

## Brigette L. Serfaty, MS, Pharm.D., BCNP, FAPhA, Dip-ACLM, NBC-HWC

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### SKILLS SUMMARY

**Experienced Resilience, Well-being & Lifestyle Medicine Leader & Coach | Entrepreneur | College of Pharmacy Faculty | Meditation Teacher | Skilled Collaborative Leader | Well-being Executive Retreat Leader & Facilitator | Nuclear Pharmacy & Lifestyle Medicine Education | Interprofessional Education Master Facilitator | Keynote speaker | 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 | Client-facing Clinical Account Sales**

**Licenses: Active Pharmacist Licenses in Arkansas and Arizona; Retired pharmacist licenses in FL, TN, IN**

**Board Certifications:** National Board Certified Health and Wellness Coach (NBC-HWC) 2020-present, Board Certified Lifestyle Medicine Professional (Dip-ACLM) 2020-present, Board Certified Nuclear Pharmacist (BCNP) 1995-present

**Coaching & Other Certifications:** IPEC Leadership Coaching Fundamentals (IPEC); Integrative Health Coach (Andrew Weil Center for Integrative Medicine); Performance Neuroscience Certified Coach (PNCC), Positive Intelligence PQ Certified Coach, Certified Sparketypes Advisor (CSA), Certified NLP Coach, Certified Practitioner Time Line Therapy, Certified Practitioner Hypnosis, Certified Lifestyle Medicine Coach, Martha Beck Certified Life Coach (Martha Beck Institute), Culinary Health Education Fundamentals (CHEF) Coaching, Certified Yoga Therapist (C-IAYT), Registered Yoga Teacher RTY-500, Certified Mindfulness Teacher (MMTCP, MIEA)

### 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 lifestyle medicine elective for pharmacy students and nuclear pharmacy program direction 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 activities. Coordinate student nuclear pharmacy rotations and internships. Currently serve on strategic planning committee, admissions committee, IPE student pillar committee and awards committee.

- Increased NEO course revenue by more than 100%/year through intentional corporate partnership within nuclear pharmacy, PET and nuclear medicine industry
- Streamlined NEO internal enrollment, administrative and billing processes to ensure reliable collection, save staff time and reduce errors
- Achieved approval from American College of Lifestyle Medicine as a partial academic pathway course provider for lifestyle medicine elective to facilitate board certification pathway for pharmacy students
- Design and lead mindfulness trainings for faculty, staff, students, community as certified mindfulness teacher and member of the UAMS Mindfulness Leadership Administrative team
- Achieved master facilitator status in interprofessional education (IPE) across UAMS campus; focus on culinary medicine, lifestyle medicine, food insecurity

**PROFESSIONAL EXPERIENCE,  
continued**

**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, staffing and training activities. 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.

- Facilitated successful FDA audit of acquisition site with appropriate corporate responses
- Created plan and hired staff for Quality and Regulatory department to assure corporate compliance with FDA, Board of Pharmacy and other regulatory agencies

**Minding Your Minutes/ dba Aligned Engagement Strategies Group/ Reinvention Strategies**

**Group, LLC, AZ/Little Rock, AR**

**2017 - present**

**CEO/ Founder; <https://www.aligned-engagement.com>**

**Coaching Philosophy:** Emphasis on whole-person well-being and flourishing grounded in flow science, strengths-based leadership, emotional intelligence/Positive Intelligence, integrative health and lifestyle medicine. Focus on neuroscience of high performance; Recalibration of lifestyle, mindset and nervous system toward resilience through deliberate cultivation of mindfulness-based resilience and wellbeing practices that include the body, mind, spirit and surroundings.

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

- Facilitated hundreds of hours of 1:1 and group coaching of corporate & healthcare professionals, executives, business leaders and entrepreneurs for well-being, health, stress-resilience, leadership resilience & development, career transition and work-life integration goals;
- Create and lead in person and virtual Executive retreats & workshops; Creator of Strategic Flourishing™, Strategic Flourishing Index™, Strategic Joy™, LifeALIGN, MindALIGN, Minding Your Minutes & AlignedMIND;
- Keynote speaker and Workshop Facilitator for multiple retreat and corporate events
- Created Aligned Engagement Roadmap, Strategic Flourishing Framework and LifeALIGN Well-being models
- Created Minding Your Minutes™ mindful well-being & mindset coaching program & podcast
- Pharmapreneur Inner Circle Mastermind coaching/retreats/speaking/workshops/presentations as contract coach; Blair Thielemier creator and CEO, 2021-2023; Nosara Costa Rica & virtual
- Certified Sparketypes Advisor- Assessment & Facilitation for career transition, 2022-present
- Positive Intelligence Coaching & Facilitation for mindset calibration, 2023-present
- Contract Career 1:1 and Group Coach, Happy PharmD Jan 2025 - 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) 2019, Performance Neuroscience Certified Coach 2025, Certified Positive Intelligence Coach 2024, Sparketypes Certified Advisor 2022

