

# Linda Coutant, Ed.D.

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Award-winning communications professional and university instructor with a doctorate in educational leadership and a research emphasis in mindfulness/contemplative practices in higher education.

Certified Koru Mindfulness Instructor  
Online Teaching Experience  
APA Style Proficiency

100+ Hours of Retreat Experience  
Published Researcher  
Conference/Workshop Presenter

Commitment to Diversity and Social Justice  
Award-winning Writer and Editor

## EDUCATION

### **Ed.D. in Educational Leadership, 2017**

*With a focus on contemplative pedagogy and organizational structures/cultures in higher education*  
Appalachian State University

### **M.A. in Educational Media, 2001**

*With an emphasis on media literacy*  
Appalachian State University

### **B.A. in Mass Communications, 1989**

Emory & Henry College

## TEACHING EXPERIENCE

### **Adjunct Instructor, Department of Communication, Aug. 2008-Dec. 2012, Aug. 2017-May 2021, and Jan. 2022 to Present**

Appalachian State University, Boone, NC

Teach undergraduate-level courses that prepare students for careers in writing and the media industry. All courses have included some use of online learning technology. Have taught synchronous and asynchronous online since COVID-19 pandemic. Courses included:

- Public Relations Writing (Com 3618)
- Public Relations Principles (Com 3318)
- Introduction to Journalism (Com 2600)
- Journalism Matters (Com 1300)
- Introduction to Mass Communication (Com 2300)
- Mass Media and Society (Com 3300)
- Crisis Communication (Com 3312)
- Copy Editing (Com 3210)
- News Reporting and Writing (Com 2610)

### **Certified Instructor, Koru Mindfulness curriculum, 2015 to 2021**

Appalachian State University, Boone, NC

Led up to 12 students in four-week, evidence-based workshop that teaches mindfulness, meditation, and stress management to emerging adults. Conducted this in both non-credit and for-credit formats, using Koru Basic and Koru 2.0 curricula. Teaching was synchronous online via Zoom during COVID-19 pandemic.

**Teaching Assistant, Graduate-level Course, Fall 2015**

Appalachian State University, Boone, NC

Assisted Karen Caldwell, PhD, by leading MBSR sitting meditations, body scan meditations, lovingkindness meditations, and hatha yoga in the Mindfulness-based Therapy course taught in the Reich College of Education's Department of Human Development and Psychological Counseling. This included co-leading an All-Day Silent Retreat.

**Co-Facilitator, Faculty/Staff Book Groups, October 2014, March-April 2015**

Appalachian State University, Boone, NC

Co-led 22 faculty and staff in a three-part book group studying Hanson's (2009) *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*, and 18 faculty in a four-part book group studying Barbezat and Bush's (2014) *Contemplative Practices in Higher Education: Powerful Methods to Transform Teaching and Learning*. Both sponsored by Still Point contemplative collaborative for faculty/staff.

**Service-learning Mentor, 2010 to 2012**

F.A.R.M. Cafe (Feed All Regardless of Means), Boone, NC

Solicited and supported cross-disciplinary involvement and initiatives by Appalachian State University students in marketing, interior design, fundraising, and non-profit management for local non-profit organization.

**Meditation Leader, 2007 to Present**

Boone, NC area

Instruct student and church groups of 3 to 25 people in how to engage in contemplative practices, including meditation and relaxation techniques.

**PEDAGOGY  
TRAININGS**

**Online Learning Consortium's (OLC) Online Teaching Training, May 2020**

Completed OLC's "New to Online: Essentials Part 1 and II" courses to learn best practices for asynchronous online teaching. Each course lasted a week, was delivered online, and modeled effective online teaching and learning.

**Contemplative Practices for 21<sup>st</sup> Century Higher Education Conference, March 9-10, 2018**

Chapel Hill, NC

Participated in two-day conference exploring how mindfulness and reflective practices enhance well-being, resiliency, and self-awareness. Also selected to give a presentation.

