of Pharmacy (PharmD.)**, University of Arkansas for Medical Sciences, Little Rock, AR, 1993
- **Master of Science (MS)**, Radiological Health Sciences, Purdue University School of Health Sciences, Lafayette, IN, 1998

AWARDS/HONORS

- Spirit of Triad Award, 2010
- APhA-APPM Fellow, 2011
- Syncor Nuclear Pharmacy Award 1993
- Select Pharmacy Awards & Scholarships, 1990-1993

CERTIFICATIONS & LICENSES / PROFESSIONAL DEVELOPMENT

- Active Pharmacist License in AR, AZ (retired licenses in FL, TN)
- Board-Certified Nuclear Pharmacist, BCNP, 1995 to present; (recertified 2023)
- Board-Certified Health & Wellness Coaching, NBC-HWC, 2020-present
- Board-Certified American College Lifestyle Medicine, Dip-ACLM, 2020-present
- Speaking Your Brand- Unlock the Power Of AI to enhance your speaking, 2023
- Sparketypes Advisor Certification, Spring 2022-present
- NLP Coaching, Clinical Hypnosis, Time Line Therapy certification, Fall 2022-present
- RIM Essentials Trained, 2023
- MIEA (formerly) Koru Mindfulness certified teacher, 2022-present
- Culinary Health Education Fundamentals (CHEF) Coaching- The Basics, Harvard Medical School
- CHEF Coaching- Beyond the Basics, Harvard Medical School 2021
- Lifestyle Medicine Coach Certificate, WellCoaches 2021
- Certified Sparketypes Advisor training, Spring 2022-present
- American Board of Lifestyle Medicine 30-hr Board Certification Review course 2020
- Integrative Health Coaching (IHC), Andrew Weil Center for Integrative Medicine 2019

CERTIFICATIONS & LICENSES / PROFESSIONAL DEVELOPMENT, continued

- Integrative Healthy Lifestyle Education (iHELP), University of Arizona Andrew Weil Center for Integrative Medicine 2018
- Mindfulness Based-Strengths Coaching (MBSP I and II), VIA Character Institute 2018
- Mindfulness Meditation Teacher Certification Program, Sounds True / Jack Kornfield and Tara Brach
- Pain Management Certificate Program, University of Southern Indiana
- Certificate Program, Nutrition in Pain Management, Academy of Integrated Pain Management (AIPM)
- Certified Martha Beck Life Coach, Martha Beck Institute
- Strengths Based Coaching, Mentor Coach
- Yoga Certification as RYT-500, Yoga Alliance 2006-present
- Certified Yoga Therapist (C-IAYT), International Association of Yoga Therapists, 2017-present
- Challenger and GrowBIG Sales Training, Express Scripts
- HBDI Training, Express Scripts
- Getting Things Done (GTD), David Allen Company / Triad Isotopes
- Situational Leadership, Triad Isotopes
- Crucial Conversations, Triad Isotopes
- Responsible Management and Strategic Selling, Syncor International
- Lifework Leadership, Table Coach, Lifework Leadership Jacksonville

PROFESSIONAL INVOLVEMENT

- American Pharmacist's Association (APhA)- member 1989-present- including APhA Fellow (FAPhA) 2011, Chair Nuclear Pharmacy Section 2010; Chair - Elect, Nuclear Pharmacy Section 2009; Member - at - Large, Nuclear pharmacy section 1998 - 2000; Novartis Pharmaceutical Care Scholarship 1999, APhA Awards Standing Committee 2009. ALM Academy Leadership meeting, 2009, 2010. Extensive Nuclear Pharmacy Section Committee Involvement since 1997 – present (awards, professional affairs, education, regulatory), as well as Speaker and Moderator for multiple Continuing Education Sessions 2009-present
- Specialty Council on Nuclear Pharmacy Board Member, Vice-Chair 2004, Item writing workshops, 2008, 2003, Board of Pharmaceutical Specialties; 2001 - 2004
- Board member, 2000 - 2003, Board member, 2014, National Association of Nuclear Pharmacies
- Board member/ Treasurer, Arizona Wellness Alliance-2020
- Board member, Nurse Portfolio Credentialing Commission (NPCC), member of public representative, 2021-2022
- Member, American College Lifestyle Medicine, 2020-present
- Reviewer Editorial Advisory Board, Continuing Education for Nuclear Pharmacists and Nuclear Medicine Professionals, University of New Mexico College of Pharmacy, 2008 –2014
- UAMS College of Pharmacy Dean's Advisory Council (Dean Stephanie Gardner)
- Member, Academy of Integrative Pain Management (formerly American Academy of Pain Management, 2004 - 2007 and 2014–2019
- Member, AZ Pharmacist Association, 2018–2021
- Member, AR Pharmacist Association, 2020-present
- Registered Yoga Teacher (RYT - 500), Yoga Alliance, 2006 -Present
- Registered Yoga Therapist (C - IAYT), International Association of Yoga Therapists, 2013 -Present
- Member, Health Physics Society, 2007-2014 and 2020.
- Member, Society of Nuclear Medicine & Molecular Imaging, 1999-2004 & 2019-present