**PROFESSIONAL EXPERIENCE,  
continued****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 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
- Created & 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 Just Culture event investigation and RCA

**PROFESSIONAL EXPERIENCE, continued**

- 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 Syncor 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**
- 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**
- 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** **1989 - 1993**

**PROFESSIONAL DEVELOPMENT**

- Culinary Medicine Food as Medicine training, The American College of Culinary Medicine, 2024-present
- IPEC Coaching Fundamentals, IPEC Institute for Professional Excellence in Coaching, 2025
- Performance Neuroscience Flow Coach Certification (PNCC), Flow Research Collective, 2025
- Positive Intelligence (PQ) Coaching Certification 2024, additional business development training
- Positive Intelligence (PQ) Wealth Builder Program 2024, 2025
- Thought Leader Academy, Speaking Your Brand 2024
- 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
- 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 2017-2018
- Strengths Based Coaching, MentorCoach
- Yoga Certification as RYT-500, Yoga Alliance 2006-present
- Certified Yoga Therapist (C-IAYT), International Association of Yoga Therapists
- Challenger and GrowBIG Sales Training, Express Scripts
- Responsible Management and Strategic Selling, Syncor International
- Getting Things Done (GTD), David Allen Company / Triad Isotopes
- Situational Leadership, Triad Isotopes
- Crucial Conversations, Triad Isotopes

**AWARDS/HONORS**

- APhA-APPM Fellow, American Pharmacists Association, 2011
- Spirit of Triad Award, 2010
- Syncor Nuclear Pharmacy Award 1993
- Multiple Pharmacy Awards & Scholarships, 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

**PROFESSIONAL and COMMUNITY INVOLVEMENT**

- American College of Lifestyle Medicine, member 2020-present; Pharmacist MIG Chair 2024-2027
- UAMS Mindfulness, Administrative Team and Mindfulness Teacher for community, UAMS students, faculty, staff 2021-present
- Volunteer Mindfulness Teaching- UAMS Mindfulness Faculty Volunteer, 2021-present
- Volunteer Student Wellness Events, UAMS College of Pharmacy and Lifestyle Medicine Special Interest Group, 2023-present
- American Pharmacist’s Association (APhA)- member 1989-present- Continuous involvement in Nuclear Pharmacy Section/SIG and APhA 1993-present. Select achievements including APhA Fellow (FAPhA) 2011, Chair Nuclear Pharmacy Section 2010; Chair - Elect, Nuclear Pharmacy Section 2009; Member - at – Large , HOD involvement multiple years; Nuclear pharmacy section Chair 1998 - 2000; Novartis Pharmaceutical Care Scholarship 1999, APhA Awards Standing Committee 2009. ALM Academy Leadership meeting, 2009, 2010. Extensive Nuclear Pharmacy Section and SIG Committee Involvement since 1997 – present (awards, professional affairs, education, regulatory, peer review of poster sessions), as well as Speaker and Moderator for multiple Continuing Education Sessions 2009-present, lead awards committee 2024.
- Specialty Council on Nuclear Pharmacy Board Member, Vice-Chair 2004, BCNP Item writing workshops, 2008, 2003, Board of Pharmaceutical Specialties; 2001 - 2004
- Board member, 2000 – 2003 and 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
- 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
- Member, Society of Nuclear Medicine & Molecular Imaging, 1999-2004 & 2019-present
- Registered Yoga Teacher (RYT - 500), Yoga Alliance, 2006 -Present
- Registered Yoga Therapist (C - IAYT), International Association of Yoga Therapists, 2013 –Present
- MMTCP Alumni
- Volunteer Foothills Animal Rescue, Carefree Arizona 2016-2017
- Andrew Weil Center for Integrative Medicine Alumni
- Volunteer Yoga Teacher, J Allen Axson Elementary, Jacksonville, FL 2006-2009
- Volunteer J Allen Axson PTA Coordinate Teacher Appreciation Lunches, facilitate Cummer Museum art program 2006-2008
- Volunteer, Lifework Leadership, Table Coach, Lifework Leadership Jacksonville 2013
- Volunteer, Community Presbyterian Church, Atlantic Beach FL 2012-2014
- Volunteer VegFest lifestyle Medicine Education, Little Rock AR 2023
- Volunteer Mindfulness Teaching- Minding Your Minutes free mindfulness events, virtual, 2023

