

CURRICULUM VITAE

September 2015

Name: Lauzon, Lara L.

Faculty: Education - School of Physical Education

<i>Degree / Diploma</i>	<i>Field / Institution</i>	<i>Year / Granted</i>
Ph.D.	School of Physical Education University of Victoria	2002
M.A.	School of Physical Education University of Victoria	1992
B.A. Human Performance	School of Physical Education University of Victoria	1981

Title of Thesis or Dissertation

Teacher Wellness: An Interpretive Inquiry
Doctoral Dissertation: University of Victoria

Supervisor: Dr. Martin Collis
Co-Supervisor: Dr. Bob Bell

The Body Moves Television Fitness Show: Its Effects on Physiological, Fitness and Psychological Measures in Adult Females
M.A. Thesis: University of Victoria (1992)

Supervisor: Dr. Martin Collis

Continuing Education: Professional and Personal*Professional:*

Master Trainer	Fitness Canada Health and Welfare Canada 1 of 25 in Canada selected for one year training program	Sept.1986- April 1987
Facilitator Development - Workshop (FDW) Certificate - Douglas College	Province of British Columbia Center for Curriculum Transfer and Technology	May 15 - 29, 2000
Leadership Victoria	1 year action Community Leadership Study Program 25 participants selected for inaugural program	Sept. 2001-June 2002
SEAP Training	Sustainability Across the Province – Faculty Training Program. Simon Fraser University. May 16-18, 2010. 1 of 27 Faculty members in British Columbia selected for 1 st Annual Training program.	

Personal:

Workshops / Courses taken at the Teaching and Learning Centre - University of Victoria

Understanding Self-Directed Learning	1996
Group Process	1996
Improving Student Presentation	1996
Effective Teaching	1996
Health on the Internet	1997
Libraries Gateway - Education	1997
A Constructivist View	1997
Search Engines	1997
Quick Comprehensive Surveys	1997
Building Classroom Climates	1998
A Fresh Look at Distance Learning	1998
Open Surgery on Teaching, Learning & Assessment	1998
There's More to the 21 st Century Than Technology, New Borders In The Future	1998
Women in Leadership	1999
The Teaching Dossier	1999
Using List Serves	1999
Constructivist Teaching	2000
Graduate Student Supervision - LTC	2003
SSHRC Grant Writing workshops - Faculty of Education	2003
Course Re-Design Workshop (5 days)	2004

Continuing Education: Professional and Personal

Conferences/ Lectures / Presentations attended:

Hermeneutics and the Interpretive Process	2000
Curriculum and Pedagogy	2001
Participatory Research	2002
Adult Education	2002
Intersections, Adult Education and Leadership	2002
Poetry and Social Movement	2002
Mentorship Training - Leadership Victoria	2002
Research Forum - Graduate students	2002
CSSE Conference, Toronto, Ontario	2002
Seaside, Oregon - Health Promotion Conference for Teachers	2002
Lansdowne Scholar - Supersizing Physical Activity: The Role of School Physical Education as an Agent of Change	2003
CSSE Conference, Halifax, Nova Scotia	2003
Seaside, Oregon - Health Promotion Conference for Teachers.	2003
Learning and The World We Want, Victoria, B.C.	2003
9 th National Congress on Rural Education, Saskatoon, Sask.	2004
CSSE Conference, Winnipeg, Manitoba	2004
UVic Women's Conference	2005
CSSE Conference, University of Western Ontario, Ontario	2005
National Wellness Institute Conference, University of Wisconsin U.S.A.	2005
Building International Connections Through Global Arts and Child Honouring, Summer Institute for Educators. University of Victoria	2005
BCRPA Annual Provincial Conference	2006
CSSE Conference, York University, Toronto, Ontario.	2006
International Conference on Teacher Education, University of Calgary	2006
CSSE Conference, University of Saskatchewan	2007
World Religion Conference. University of Victoria	2007
Academic Writing Workshop. Dr. Tom Lasley. University of Victoria	2007
BCRPA Conference, University of Victoria	2008
PHE Canada, Banff, Alberta	2009
Canadian Federation of University Women Symposium	2009
Soka Gakkai International (SGI) – Peace Education on Campus	2010
Integrating Spirituality Education on Campus. University of Victoria	2011
Soka Gakkai International (SGI) Canada – Reach Curriculum Workshop. Centre for Religion and Society. University of Victoria.	2011
War Child. Dr. Samantha Nutt. St. Michael's University School	2011
Let's Talk About Teaching Conference for Faculty, Sessionals and Lecturers. University of Victoria. Victoria, B.C.	2012
BCRPA Annual Provincial Symposium. Victoria Conference Centre. Victoria, B.C.	2012
BCRPA Annual Fitness Conference. North Vancouver, B.C.	2012