PROFESSIONAL INVOLVEMENT, continued

- Past membership: American Academy of Managed Care Pharmacy, American Society of Health-System Pharmacists, Florida Pharmacy Association, American Society Addiction Medicine, Integrative Medicine4Us; American Society of Quality, International Coach Federation, Society of Human Resources

TEACHING ACTIVITIES / FACULTY APPOINTMENTS

- **Associate Professor, Pharmacy Practice, University of Arkansas for Medical Sciences** College of Pharmacy, 2020-present.
- Introduction to Nuclear Pharmacy, coordinate student nuclear pharmacy rotations and internships. College of Health-Related Professions, Nuclear Medicine Technology program, 2021-present. Teach Radiopharmacy I & II.
- Special projects Elective Lifestyle medicine; approved for partial academic pathway ACLM
- Ongoing mindfulness classes for UAMS campus
- IPE Instructor and Facilitator.
- Ongoing community mindfulness trainings

- **Clinical instructor, Cardinal Health Nuclear Pharmacy Services**, Woodland Hills, CA. Instructed Authorized Nuclear Pharmacy candidates, various clinical nuclear pharmacy topics related to nuclear pharmacy practice. Program accredited through ACPE. 2003 – 2004

- **Adjunct Clinical Professor, Purdue School of Pharmacal Sciences, Division of Nuclear Pharmacy, 1995 – 1998**
 - Purdue University, Developed and implemented pharmacy student clinical rotation in Diagnostic Imaging at St. Elizabeth’s Regional Medical Center, Lafayette, IN Served as Preceptor for 1 – 2 pharmacy students per semester through the rotation. Spring 1996–Spring1998
 - Purdue University, Coordinated and taught laboratory section of Applied Radiopharmaceuticals; involving compounding and dispensing, nuclear medicine image interpretation, instrumentation and chromatographic quality control techniques. Fall 1997 – Spring 1998
 - Purdue University, Taught various sections in the laboratory section of NUPH 414, Radiopharmaceuticals in conjunction with other faculty members; Involving radiation safety and instrumentation used in nuclear pharmacy. Spring 1997
 - Taught various lectures in the Purdue University Nuclear Pharmacy Certificate Program. Various clinical topics addressed, as well as hands – on laboratory instruction in compounding and instrumentation. August 1996 – May1998

- **Nuclear medicine technology and pharmacy student training & preceptor, Syncor International**, Little Rock, AR, 1993 – 1995