**Contemplative Practices for 21<sup>st</sup> Century Higher Education Conference, April 8, 2017**

Falls Church, VA

Participated in one-day conference exploring how mindfulness and reflective practices enhance well-being, resiliency, and self-awareness. Also selected to present a paper.

**Doctoral Program in Educational Leadership, 2013-2016**

Reich College of Education, Appalachian State University, Boone, NC

Took courses in curriculum design as part of the educational leadership program, focusing on effectiveness in reaching all types of learners and diversity/inclusion issues.

**8<sup>th</sup> Annual Association for Contemplative Mind in Higher Education Conference, Oct. 2016**

University of Massachusetts-Amherst, Amherst, MA

Participated in two days of educational sessions, plus a daylong pre-conference event, geared toward transforming higher education, community, and social action through the use of contemplative practices. Also selected to present a research poster.

**11<sup>th</sup> Annual Summer Session on Contemplative Pedagogy**, August 3-7, 2015

The Center for Contemplative Mind in Society, Northampton, MA

One of 100+ participants selected to explore how contemplative practices can support teaching, learning, and engaged action at colleges and universities.

**Koru Mindfulness curriculum training**, January 2015

The Center for Koru Mindfulness, Durham, NC

Participated in three-day training that is the first step toward teacher certification in curriculum that teaches mindfulness, meditation, and stress management to emerging adults. Achieved full certification one year later after completing rigorous silent retreat and practice Koru courses.

**Creating a Mindful Campus Conference**, March 2014, May 2016 and April 2017

University of North Carolina-Asheville

Three times participated in this two-day event to strengthen the use of contemplative practices in higher education for students' improved resilience, self-efficacy, and learning.

**5-day Mindfulness Tools Workshop**, January 2015

The Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School, Worcester, MA

Practiced with 200+ people the skills of Jon Kabat-Zinn's Mindfulness Based Stress Reduction program.

**Online 8-week Mindfulness Based Stress Reduction course**, October-December 2014

The Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School, Worcester, MA

**PROFESSIONAL  
EXPERIENCE**

**Staff Writer**, August 2022 to Present

**National Parks Conservation Association, Washington, D.C.**

Manage homepage content. Manage the organization's news blog and coordinate the monthly e-newsletter distributed to NPCA's 700,000 members and supporters. Write articles, cultivate staff contributors, commission freelance writers, and collaborate across the organization on strategic messaging and editorial prioritizing. Leverage SEO practices and gauge reader interest through analytics.

**Freelance Consultant, Writer and Editor**, July 2021 to Present

Serve as consultant to Emory & Henry College's leadership for the Mindfulness@EHC group; write blog posts on mindfulness topics; serve as peer-reviewer for the *Journal of Contemplative Inquiry*; write magazine articles for *Carolina Mountain Life* magazine; edit copy for Ray's Weather calendar.

**Senior Writer/Editor/Public Information Officer**, June 2017 to June 2021

**University Communications, Appalachian State University, Boone, N.C.**

Retired from this position in which I led external communications and special projects in accordance with the university's strategic plan, positioning the institution as an educational leader. Engaged prospective and current students, alumni, donors, news media, and other stakeholders. Served as primary decision-maker and search engine optimization (SEO) developer for content on university home page and top-tier web pages, as well as the Diversity and Inclusion website and Appalachian's Future microsite. Promoted faculty experts to the news media. Served as

communication liaison for the Division of Student Affairs and consultant to 20+ others writing for the appstate.edu domain. Wrote news releases and social media content. Proficient in Associated Press style. Contributed to innovating staff processes and systems. Served on the university's Emergency Management Task Force for crisis communications.