Continuing Education: Professional and Personal

Conferences/ Lectures / Presentations attended:

50 th Anniversary Alumni Talks. University of Victoria.	2012
CSSE Pre-Conference, University of Victoria, Victoria, B.C.	2013
CSSE – Conference, University of Victoria, B.C.	2013
CACS Awards and Exhibition – of books and artistic works	2013
Inquiry Based Learning – Faculty of Education	2014
Building Happier Societies – Dr. John Helliwell Lafayette Wellness Forum	2014
Stop the Social Crisis – World Religions Conference (UVic)	2015
Questioning Education in the 21 st Century (UVic)	2015

Computer Training:

Internet Access	1997
Microsoft Word 7	1997
Canon Creative	1997
The Web Machine	1998
Power Point	1998
Power Point	1999
WEB CT 2 day workshop	1999
Academic Research on the Internet	2000
WEB CT	2001
Excel	2004
Managing Email	2004
Web CT Introductory	2006
Web CT Course development	2006
UVic Blackboard Introductory update. Computing Services	2007
UVic Blackboard Course Development	2007
BlackBoard course development	2008
Let's Moodle - Moodle orientation	2008
Teaching Large Classes	2008
Moodle – Advanced	2009
Pod Casting	2009
Power Point 2010	2011
Excel 2010	2011
Microsoft Publisher	2012
Moodle – Upgrade	2013
Mindfulness Meditation Training	2013
Yoga Therapy Training	2013
Course Space Page Training	2014

2. POSITIONS HELD OUTSIDE THE UNIVERSITY OF VICTORIA

(Academic and other: list inclusive dates, title, and institution.)

- | | |
|---|--|
| 1990-present
Lauzon Consulting
Fitness/Health/Wellness Training and Development
Victoria, B.C. | <i>Consultant</i> |
| 1998
Tsartlip Indian Band
Community Recreation Initiatives Program
Evaluation Project for the Aboriginal Sports Development Centre | <i>Consultant</i> |
| 1998-1999
Human Services Division
Recreational Leadership Program
Camosun College | <i>Sessional Instructor</i> |
| 1988-1995
Chek-6 Television, Westcom T.V. Inc.
Body Moves Television Fitness Show - International Syndication
Victoria, B.C. | <i>Co- Producer/Host</i> |
| 1993
Ministry of Municipal Affairs, Recreation and Housing
Provincial Active Living Program
Victoria, B.C. | <i>Consultant</i> |
| 1992-1993
Island Morning Television Show
Chek-6 Television, Westcom TV Inc.
Victoria, B.C. | <i>Health Reporter</i> |
| 1992-1993
Wilson Banwell Health Promotion Associates
Employee Health Project / Ministry of Health
Victoria, B.C. | <i>Consultant</i> |
| 1986-1989
B.C. Government Employee Fitness Program
Ministry of Health
Victoria, B.C. | <i>Coordinator</i> |
| 1982-1986
Oak Bay Parks and Recreation
Victoria, B.C. | <i>Community Recreation
Coordinator / Programmer</i> |

2. POSITIONS HELD OUTSIDE THE UNIVERSITY OF VICTORIA

(Academic and other: list inclusive dates, title, and institution.)

- | | |
|--|---|
| 1979-1982 | <i>Fitness Instructor (part-time)</i> |
| Oak Bay Parks and Recreation, James Bay Community School, University of Victoria, Saanich Parks and Recreation. Victoria, B.C. | |
| 1978-1979 | <i>Head Receptionist</i> |
| Oak Bay Parks and Recreation
Victoria, B.C. | |
| 1976-1978 | <i>Accounts Clerk, Personnel Clerk, Lifeguard, Receptionist and Pre-school instructor (part-time)</i> |
| Oak Bay Parks and Recreation
Victoria, B.C. | |
| 1974-1975 | <i>Clerk III - Research Assistant</i> |
| East Kootenay Library Commission
B.C. Provincial Secretary
Cranbrook, B.C. | |