PUBLICATIONS

- **An Intraprofessional Workshop Influences Students' Attitudes and Perceptions of Interprofessional Collaboration to Improve Health Behaviors Using Pillars of Lifestyle medicine**, Kathryn (Kat) Neill (presenter), Gina Drobena (presenter), Ashok Phillip(author), Amber Teigen(author), Brigitte Serfaty(author), August 2022, Nexus Summit 2022 (live)
- **Minding Your Minutes Blog**, <https://www.aligned-engagement.com>, 2017-present
- **Minding Your Minutes podcast, YouTube 2022-present.**
- Co – author **Express Scripts Drug Trend Report**, 2014 –2018
- CompPharma Compound White Paper 2017 co – author: **Compounds in Comp: A New Look at Patient Safety, Efficacy and Cost.** Released May2017
- **“COMPOUNDING PHARMACIES: WORKERS' COMPENSATION COST,”** Authors: Reethi N Iyengar, PhD MBA MHM; Rochelle R Henderson, PhD; Brigitte Nelson, PharmD, Presentation Code: PHS115, **Authors Affiliation:** Express Scripts, St. Louis, MO, poster presentation, ISPOR meeting, 2016
- *Coauthor:* **“Explanations and Unresolved Issues Pertaining to the Development of the Nuclear Pharmacy Compounding Guidelines,”** *J Am Pharm Assoc* 2002; 42:189 – 98. Joseph C. Hung, Samuel C. Augustine; Kenneth T. Cheng, Richard L. Green, Wade M. Hopkins, David L. Laven, Brigitte R. Nelson, Neil A. Petry, James A. Ponto, Timothy M. Quinton, and Dennis P. Swanson and co-author Radiopharmaceutical Vendor Qualification Checklist; APhA Nuclear Pharmacy SIG_ https://www.pharmacist.com/sites/default/files/files/Nuclear%20Pharm%20Qualifaction_Checklist.pdf
- **“A Review of Selected Radiopharmaceuticals Approved by the FDA During 1996 – 1997,”** 3-hour CE for University of New Mexico Continuing Education for Nuclear Pharmacists and Nuclear Medicine Professionals, co – authored with Kristina Wittstrom, Samuel Augustine, December 1998
- **“The Role of Peptides in Nuclear Medicine,”** 1.5 – hour CE for Syncor International PharmAssist (ACPE #723 – 000 – 95 – 002 – H04), August 1995
- **“Thallium Stress Imaging and Exercise Echocardiography: The Practicalities and Pitfalls,”** presented at poster session, American Pharmaceutical Association, March 1993

Additional Community Involvement

- Lifework Leadership Jacksonville, FL 2012-2013
- PTA Coordinator Teachers Appreciation Lunches and Kids Yoga Teacher, Jacksonville, FL 2007-2010
- Community Presbyterian Church, Jacksonville, FL- homeless shelter meals, 2012-2013
- Volunteer, Foothills Animal Rescue, Cave Creek AZ- 2015
- Minding Your Minutes free virtual community mindfulness classes, Little Rock, AZ 2022

SPEAKING, WORKSHOPS, PRESENTATIONS

- **Employee Well-being Retreat**, UAMS Employees, UAMS December 5, 2023 (live)
- **Basic Mindfulness (formerly Koru) workshops**, UAMS nuclear medicine technology and pharmacy students, Sept – Oct and Nov- Dec 2023 (virtual).
- **Deprescribing & Lifestyle Basics**, Food as Medicine Facebook public community, November 20, 2023 (virtual)
- **Focus on Your Wellbeing: Mindfulness of What Matters workshop**, Arkansas City Clerks & Treasurer’s annual University of Arkansas update, September 21, 2023, Little Rock, AR (live)
- **Mindful Movement and Meditation**, SNPFA UAMS students, September 29, 2023, Eden Salt Yoga & Spa, Little Rock, AR (live)
- **Stop the Spin Cycle of Stress, Over-thinking & Overwhelm to create space for Well-being, Resilience & Joy in Work + Life workshop**, Searcy School District Leadership retreat, August 3, 2023, Hot Springs, AR (live)
- **Stop the Spin Cycle of Stress, Over-thinking & Overwhelm to create space for Well-being, Resilience & Joy in Work + Life workshop**, MAIA Digital, Tel Aviv, Israel (live)
- **Introduction to Sparketypes: The Work that Lights you Up**, UAMS College of Pharmacy - Pharmacy Owners Leadership Academy (POLA), June 19, 2023, Little Rock, AR. (live)
- **Stopping the Slide Toward Burnout, 1 hr CE** Arkansas Pharmacists Association, June 15, 2023, Little Rock, AR. (live)
- **Meditation and Sound Healing**, Medipreneurs, Kansas City, MO, June 3-4, 2023. (live)
- **Koru Mindfulness Class**, UAMS Nursing students, March-April 2023 (virtual)
- **Koru Mindfulness Class**, Episcopal faculty; April-May 2023 (virtual)
- **Mindful Movement and Meditation**, SNPFA UAMS students, April 5 study break, UAMS Little Rock, AR (live)
- **Mindful Movement and Meditation**, Miso Energy leadership, April 21, 2023, Eden Salt Yoga & Spa, Little Rock AR (live)
- **Mindful Movement and Sound Healing workshop**, UAMS faculty, Eden Salt Yoga & Spa, Little Rock AR March 18 2023 (live)
- **Pharmapreneur Academy Virtual Retreat speaker**; “The Mindsets that Keep Us Stuck”; April 1, 2023 (virtual)
- **UAMS Intraprofessional Education (IPE)** Participant and Facilitator, multiple live and online events; 2022-present
- **Pharmapreneur Academy Healing Medicine Retreat**, Feb 4-11, 2023 Nosara Costa Rica (live), mindfulness, yoga, workshop facilitation
- **Employee Well-being Retreat**, January 23, 2023, UAMS Employees, UAMS (live)
- **Caring For Nurses**, Jan 12, 2023, UAMS Nurses, Arkansas Heritage Department, Little Rock, AR, UAMS Mindfulness (live)
- **Team Mindfulness Session**, Jan 10, 2023 UAMS, Little Rock AR (live), UAMS Mindfulness
- **Mindfulness in Schools**, Jan 3, 2023, Episcopal Collegiate School, Little Rock AR (live), UAMS Mindfulness.
- **Minding Your Minutes Retreat** Dec 9-11, 2022, The Nest, Little Rock, AR (live)