**Senior Writer, Editor, and SEO Specialist, 2015 to June 2017**

**University Communications, Appalachian State University, Boone, N.C.**

As only SEO-certified copy writer on campus, served as key member of website redesign team. Served as project manager for profiling academic priorities and initiatives: a Faculty Speakers Bureau of 100+ professors for news media and civic groups, and the creation of web pages and SEO for 175 undergraduate and 65 graduate degrees (involved supervising writers and web designers and coordinating with program directors, chairs, and college deans, as well as writing and editing). Served on Emergency Management Task Force.

**Senior Writer and Editor, 1998 to 2015**

**University Communications, Appalachian State University, Boone, N.C.**

Managed editorial calendar and production of university magazine mailed twice yearly to 55,000 alumni, parents, donors, and faculty/staff — including a four-person team, \$80,000 annual budget, and 12-person editorial board. Produced more than 100 episodes of a cable television program hosted by university chancellor that aired across North Carolina on 12 community access channels. Advised and wrote speeches/remarks for top leadership. Led strategic internal and external communications for newly established University College. Communicated complex information related to faculty research, student accomplishments, and higher education trends in print, electronic, and audio/visual formats. Collaborated on marketing measurement for the Office of Admissions and wrote the premier print recruitment communications for prospective students. Provided marketing/communications support for two successful fundraising campaigns, a \$83.2 million campaign ending in 2002 and a \$203.5 million campaign ending in 2014. Supervised freelance writers and student interns.

**Communications Director, 2010 to 2014**

**One World Everybody Eats, Bend, Oregon**

**F.A.R.M. Cafe (Feed All Regardless of Means), Boone, N.C.**

As a board member for each organization, promoted pay-what-you-can community cafes addressing food insecurity — which have grown to 60 worldwide — to news media, donors, and community stakeholders. Locally, led creation of print and electronic communications that launched F.A.R.M. Cafe, lauded as a must-stop restaurant by the Wall Street Journal and featured in The Washington Post. Nationally, advised top leadership and positioned One World Everybody Eats in national awareness, which led to the 2017 James Beard Humanitarian of the Year Award.

**Assistant Director, News Bureau, 1994 to 1998**

**Appalachian State University, Boone, N.C.**

Pitched news stories to media and led major projects including production of *Appalachian Today* magazine for alumni and friends, *Appalachian Perspective* cable television program for statewide audience, and faculty/staff newsletter for internal audience.

**General Assignment Reporter, 1989 to 1994**

**Johnson City Press, Johnson City, Tenn.**

Responsible for covering breaking news and writing analytical and human interest stories for four-county, 30,000-circ. daily newspaper.

**DIVERSITY AND  
INCLUSION**

**Content Strategist for Diversity and Inclusion website, 2012-2019**

Appalachian State University, Boone, NC  
Led development of a web presence (diversity.appstate.edu.) for campus diversity and inclusion initiatives under direction of the university's provost, leading web designers and writers. Also worked with first full-time chief diversity officer on the website's ongoing improvements and other communication strategies.

**Sustained Dialogue Campus Network moderator, Spring 2017**

Appalachian State University, Boone, NC  
Participated in inclusive leadership training led by Sustained Dialogue Institute (SDI) staff to become a Sustained Dialogue moderator. SDI develops leaders able to transform differences into the strong relationships essential to effective decision-making, democratic governance, and peace. Co-moderated a SD circle in Spring 2017.

**Facilitator, INTERSECT Social Justice Retreat, March 2015**

Appalachian State University, Boone, NC  
One of 12 facilitators leading a three-day immersion retreat aimed at empowering students to take positive action on the Appalachian State University campus. The retreat, sponsored by Student Development, was designed to help educate participants about social justice concepts and leadership through exploration of their own stories, the stories of others, and issues of oppression and privilege.