3. MAJOR FIELD(S) OF SCHOLARLY OR PROFESSIONAL INTEREST

Personal Health, Wellness and Potential / Active Health

Adult Fitness Management / Adult Education

Media / Physical Fitness / Self Concept and Body Image

Leadership / Recreation Education

4. MEMBERSHIPS AND OFFICES HELD IN LEARNED AND PROFESSIONAL SOCIETIES

(include dates of offices)

2004-2015	National Wellness Institute (member)
2002-2015	Canadian Society for the Study of Education (CSSE) (member)
2002-2015	Canadian Association for Teacher Education (CATE) (member)
2005-2015	Canadian Association for Physical and Health Education (CAPHE) (member)
2004-2015	Canadian Association for Curriculum Studies (CACS) (member)
2009-2015	Physical Health Education (PHE) Formerly CAHPERD
2004-2015	British Columbia Parks and Recreation (BCRPA) (member)
2011-2015	Soka Gakkai International (SGI) Canada – (Honourary member)
2004-2006	American Research Education Association (AERA) (member)
1999-2000	British Columbia Parks and Recreation (BCRPA) - Fitness Branch, Ethics Committee Member
1985-1998	British Columbia Parks and Recreation Fitness Branch, Committee Member
1990-1994	BCRPA - Fitness Branch, Chair Elect
1994-1995	BCRPA - Fitness Branch, Past Chair
1979-1986	Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) - member
1990-1998	Alliance for Health and Fitness (AHF) - member
1990-1993	AHF - Vancouver Island Representative
1980-1997	Vancouver Island Fitness Association (VIFA) - member
1989-1990	VIFA - Chair, Marketing Committee
1990-1991	VIFA - Chair, Program Committee
1991-1992	VIFA - Chair, Island Fitness Conference
1992-1993	VIFA - Committee member - Programs
1993-1994	VIFA - Committee member - Sponsorship
1993-1995	B.C. Arthritis Society, Task Force Member

5. SCHOLARSHIPS, FELLOWSHIPS, HONOURS, AWARDS, GRANTS AND FUNDING FROM ALL AGENCIES INCLUDING THE UNIVERSITY OF VICTORIA

(Include source, dates, amount and titles)

Scholarships / Fellowships

LAUZON, LARA L. (1973). *Cranbrook Business Women's Bursary*, Mount Baker High School, Cranbrook, B.C. (\$150.00)

LAUZON, LARA L. (1990). *Graduate Teaching Fellowship*. School of Physical Education, University of Victoria, B.C. (\$1500.00).

LAUZON, LARA L. (1991). *Graduate Teaching Fellowship*. School of Physical Education, University of Victoria, B.C. (\$1500.00).

LAUZON, LARA L. (1993). *Graduate Teaching Fellowship*. School of Physical Education, University of Victoria, B.C. (\$1500.00).

LAUZON, LARA L. (1996-1997). *Graduate Teaching Fellowship*. School of Physical Education, University of Victoria, B.C. (\$3000.00).

LAUZON, LARA L. (1997-1998). *Graduate Teaching Fellowship*. School of Physical Education, University of Victoria, B.C. (\$3000.00).

LAUZON, LARA L. (1997-1998). *Graduate Student Office Honorarium*. University of Victoria Speaker's Bureau, University of Victoria. (\$500.00)

LAUZON, LARA L. (1998-1999). *Graduate Teaching Fellowship*. School of Physical Education, University of Victoria, B.C. (\$2000.00).

LAUZON, LARA L. (1998-1999). *Graduate Student Office Honorarium*. University of Victoria Speakers' Bureau, University of Victoria. (\$500.00).

LAUZON, LARA L. (1999-2000). *Graduate Teaching Fellowship*. School of Physical Education, University of Victoria, B.C. (\$1000.00).

LAUZON, LARA L. (1999-2000). *The Mrs. Annie Greskiw Graduate Award*. University of Victoria. (\$2175.00)

LAUZON, LARA L. (1999-2000). *Graduate Student Office Honorarium*. University of Victoria Speakers' Bureau. University of Victoria. (\$250.00).