SPEAKING, WORKSHOPS, PRESENTATIONS, continued

- **Mindfulness workshop parents**, students faculty, Episcopal Collegiate, Nov 29, 2022 (live), UAMS Mindfulness.
- **Long-term Resilience & Well-being for the Nuclear Pharmacy Professional**, Florida Pharmacists Association Nuclear Pharmacy CE Conference, October 21, 2022 (virtual).
- **Koru Mindfulness classes for UAMS faculty and students**, October 2022-ongoing
- **Mindfulness Workshop for UAMS Postdoc Appreciation week**, September 20, 2022, Little Rock, AR (live).
- **Introduction to Mindfulness**, Head Start Preservice, August 12, 2022 Little Rock, AR (live).
- **Introduction to Sparketypes**, Pharmacy Ownership Leadership Academy, UAMS June 7, 2022 (live)
- **Spark Your Life + Work**, virtual retreat June 27th, Aligned Engagement Strategies Group, (virtual)
- **10W10K Pharmapreneur Mastermind**, April 2022- ongoing, Blair Thielemier, Virtual
- **The Tricks our minds play: 3 mindsets that derail us in the entrepreneurial life**, Elevate Pharmacy Summit- Blair Thielemier, April 7-8, 2022(virtual)
- **Lifework Mastery Mastermind Group**, pharmacist entrepreneurs, virtual; co-facilitator with Brad Hurtle and Joe Casselman, bi-weekly ongoing March 2022-present (virtual)
- **Skills for a Resilient Life**, Lean-In circle, women in communication leadership, Little Rock, AR March 23, 2022 (live)
- **LifeAlign Retreat**, designing an intentional life, Little Rock, AR, Dec 10-12, 2021 (live)
- **Pharmapreneur Inner Circle Mastermind Retreat**, Scottsdale, AZ January Jan 28-30, 2022 live
- **Navigate the Holidays with Balance and Health**, webinar with Angela Cates, Dec 2, 2021 (virtual); public
- **Write and Recharge: Making Space for What Matters; Work-Life Resilience**, Center for Childhood Obesity Prevention, 45 minute presentation during Write & Recharge, Dec 2, 2021 (in person), Arkansas Children's Hospital
- **Creating Your LifeWork Mastery: One Word Intention**, LifeWork Mastery Facebook Community of pharmacists and owners, virtual, 1 hour, Dec 1, 2021 and January 5, 2022 (virtual)
- **The A.L.I.G.N. Method: 5 steps to reset stress & connect to What Matters**, Kansas City Pharmacists Group from KC Pharmacist Facebook group, 1-hr, October 23, 2021 (virtual).
- **Having It All: Why Work Life Balance Never Works & A New and Better Way**, 90 minute ProsperRx workshop presented at Medipreneurs, Oct 8. 2021 (in person). Also facilitated morning meditation and self-care breakout as part of the Medipreneurs conference.
- **A.L.I.G.N. Your Mind to Reclaim Time & Space for YOU**, Wellington Pharmacy stress resilience workshop, Aug 31, Sept 1, 2021 (in person).
- **Ongoing meditation & mindfulness classes**, UAMS College of Pharmacy, 2021-present
- **ProsperRx Lifework Mastery Group**, 2021-present, monthly mastermind presentations for pharmacy owners & pharmacist entrepreneurs on mindset, leadership, wellbeing and financial mastery (virtual).
- **The A.L.I.G.N. Method: 5 Steps to Quiet Your Inner Chatter & create space for what Matters**, Blair Thielemier/ Pharmapreneur Academy Inner Circle Mastermind 2-hr workshop, Aug 2, 2021 (virtual).
- **A.L.I.G.N. Your Mindset to Create Space for What Matters**, Medipreneurs Mastermind Group, 1 hr, June 29, 2021 (virtual).