### TEACHING ACTIVITIES / FACULTY APPOINTMENTS

- **Associate Professor, Pharmacy Practice, University of Arkansas for Medical Sciences** College of Pharmacy, 2020-present. Teach Lifestyle Medicine & Radiopharmacy electives, coordinate student nuclear pharmacy rotations and internships; co-coordinate Social & Administrative Sciences 2025. College of Health-Related Professions, Nuclear Medicine Technology program, 2021-2024-Teach Radiopharmacy I & II. Mindfulness trainings and IPE facilitation ongoing.
- **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, 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–Spring 1998
  - Purdue University, Coordinated and taught laboratory section of Applied Radiopharmaceuticals; Fall 1997 – Spring 1998
  - Purdue University, Taught various sections in the laboratory section of NUPH 414 Spring 1997
  - Taught various lectures and labs in the Purdue University Nuclear Pharmacy Certificate Program. August 1996 – May 1998 under direction of Dr. Stanley Shaw.
- **Nuclear medicine technology and pharmacy student training & preceptor, Syncor International**, Little Rock, AR, 1993 – 1995

### PUBLICATIONS

- **From Aisles to Action: Training Health Professionals to Tackle Food Insecurity Collaboratively**, Kathryn (Kat) Neill (presenter), Gina Drobeno(author), Brigitte Serfaty (author), Courtney Fose (author), Lesley Jones (author), Wendy K McCloud (author), Nexus Summit 2025 (live).
- **Prescription for Lifestyle Medicine Health Coaching: Moving Beyond Patient Education**, Brigitte Serfaty, Sneha Srivastava, Am J Lifestyle Med. 2025 Mar.
- **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 Drobeno (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 May 2017
- **“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

## PUBLICATIONS, cont

- **“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

## SPEAKING, WORKSHOPS, PRESENTATIONS

- **The Art of Presence**, silent meditation retreat, Little Rock, AR Oct 31-Nov 2, 2025; co-led with Pele Yu (live)
- **Basic Mindfulness course**, UAMS Pharmacy Students Sept/Oct 2025; (virtual)
- **Pharmacists in Lifestyle Medicine: Essential Partners in Whole Person Care**, Happy PharmD, August 13, 2025. (virtual)
- **Pharmacists in Lifestyle Medicine: Essential Partners in Whole Person Care**, ACLM DOD MIG, July 23, 2025. (virtual)
- **Mindfulness Skills for PA students** May-August 2025, UAMS Mindfulness (live)
- **What is Lifestyle Medicine**, April 8, 2025, PR Lean In circle, Sixth House, Little Rock, AR (live)
- **Positive Intelligence Foundations and PQ Powered Teams**, Mar 2025-present, MISO LR/Carmel/ virtual.
- **Mindfulness Retreat**, Feb 1, 2025, Sixth House, Little Rock, AR (live)
- **Stop the Spin Cycle of Stress**, Jan 6, 2025, Sixth House, Little Rock, AR (live)
- **Stop the Spin Cycle of Stress workshop**, March 19, 2025, Central Arkansas Waste Water Managers annual meeting, Little Rock, AR (live)
- **Rewire Your Stress Narrative: Transform Hidden Saboteurs into High-Impact Flourishing**, Feb 23, 2025 Sixth House workshop (live)
- **In an Instant- Moving from Broken to Whole through the Interprofessional Care Lens**, Medipreneurs, November 21, 2024 (virtual).
- **Employee Well-being Retreat**, UAMS Employees, UAMS December 5, 2023, January 31, 2024, February 22, 2024 (live), June 26, 2024
- **Basic Mindfulness (formerly Koru) workshops**, UAMS nuclear medicine technology and pharmacy students, Sept – Oct and Nov- Dec 2023 (virtual), Nursing Students Jan-April 2024 (virtual); College of Pharmacy Graduate Students July 2024, Nursing students Jan-April 2025.
- **Stop the Spin Cycle of Saboteur Stress**, Food As Medicine public community, May 20, 2024 (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**, SNPHA 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)

**SPEAKING, WORKSHOPS, PRESENTATIONS, continued**

- **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)
- **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 27<sup>th</sup>, 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

**SPEAKING, WORKSHOPS, PRESENTATIONS, continued**

- 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).
- **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

**SPEAKING, WORKSHOPS, PRESENTATIONS, continued**

- **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
- **"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 5<sup>th</sup> 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

**SPEAKING, WORKSHOPS, PRESENTATIONS, continued**

- **“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
- **“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 3<sup>rd</sup> 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