LAUZON, LARA L. (2000-2001). *Graduate Student Teaching Fellowship*. Graduate Studies Office. University of Victoria. (\$2000.00; 5 day Instructional Skills Training Workshop, Douglas College, New Westminster, B.C.)

5. SCHOLARSHIPS, FELLOWSHIPS, HONOURS, AWARDS, GRANTS AND FUNDING FROM ALL AGENCIES INCLUDING THE UNIVERSITY OF VICTORIA

(Include source, dates, amount and titles)

Awards / Nominations

LAUZON, LARA L. (1982). *University of Victoria, Student Representative - AAPHERD Conference, Boston, Massachusetts.* School of Physical Education, University of Victoria. (Awarded)

LAUZON, LARA L. (1988). *Nomination - 4th Annual TV WEEK Magazine Viewers' Choice Awards.* Best Health / Fitness Show Host. Hotel Vancouver, Vancouver, B.C.

LAUZON, LARA L. (1990). *Nomination - 5th Annual TV WEEK Magazine Viewer's Choice Awards.* Best Health / Fitness Show Host. Hyatt Regency Hotel, Vancouver, B.C.

LAUZON, LARA L. (1990). *Community Wellness Award -For outstanding Contribution to the field of Community Wellness.* Vancouver Island Fitness Association, Victoria, B.C. (Awarded)

LAUZON, LARA L. (1991). *Citation of Outstanding Achievement.* British Columbia Recreation and Parks Association (BRCPA), Richmond, B.C. (Awarded)

LAUZON, LARA L. (1992). *West Coast Women 1992 Appointment Book - one of 52 Vancouver Island women highlighted.* Focus On Women Magazine, Campbell Communications Inc., Victoria, B.C.

LAUZON, LARA L. (1992). *B.C. Promotion Plus Leadership Award, Media Category - For Promotion of Girls and Women in Fitness and Sport.* B.C. Promotion Plus Association, Vancouver, B.C. (Awarded)

LAUZON, LARA L. (1992). *Community Recognition Award - for production and hosting of 2 fitness videos for people with disabilities.* British Columbia Paraplegic Association (BCPA), Victoria, B.C. (Awarded)

LAUZON, LARA L. (1993). *Mall Peepre Award - one of 10 Canadian Fitness Leaders - for Outstanding Contributions to Fitness Leadership in Canada.* Inter-provincial Sport and Recreation Council, Government of Canada, Fitness and Amateur Sport, Ottawa, Ontario. (Awarded)

LAUZON, LARA L. (1995). *Can Pro Media Award - for Excellence in Television Programming.* Body Moves Television Fitness Show. Toronto, Ontario. (Awarded)

LAUZON, LARA L. (1997). *Victoria "Y" Woman of Distinction Award - for Sport, Fitness and Recreation Category.* Victoria, B.C. (Awarded)

5. SCHOLARSHIPS, FELLOWSHIPS, HONOURS, AWARDS, GRANTS AND FUNDING FROM ALL AGENCIES INCLUDING THE UNIVERSITY OF VICTORIA

(Include source, dates, amount and titles)

Awards / Nominations

LAUZON, LARA L. (1997). *British Columbia Distinguished Women Citation*. Ministry of Women's Equality, Victoria, B.C. (Awarded)

LAUZON, LARA L. (2000). *School of Physical Education Commendation for Outstanding Performance as a Graduate Student Teaching Assistant*. University of Victoria, Victoria, B.C. (Awarded)

LAUZON, LARA L. (2003). *Action Canada Fellowship - Federal Government, Heritage Ministry*. (Nomination by the School of Physical Education and Graduate Studies).

LAUZON, LARA L. (2007). Faculty of Education, Teaching Excellence Award. University of Victoria. (Awarded)

LAUZON, LARA L. (2007). Craigdarroch Award for Research Communication. (Nomination by the UVic Communications Office).

LAUZON, LARA L. (2011). Honorary Member – Golden Key International Honour Society. University of Victoria, Victoria, B.C. (Awarded)

LAUZON, LARA L. (2013). 50 UVic Alumni Who Made a Difference Award. Alumni Office. University of Victoria. (Awarded)

LAUZON, LARA, L. (2014) UVic Distinguished Alumni Award (Nomination – School of Exercise Science, Physical and Health Education).

LAUZON, LARA, L. (2014) Faculty of Education, Teaching Excellence Award. University of Victoria. (Nominated by the School of Exercise Science, Physical and Health Education – EPHE).