SPEAKING, WORKSHOPS, PRESENTATIONS, continued

- **Defuse Your Imposter & Reclaim Your Life**, 1-hr, MindGarden NC Group, North Carolina Orthopedics/Northwestern Mutual, June 25, 2021(virtual).
- **Minding Your Minutes: Creating Space for What Matters in Life + Work**, Arkansas Pharmacists Association Annual meeting, 1 hour CE, June 11, 2021 (live), June 17(virtual).
- **Meditation teaching and dharma talks**, MMTCP peer group circle, 2019-present.
- **Minding Your Minutes Mastermind Circle**, ongoing Mindfulness Meditation Mastermind Groups, 2020–present
- **Whole.Life Executive Retreats**, executive women’s small group retreats, 2018, 2019, Scottsdale, AZ
- **Meditation classes**, Mindfulness Teacher Training Certificate Program, 2019–2021
- **Minding your Minutes: Enhancing Resilience through Mindful Aligned Engagement in Work + Life**, Connecticut Pharmacists Association Women In Pharmacy meeting, 1-hour CE, June 1, 2019.
- **Weekly meditation and desk yoga classes**, Express Scripts 2017-2019; developed and led via conference call and webinar series
- **Medical Marijuana** – presenter, Vanliner CE conference, 2-hour CE, October 25, 2018
- **Minding Your Minutes: Using Mindfulness to Work on Purpose**, Express Scripts, 1-hour Development Dash presentation, October 2018
- **Update on Opioid Epidemic and Trends in Specialty & Workers Compensation”** Workers’ Compensation Association of New Mexico annual, 1.5 hour CE, May 17, 2018, Albuquerque, NM
- **myMatrixx Drug Trend Report webinar**, May 2, 2018, co - presenter with Rochelle Henderson PhD and Phil Walls, RPh, St Louis, MO
- **Medical Marijuana** - presenter, Texas PRIMA, 1-hour CE, April 12, 2018, Austin, TX
- **Deepening Your Practice Mindfulness Presentations: Mindful Leadership, Mindful Parenting, Gratitude, Mindfulness 101, Mindful Eating, Mindful Walking, Simplicity, Self - Compassion / Self - Acceptance / RAIN Practice, Auto - Pilot**, Express Scripts 2017 -2018
- **Medical Marijuana** - presenter, Wichita Area Task Force, 1-hour CE, November 15, 2017
- **The High Cost of Drugs** - presenter, Arkansas Transit Association conference, 1-hour CE, October 3, 2017, Little Rock, AR.
- **History of Heroin Use: Its Impact on Drug Abuse** - presenter, Arkansas Transit Association conference, 1-hour CE, October 3, 2017
- **History of Heroin Use: Its Impact on Drug Abuse** - presenter, CompOne client conference, 1 - hour CE, Sept 13, 2017, Lansing, MI
- **The Opioid Epidemic: Payer Strategies to Avoid Misuse and Abuse for Injured Workers** - co - presenter panel discussion, New Mexico Workers’ Compensation Association annual meeting, 1.5-hour CE, May 18, 2017, Albuquerque, NM
- **“Mitigating the risk of opioid and dangerous drug combinations: proactive pharmacy claims intervention in workers’ compensation”** - co - presenter 1 - hr CE with Barry Dillard from Walt Disney World, RIMS 2017, April 26, 2017, Philadelphia, PA
- **Express Scripts - Drug Trend Report webinar**, April 12, 2017, co - present with Rochelle Henderson, PhD. - Express Scripts, St. Louis, MO
- **“Prescription Drug Abuse and Strategies to avoid Abuse”** - presenter 1 hour - LiUNA Midwest Region Labor Health Safety Office - Opioid Epidemic / Drug - Free Workplace conference, November 2, 2016, St Louis, MO