**Board of Directors Member, One World Everybody Eats, January 2013 to October 2014**

Led communications work for this international non-profit organization that leads the pay-what-you-can community cafe movement addressing food insecurity. [oneworldeverybodyeats.org](http://oneworldeverybodyeats.org)

**Founding Board Member, F.A.R.M. Cafe (Feed All Regardless of Means), 2010 to 2012**

Boone, NC  
Led fundraising and communications work to start this local cafe that is part of the international pay-what-you-can community cafe movement addressing food insecurity. [farmcafe.org](http://farmcafe.org)

**Featured Participant in "It Gets Better" Video, Spring 2012**

Appalachian State University, Boone, NC  
Delivered personal testimony in the production of Appalachian's version of The Trevor Project video to support LGBTQ youth in understanding life gets better and not to give up.  
<http://diversity.appstate.edu/videos/id/9>

**Opposition to N.C. Amendment 1, 2011 to 2012**

High Country United Church of Christ, Boone, NC  
Active in an advertising and media campaign led by a faith community in opposition to North Carolina's proposed amendment to the state constitution that would have made it unlawful for the state to recognize or perform same-sex marriages.

**CERTIFICATIONS**

**Forest Therapy Guide Certification Program, Summer 2022**

The Forest Therapy School  
Completed 16-week signature program accredited by the International Mindfulness and Meditation Alliance. Started [Breathe With Trees Forest Therapy](http://Breathe With Trees Forest Therapy), a licensed business in North Carolina.

**Title IX Hearing Officer and Decision-Maker Training, September 2020**

Association of Title IX Administrators

Successfully completed the two-day training to hear Title IX cases at Appalachian State University. Certification is valid through September 2022.

**Employment Mediation Training**, August 2018  
Office of State Human Resources, North Carolina  
Completed the 40-hour, in-person course required to become an employment mediator.

**Public Information Officer Course**, April 2018  
North Carolina Emergency Management  
Achieved essential knowledge and skills to support proper decision-making by delivering the right message, to the right people, at the right time per FEMA standards. 2-day course with prerequisites.

**Certified Teacher, Koru Mindfulness curriculum for emerging adults**, Jan. 2016 to Present  
The Center for Koru Mindfulness, Durham, NC  
Achieved certification in curriculum that teaches mindfulness, meditation, and stress management to emerging adults. The one-year process included a three-day on-site training and leadership of three, four-week Koru workshops; plus, participation in a four-day silent retreat.

**Search Engine Optimization (SEO)-certified web copy writer**, 2014  
SEO Success Works  
Trained to maximize effectiveness of word choice and word placement in web writing to improve search engines' ability to find client sites.

## ACADEMIC PUBLICATIONS

Reviewer, *The Journal of Contemplative Inquiry*, 9 (1). Version of record published at <https://journal.contemplativeinquiry.org/index.php/joci>

Reviewer, *The Journal of Contemplative Inquiry*, 8 (1). Version of record published in December 2021 at <https://journal.contemplativeinquiry.org/index.php/joci>

Reviewer, *The Journal of Contemplative Inquiry*, 5 (1). Version of record at <https://journal.contemplativeinquiry.org/index.php/joci/issue/view/8>

Coutant, L., & Caldwell, K. (2017). The Mindful Campus: Organizational Structure and Culture. *The Journal of Contemplative Inquiry*, 4 (1). Version of record at <https://journal.contemplativeinquiry.org/index.php/joci/article/view/124>

Coutant, L., Gray, E., & Sell, L. (2017). Appalachian State University's Still Point: Who we are and what we do. Proceedings from 2017 Contemplative Practices for 21<sup>st</sup> Century Higher Education Conference. Version of record at <https://texts.shanti.virginia.edu/content/still-point-who-we-are-what-we-do>

## ACADEMIC PRESENTATIONS

**Keynote Speaker, 2022 Conference on Meaningful Living and Learning in a Digital World**, Feb. 28, 2022  
Savannah, GA  
Delivered keynote address on "Creating a More Mindful Campus" at this conference sponsored by The Online Journal of Distance Learning Administration and the University of West Georgia.