Research Grants

Learning and Teaching Centre Development Grant, 2002. *Integrated Teacher Education: Instructors developing pedagogy*. Co-Principal Investigators: Dr. Tim Hopper and Dr. Kathy Sanford. Co-applicants: Lauzon, L., Krawetz, L., Robertson, M. \$10,000 awarded

Learning and Teaching Centre Development Grant, 2002. Type B. *Refining Major Course Assessments in Three Required courses in the B.Ed (Secondary Physical Education) Program Using Hudba and Freed's (2000) Concept of Exemplary Assessment Task*. Principal Investigator: Dr. Sandra Gibbons. Co-applicant: Lauzon, L.

\$ 3071.30 awarded

5. SCHOLARSHIPS, FELLOWSHIPS, HONOURS, AWARDS, GRANTS AND FUNDING FROM ALL AGENCIES INCLUDING THE UNIVERSITY OF VICTORIA

(Include source, dates, amount and titles)

Research Grants

University of Victoria, SSHRC Internal Research Grant, 2003. *Programming for Wellness in Public Recreation: Where Do We Begin?* Principal Investigator: Dr. Lara Lauzon. Co-applicants: Pugh, W., Coordinator, UVic Athletics and Recreation; Samborski, S., Director, Esquimalt Recreation. \$ 4000.00 awarded

Learning and Teaching Centre Development Grant, 2003-2005. Type A. *Personal Health and Wellness Course Development*. Co-Principal Investigators: Dr. Joan Wharf-Higgins, Dr. Lara Lauzon, Dr. Doug Nichols. \$6,000 awarded

Social Sciences and Humanities Research Council, 2003-2004. Step It Up: Exploring the Use of Pedometers in Middle Schools Across the Curriculum New Scholar category. Principal Investigator: Dr. Lara Lauzon. Co-Applicants: Dr. Doug Nichols, Dr. Martin Collis. \$100,000.00 not awarded.

Michael Smith Foundation Health Research Grant for New Investigators, 2004-2005 Principal Investigator: Dr. Lara Lauzon. \$4,920.00 awarded

Royal Victoria Marathon Society. Grant for Pedometer Research in Middle Schools 2004-2007 Principal Investigator: Dr. Lara Lauzon \$15,000.00 awarded

Social Sciences and Humanities Research Council, 2004-2005. Step It Up: Exploring the Use of Pedometers in Middle Schools Across the Curriculum New Scholar category. Principal Investigator: Dr. Lara Lauzon. Co-Applicants: Dr. Doug Nichols, Dr. Martin Collis, Dr. Lynne Wolski \$100,000.00 not awarded

University of Victoria, SSHRC Internal Research Grant, 2005. steps.uvic.ca – A University of Victoria Campus Wellness Initiative. Principal Investigator: Dr. Lara Lauzon \$ 4000.00 awarded

Act Now 2010 Legacies Now. (2006-2007) Personal Health and Wellness Course Development, UVic. Principal Investigator: Dr. Joan Wharf-Higgins. Co-applicant: Dr. Lara Lauzon. \$100,000.00 awarded

The Council of Education Facility Planners International (CEFPI). (2006). Physical Activity Facilities – If You Build Them Why Don't They Come? An Investigation Into the Perceived Barriers to Participation of University Students in Regular Physical Activity. Co-Applicants: Dr. Lara Lauzon and Dr. Joan Wharf Higgins. \$7210.00 not awarded

6. APPOINTMENTS AT UNIVERSITY OF VICTORIA

a. Academic:

<i>Inclusive Years</i>	<i>Rank</i>	<i>Department</i>
1991	Sessional	School of Physical Education
1993	Sessional	School of Physical Education
1994	Sessional	School of Physical Education
1995	Sessional	School of Physical Education
1996	Sessional	School of Physical Education
1997	Sessional	School of Physical Education
1998-1999	Sessional	School of Physical Education
1999-2000	Sessional	School of Physical Education
2000-2001	Visiting Assistant Professor	School of Physical Education
2001- 2015	Assistant Professor	School of Exercise Science, Physical and Health Education

b. Instructional:

<i>Inclusive Years</i>	<i>Rank</i>	<i>Department</i>
1988	Instructor	Athletics and Recreation
1989	Instructor	Athletics and Recreation
1990	Instructor	Athletics and Recreation
1991	Instructor	Athletics and Recreation
1992	Instructor	Athletics and Recreation
1997-1998	Research Assistant	School of Physical Education
1998-1999	Research Assistant	School of Physical Education

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- a. List of publications and editorships by date of actual publication. (Include only contributions such as articles, chapters, books, texts, conference proceedings, professionally edited or selected visual and auditory material, and invited reviews.