SPEAKING, WORKSHOPS, PRESENTATIONS, continued

- **“Managing Prescription Drug Use and Abuse,”** guest presenter for Michael Stack Amaxx training webinar, August 8, 2016
- **“Compounded Medication - A Pharmacy Practice with Mixed Results”** - speaker - CE for workers' compensation insurance adjusters, TX Property & Casualty Insurance Group Association, June 2, 2016, Austin, TX
- **“Workers' Comp: Innovative Ways to Reduce Claims and Costs”** - co - present with Patricia Brookey, PMA Companies, March 16, 2016, Minneapolis, MN
- **“Managing Morphine Equivalent Dose,”** co - present with Michael Stack, Amaxx - 1 hour - National Drug Abuse & Heroin conference, panel with “Red Flagging Red Flags” presenters - Asheley Cockrell Skinner, PhD and Andrew Roberts, PhD., March 30, 2016, Atlanta, GA
- **Express Scripts - Drug Trend Report webinar,** May 2015, May 2016, co - present with Rochelle Henderson, PhD. - Express Scripts, St. Louis, MO
- **“Pharmacy Trends in Workers' Compensation,”** speaker 1 hour - National Shipbuilding Research Program (NSRP) conference, Dec 9, 2015, San Diego, CA
- **“Controlled Prescription Drugs in the Workplace”** - Express Scripts Opioid Summit, March 2015, co - presenter with Linda VanDillen - CompAlliance & Mark Pew - PRIUM, March 13, 2015, St. Louis, MO
- **“Strategies to Identify & Manage Narcotic Misuse / Abuse”** speaker 1-hour session to Association of Governmental Risk Pools (AGriP) conference, Monday March 9, 2015, Las Vegas, NV
- **“Just Culture in Nuclear Pharmacy”** - speaker 1 hour of 3 - hour CE session presented at APhA annual meeting in Orlando, March 2014
- **“Radiopharmaceutical Quality Related Events: A Nuclear Pharmacy Perspective”** - presentation to Medical RSO Special Session 5th annual Health Physics Society Meeting, July 1, 2010
- **“USP 797: Review for Nuclear Medicine Technologists”** - 1-hour CE session presented in Mobile and Pensacola to area nuclear medicine technologists, June 30 and July 1, 2009
- **“Incorporating Continuous Quality Improvement in Nuclear Pharmacy Practice - Root Cause Analysis of Quality Related Events.”** - speaker 1 hour of 3 - hour CE session presented at APhA meeting April 2009, San Antonio.
- **“Yoga for Working Stiffs,”** yoga workshop with focus on chronic pain and movement strategies for desk - workers, Mindful Motion Yoga, 2009. Additional workshops on teaching kids yoga & prenatal yoga.
- **“Reducing Pharmaceutical Expenditures: Focus on Utilization Management,”** FL - Risk and Insurance Management Society, August 3, 2006, co - presenter with Artemis Emslie, MSC, Ritz - Carlton, Naples, FL
- **“Radiopharmaceuticals and Renal Imaging: The Right Tool for the Job”** - 1-hour CE session presented at the Florida Nuclear Medicine Technology meeting, May 2001
- **“Health Physics and Radiation Safety in the Nuclear Pharmacy”** - videotape presentation recorded October 1999 at Purdue University for the Nuclear Pharmacy Certificate Program
- **“Career Awareness Roundtable - Nuclear Pharmacy,”** presented at APhA annual meeting in San Antonio, March 1999
- **“I - 131 Handling Techniques,”** 3 - hour lecture presented to Purdue Nuclear Pharmacy Certificate Program pharmacists, May 1996 - May 1998
- **“Nuclear Pharmacy Practice Overview,”** seminar presented to Minority Student Association at Purdue University, April 1998

SPEAKING, WORKSHOPS, PRESENTATIONS, continued

- **“Bone Pain Palliation,”** seminar presented to Health Sciences faculty and students at Purdue University, April 1998
- **“Radiopharmaceuticals: New Drug Update,”** Continuing Education session presented to Section on Nuclear Pharmacy during American Pharmaceutical Association meeting, March 1997
- **“Is there Life After Graduation?”** Keynote address at Kappa Epsilon Initiation Banquet, Purdue University, School of Pharmacy and Pharmacal Sciences, Fall 1997
- **“Interviewing Skills: Tips and Techniques,”** workshop presented to Society of Nuclear Pharmacy, Purdue University School of Pharmacy and Pharmacal Sciences, Fall 1995, 1996, 1997, 1998
- **“Nuclear Pharmacy Practice Overview,”** seminar presented to 3rd year students at Butler University, Indianapolis, IN. Spring 1996, 1997
- **“Positron Emission Tomography: An Overview,”** lecture presented to nuclear medicine technology students at Baptist Medical Center, Little Rock, AR, April 1994