**Contemplative Practices for 21<sup>st</sup> Century Higher Education Conference**, March 9, 2018

University of North Carolina, Chapel Hill, N.C.  
Delivered a 45-min. presentation on “Communicating mindfulness: Tools for explaining contemplative practices and their value.” Approximately 110 people attended the conference.

**Women in Educational Leadership Symposium**, Oct. 6, 2018  
Reich College of Education, Appalachian State University, Boone, NC  
Delivered a 10-minute Ignite session titled “Communicating Beyond Your Silo: Strategic Tips.” The symposium drew 120 participants from 15 countries.

**Creating a Mindful Campus Conference**, April 15, 2017  
University of North Carolina-Asheville  
Delivered a poster presentation on my dissertation research “Case Study of a Mindful Campus: Organizational Structure and Culture.” Approximately 60 people attended the conference.

**Contemplative Practices for 21<sup>st</sup> Century Higher Education Conference**, April 8, 2017  
Falls Church, VA  
Co-delivered a paper presentation on “Still Point: Who we are and what we do” and presented a poster on my dissertation research “Case Study of a Mindful Campus: Organizational Structure and Culture.” Approximately 110 people attended the conference.

**8<sup>th</sup> Annual Association for Contemplative Mind in Higher Education Conference**, Oct. 8, 2016  
Amherst, MA  
Delivered poster presentation on the preliminary findings of my dissertation research titled “Case Study of a Mindful Campus: Organizational Structure and Culture.” The conference had 253 registrants from four countries.

**Women in Educational Leadership Symposium, inaugural conference**, Oct. 1, 2016  
Reich College of Education, Appalachian State University, Boone, NC  
Delivered an hour-long, practice/performance session titled “Become a More Effective Leader through Contemplative Practices.” The symposium drew 120 participants from 15 countries.

**Ethiopia study abroad and presentation**, May 2015  
Appalachian State University, Boone, NC  
Presented to Bahir Dar University administrators and faculty on the undergraduate admissions process in U.S. higher education during a doctoral-level study abroad in Bahir Dar, Ethiopia.

## PROFESSIONAL PRESENTATIONS

**“Park Notes 101”**  
September 2023  
National Parks Conservation Association All-Staff Retreat, Potomac, MD  
Presented on NPCA’s e-newsletter as its new editor to inform organizational colleagues and cultivate their engagement with this communication tool. Conducted in-person.

**“Mind, Body, and Spirit Matters: Mindfulness Strategies for a More Connected Community,”**  
Sept. 13, 2021  
Emory & Henry College, Emory, VA  
One of 8 featured panelists introducing and exploring the concept of mindfulness with students. As an alumnus and mindfulness practitioner, shared highlights of my personal journey and the Tree of Contemplative Practices. Also led a breath meditation. 140 in attendance via Zoom.

**“Mindfulness at Work,”** Nov. 18 2020

Appalachian State University, Boone, NC

Led a 60-min. workshop via Zoom to university employees through Human Resources, highlighting strategies for how to incorporate mindfulness activities throughout the workday and to become more self-aware of daily workplace interactions. About 15 in attendance.

**“Mindfulness on Election Day,”** Nov. 3, 2020

Sunrise Rotary, Boone, NC

Asked to give a presentation via Zoom on mindfulness and lead a calming meditation the morning of the national 2020 Election. About 30 area business leaders in attendance.

**“Clear Communication,”** July 16, 2020

Appalachian State University, Boone, NC

Led 60-min. workshop via Zoom on how to communicate clearly and effectively as part of the Virtual Leadership Seminar hosted by Human Resources. About 30 in attendance.

**“Mindfulness as Love,”** June 28, 2020

Boone Unitarian Universalist Congregation, Boone, NC

Asked to give the main talk in a Sunday service on the topic of mindfulness for congregants with a range of experience levels in mindfulness. About 20 in attendance.