Journal Publications:

Lauzon, L. (1993). Women in fitness - past, present & future. Recreation British Columbia, Winter. (Peer Reviewed, Provincial).

Wharf-Higgins, J. & Lauzon, L. (1998). The Benefits Of and For Recreation. Recreation British Columbia, Summer, 32-35. (Peer Reviewed, Provincial).

Wharf-Higgins, J. & Lauzon, L. (1998). Where everybody knows your name. Parks and Recreation Canada, 56 (3). Refereed, Professional. Also available on the Leisure Information Network <http://www.lin.ca>

Lauzon, L. (1999). Teacher Wellness. WELL: Newsletter for wellness. Volume 1 (2). On-line, National, peer-reviewed wellness journal. Available at http://www.speakwell.com/well/1999_fall/articles/teacher_wellness.html

Wharf-Higgins, J. & Lauzon, L. (2004). Finding the funds in fun run: exploring physical activity events as fund-raising tools in the nonprofit sector. International Journal of Nonprofit and Voluntary Sector Marketing, 1 (4), 363-377. (Peer Reviewed, International)

Berry, T. & Lauzon, L. (2004). A Content Analysis of Fitness Magazines. Avante, 9 (1), 25-33. (Peer Reviewed, National)

Lauzon, L. What is teacher wellness: A Canadian study. Centre for Children, Youth and Women's Health Service, Virtually Healthy (Australia), 46, 2.

Wharf-Higgins, J., Lauzon, L., Yew, A., Bratseth, C., & Morley, V. (2009). University students' wellness: what difference can a course make? College Student Journal, 43, (3), 766-777. (Peer Reviewed, International)

Wharf-Higgins, J., Lauzon, L., Yew, A., Bratseth, C., & McLeod, N. (2010). Wellness 101: Health education for the university student. Health Education, 110(4), 309-326. (Peer Reviewed, International, United Kingdom).

Lauzon, L. (2014). Learning and Leading: Recreation and Health Education Students' Perspectives on Building Leadership Capacity. International Leisure Review, 3 (1), 75- 103. (Peer Reviewed, International).

Field, S., Lauzon, L., & Meldrum, J. (2015). A phenomenology of outdoor education leader experiences. Journal of Experiential Education. (In Press). (Peer Reviewed, International).

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- a. List of publications and editorships by date of actual publication. (Include only contributions such as articles, chapters, books, texts, conference proceedings, professionally edited or selected visual and auditory material, and invited reviews.

Abstracts:

Wharf-Higgins, J., Lauzon, L., Yew, A., Bratseth, C., & Morley, V. (2008). The University Student Body: A Balancing Act. 19th IUHPE World Conference. Vancouver, B.C.

Conference Proceedings

Wharf-Higgins, J., & Lauzon, L. (1999) Finding the funds in fun run: evaluating the efficiency and effectiveness of physical activity as a fund-raising tool in the not-for profit sector. Connections 99. Faculty of Education, University of Victoria. (Peer Reviewed, Conference Proceedings).

Lauzon, L. (2001). What Makes Teachers Well? Connections 2001. Faculty of Education, University of Victoria. (Peer reviewed, *Conference Proceedings*).

Lauzon, L. (2002). Teacher Wellness. 26th Annual Seaside, Oregon Health Promotion Conference. (Peer Reviewed, International, *Conference Proceedings*). Audio tape HS0224.

Lauzon, L. (2002). Reframing Your Organization: Are You Working Well? 26th Annual Seaside, Oregon Health Promotion Conference. (Peer Reviewed, International, *Conference Proceedings*). Audio tape HS0218.

Lauzon, L. (2003). The Spirit of Wellness and Teacher Education. 27th Annual Seaside, Oregon Health Promotion Conference. (Peer Reviewed, International, *Conference Proceedings*) Audio tape HS0334.

Lauzon, L. (2003). Risk Taking, Change and Teacher Wellness. 27th Annual Seaside, Oregon Health Promotion Conference. (Peer Reviewed, International, *Conference Proceedings*). Audio tape HS0335.

Hopper, T., Sanford, K., Krawetz, L., Lauzon, L., Yeo, M., & Stogre, T. (2003). School Integrated Teacher Education: Providing a Context for Learning to Teach. Connections 2003. Faculty of Education. University of Victoria. (*Peer Reviewed, Conference Proceedings*).

Lauzon, L. (2003). Teacher Wellness: An Interpretive Inquiry. Connections 2003. Faculty of Education. University of Victoria. (*Peer Reviewed, Conference Proceedings*).

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- a. List of publications and editorships by date of actual publication. (Include only contributions such as articles, chapters, books, texts, conference proceedings, professionally edited or selected visual and auditory material, and invited reviews.

Conference Proceedings

Lauzon, L. (2003). Teacher Wellness In A World We Want. Learning and the World We Want Conference. (Peer Reviewed, International, *Conference Proceedings*).

Lauzon, L. (2004) Teacher Wellness: An Interpretive Inquiry. 9th National Congress on Rural Education. (Peer Reviewed, National, *Conference Proceedings*).

Corner, S., & Lauzon, L. (2005). Graduate Student Perceptions of the Impact of a Graduate Student Association on a Faculty of Education: Emerging Themes. Connections 2005. Faculty of Education, University of Victoria. (Peer reviewed, *Conference Proceedings*).

Lauzon, L. (2005). Teacher Wellness: Themes, Metaphors and Model. National Wellness Institute Conference. University of Wisconsin, Steven's Point, U.S.A. (Peer Reviewed, International, Conference Proceedings). CD Ref. # 200530-210-2.

Lauzon, L. (2005). Reframing Your Organization: Are You Working Well? National Wellness Institute Conference. University of Wisconsin, Steven's Point, U.S.A. (Peer Reviewed, International, Conference Proceedings). CD Ref. # 200531-211-2.

Lauzon, L. (2006). Teacher Wellness in a Changing World. The International Conference on Teacher Education. November 2-4, 2006. University of Calgary. (*Peer Reviewed, International, Conference Proceedings*).

Lauzon, L. (2007). WELLth, the Other Side of Wealth. World Critical Incident Insurance Conference. Victoria Convention Centre. (Program Committee Reviewed, International, Conference Proceedings).

Books

Hales, D., & Lauzon, L. (2007). An Invitation to Health, 1st Canadian edition. Toronto: Thomson Nelson Publishing.

- Canadianizing chapters 1 – 16.
- Full Authorship – chapter 17.

Hales, D., & Lauzon, L. (2010). An Invitation to Health, 2nd Canadian edition. Toronto: Nelson Education Ltd.

Hales, D., & Lauzon, L. (2013). An Invitation to Health, 3rd Canadian Edition. Toronto: Nelson Education Ltd.

Hales, D., & Lauzon, L. (2015). An Invitation to Health, 4th Canadian Edition. Toronto: Nelson Education Ltd.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- a. List of publications and editorships by date of actual publication. (Include only contributions such as articles, chapters, books, texts, conference proceedings, professionally edited or selected visual and auditory material, and invited reviews.

Books

Cameron, K., Wharf-Higgins, J., & Lauzon, L. (2008). *Leading to Lifelong Exercise. What Can Group Participants Tell Us About Lifelong Exercise?* VDM Verlag Publishing.

Hoeger, W.W.K., Hoeger, S.A., Locke, M., & LAUZON, LARA L. (2009). *Principles and Labs For Fitness and Wellness*. Toronto: Nelson Publishing.

- Canadianizing of all chapters.

Heuman, Ryan & LAUZON, LARA L. *Daring to Believe*. In progress.

Chapters in Books

Lauzon, L. (2005). A work in progress. In F. Carness and L. Edwards (Eds.), *Wise Women Speak: changes along the path* (pp. 45-54). Oregon: Carness Health Management, LLC.

Edginton, C.R., Hudson, S.D., Scholl, K.G., & Lauzon, L. (2011). *Leadership in Recreation, Leisure and Parks Services*. Illinois: Sagamore Publishing

- Full authorship: Chapter 5. Leading Change: Innovation, Decision Making, and Problem Solving
- Assisted in Revision and update : Chapter 3. Leadership: Basic Concepts and Theories
- Assisted in Revision and update: . Chapter 13. Leadership in Social Settings.
- Assisted in Revision and update: Chapter 14. Leadership and Event Management.