**“SEO and Writing for the Web” Workshop Presenter,** Spring 2020 and Fall 2016

Appalachian State University, Boone, NC

Led 75-min. professional development workshops on “SEO and Writing for the Web” to faculty and staff who manage or contribute to campus websites for improved writing and search engine optimization. This workshop has been offered multiple times in these semesters, with 10-20 in attendance each time.

**“Writing and Editing for Appalachian” Workshop Presenter,** Fall 2018

Appalachian State University, Boone, NC

Led 60-min. professional development workshops for communication liaisons and student interns communicating on behalf of the university’s colleges and departments. Over 25 in attendance each time.

**“Editing Tools and Tips” Presenter,** Spring 2018

Appalachian State University, Boone, NC

Led 60-min. professional development workshop for communication liaisons communicating on behalf of the university’s colleges and departments. Over 25 in attendance.

**Facilitator for “Meditations and Motivations” event,** December 6 and 7, 2015

Appalachian State University, Boone, NC

Led two, hour-long interactive teachings of breathing exercises, sitting meditations, and walking meditations during a de-stressing event during finals week, sponsored by Wellness and Prevention Services.

**Meditation and Mindfulness,** November 18, 2015

Appalachian State University, Boone, NC

Led a 75-min., interactive session for 25 employees at a staff retreat of the Office of Advising and Orientation that introduced basic including breathing and movement skills.

**Meditation and Mindfulness,** November 12 and 19, 2015

Appalachian State University, Boone, NC

Led a two-part workshop introducing basic breathing and movement skills for 15+ faculty and staff as part of Human Resources' Professional Development Workshop series.

**Mindfulness and Leadership**, November 2, 2015

Appalachian State University, Boone, NC

Led a 75-min., interactive workshop with 19 students in an Applied Leadership class.

**Mindfulness and Leadership**, September 13, 2015

Appalachian State University, Boone, NC

Led a 50-min., interactive workshop with 35 student leaders at the Fall 2015 Clubs and Organizations Resources and Education (CORE) Conference sponsored by the Center for Student Involvement and Leadership.

**Guest Facilitator, App Sits student meditation club**, Fall 2015 and Fall 2016

Appalachian State University, Boone, NC

Led lovingkindness and other meditations for 20+ students at two weekly meetings of this student organization at the request of the club president.

**Reporting and Editing Workshop Leader**, 2004 and 2005

Appalachian State University, Boone, NC

Led 1-hour reporting and editing workshops for new students joining the staff of the student newspaper, *The Appalachian*.

## LEADERSHIP

**Member, Planning Committee for Contemplative Practices in 21<sup>st</sup> Century Higher Education Conference**, April 2017 to April 2018

Served on 12-member group organizing the 2018 conference co-convened by nine major mid-Atlantic institutions of higher education and held at UNC-Chapel Hill.

**President, Still Point faculty/staff contemplative organization**, March 2016 to April 2018

Appalachian State University, Boone, NC

Served on the organization's founding leadership team from 2014-15 and assisted in drafting the application to become a formally recognized faculty/staff organization on campus. Led program development, facilitated meditations and wrote content for [stillpoint.appstate.edu](http://stillpoint.appstate.edu)

**Member, Mental Well-Being Working Group**, August 2016 to Present

Appalachian State University, Boone, NC

Based on professional and academic leadership in mindfulness, was invited by Wellness and Prevention Services to join 15-member, cross-campus initiative to better support students' mental health and well-being.

**Member, Emergency Management Task Force**, 2010 to Present

Appalachian State University, Boone, NC

Participate as a leader in planning for and responding to crises affecting the university, using crisis management best practices and National Incident Management System standards.

**Member, Search Committee for Doctoral Program Director**, Spring 2015

Appalachian State University, Boone, NC

Asked by the dean of the Reich College of Education to serve as the student representative on the eight-person committee that recruited, selected, and interviewed candidates for the position of director of the doctoral program in educational leadership.

**Member, Doctoral Program Policies and Procedures Committee**, Fall 2013 to Spring 2015  
Appalachian State University, Boone, NC  
Served as the student representative on the 14-person leadership committee charged with assisting the program director in researching various issues and setting policy. This included adding two new concentrations within the program and drafting new Qualifying Exam procedures.

**Advisory Board Member, Be Active – Appalachian Partnership**, 2007 to 2012  
Appalachian State University, Boone, NC  
Served in a media/public relations capacity to this partnership between Be Active North Carolina Inc. and Appalachian that provided resources and programming for schools, worksites, childcare centers, and community organizations in western North Carolina, as well as offered research and student learning opportunities for Appalachian faculty and students.

## AWARDS/HONORS

**Gold Award** – “80 Years Since the Bombings of Japan” educational blog, National Parks Conservation Association, MarCom Awards 2025  
**Gold Award** – Park Notes e-newsletter, National Parks Conservation Association, MarCom Awards 2025  
**Gold Award** – “Preserving Chinatowns: How Many Are At Risk of Being Lost?” educational blog, National Parks Conservation Association, MarCom Awards 2024  
**Platinum Award** – “9 Things You May Not Know About the Little Rock Nine” educational blog, National Parks Conservation Association, MarCom Awards 2023  
**Honorary Mention** – Park Notes e-newsletter, National Parks Conservation Association, MarCom Awards 2023  
**Distinction** – Appalachian’s Future microsite, Appalachian State University, The Communicator Awards, 2019  
**Gold Award** – Appalachian State University’s Resiliency Toolkit, Marcom Awards, 2017  
**Silver Award** – Appalachian State University’s Resiliency Toolkit, W3 Awards, 2017  
**Bronze Award** – Appalachian State University’s Resiliency Toolkit, Education Digital Marketing Awards, 2017  
**Gold Award** – Appalachian State Home Page Redesign, Hermes Creative Awards, 2016  
**Platinum Award** – Appalachian Magazine, special edition, MarCom Awards, 2014  
**Honorable Mention** – Diversity website, MarCom Awards, 2014  
**Gold Award** – Viewbook, MarCom Awards, 2014  
**Gold Award** – New Student Guidebook, MarCom Awards, 2014  
**Platinum Award** – Admissions Materials, Hermes Creative Awards, 2013  
**Bronze Award** – Student Viewbook, Higher Ed Marketing Report’s Annual Educational Advertising Awards, 2013  
**Gold Award** – Prospective Student Viewbook, MarCom Awards, 2012  
**Merit Award** – Admissions materials, Higher Ed Marketing, 2012  
**Award of Excellence** – Institutional Ad, Council for Advancement and Support of Education (CASE), 2012  
**Special Merit Award** – Undergraduate Student Recruitment Materials, CASE, 2010  
**Special Merit Award** – *AppDate* e-newsletter, CASE, 2005  
**Award of Excellence** – Radio PSAs, CASE, 2004  
**Special Merit Award** – *Appalachian Perspective* cable TV program, CASE, 2004  
**Nominated** – Lambda Pi Eta’s Outstanding Faculty Award for Teaching, Department of Communication, Appalachian State University, Boone, NC, 2011  
**Second Place/General News Writing**, Society for Professional Journalists East Tennessee Chapter, 1994

**PROFESSIONAL  
INVOLVEMENT**

Advisory Panel Member, The Washington Post  
Member, ACES: The Society for Editing  
Member, Association for Contemplative Mind in Higher Education (ACMHE)  
Member, Mindfulness in Education Network (MiEN)  
Member, Mindfulness and Contemplative Education  
Member, Council for Advancement and Support of Education (CASE), 1994-2021  
Member, College News Association of the Carolinas (CNAC), 1994-2010  
Board Member, national non-profit One World Everybody Eats, January 2013 to October 2014  
Founding Board Member, non-profit F.A.R.M. Cafe (Feed All Regardless of Means) 2010-12