Lauzon, L. (2012). Teacher wellness. In *Pedagogy in Motion: Establishing a Community of Inquiry for Studies in Human Movement*. (pp. 281-306) . Ellen Singleton and Aniko Varpalotai, (Eds./contributing authors). University of Western Ontario: Althouse Press.

Chapter, Book and Paper Reviews

Donatelle, Davis, Munroe (2003). *Health: The Basics* (2nd Canadian Edition). Toronto: Pearson Education Canada. *Book Review* (February 2002). Susanne Marshall, Associate Developmental Editor.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

a. List of publications and editorships by date of actual publication. (Include only contributions such as articles, chapters, books, texts, conference proceedings, professionally edited or selected visual and auditory material, and invited reviews.

Chapter, Book and Paper Reviews

Donatelle, Davis, Munroe, Munroe (2004). Health: The Basics (3rd Canadian Edition). Toronto: Pearson Education Canada. *Draft review of Table of Contents; Chapter Review - Chapters 1,2,3,5,6.* (September 2002). Angela Kurmey, Assistant Editor.

Child and Youth Care Forum. Manuscript Review for *Burnout in Anglophone and Francophone Child and Youth Workers in Canada: A Cross Cultural Comparison.* (May 2003). Diana Nicholson, Editor. Child and Youth Care, University of Victoria.

Hahn, Payne, Crawford, Gallant (2004). Focus on Health (1st Canadian Edition). Whitby, Ontario: McGraw-Hill Ryerson. Book Review. (May 2003). Sandra de Ruiter, Developmental Editor, Higher Education.

Canadian Society for Studies in Education (CSSE) (December 2004). Reviewer - 6 *Conference papers* for CSSE 2005 Conference.

Hahn, Payne, Crawford, Gallant (2006) Focus on Health (2nd Canadian Edition). Whitby, Ontario. McGraw-Hill Ryerson. Textbook Review. (June 2005). Christine Gilbert, Developmental Editor.

Canadian Society for Studies in Education (CSSE) (December 2005) Reviewer of 7 *Conference papers* for CSSE 2006 Conference.

Canadian Society for Studies in Education (CSSE). (December 2006). Reviewer of 6 *Conference papers* for CSSE 2007 Conference.

Patient Education and Counseling (Australia) Elsevier – Research and Academic Relations. Manuscript Review for *"Interdisciplinary Physical Activity Counseling in Primary Care: A Qualitative Inquiry of the Patient Experience"* (March 2007).

Support material for An Invitation to Health, First Canadian edition – A comprehensive cross-reference document comparing the educational features of three major health and wellness textbooks used in Canadian colleges and Universities. 1) *An Invitation to Health, First Canadian Edition* (Hale & Lauzon, 2007); 2) *Focus On Health* (Hahn, Payne, Gallant and Fletcher, 2006); and 3) *Health the Basics* (Donatelle, Davis, Munroe, Munroe & Casselman, 2003) currently used in health courses in Canadian colleges and universities. For Nelson Education, Ltd. (May 2007).

Daft, R. (2004). The Leadership Experience, Fourth Edition. Thomson Nelson. *Technical Book Review* (July 31, 2007). Amy Warren, Assistant Editor.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- a. List of publications and editorships by date of actual publication. (Include only contributions such as articles, chapters, books, texts, conference proceedings, professionally edited or selected visual and auditory material, and invited reviews.

Chapter, Book and Paper Reviews

Canadian Society for Studies in Education (CSSE). (December 2006). Reviewer of 6 *Conference papers* for CSSE 2007 Conference.

Hoeger, W.K., Hoeger, S.A. (2006). *Principles and Labs for Fitness and Wellness*, 8th Edition (American). Thomson Wadsworth. Book review. (November 2007).

Hoeger, W.K., Hoeger, S.A. (2006) *Principles and Labs for Fitness and Wellness*, Eighth Edition (American). Thomson Wadsworth. Comprehensive Technical Review. (December 2007).

Canadian Society for Studies in Education (CSSE). (December 2012). Reviewer of 4 *Conference papers* for CSSE 2013 Conference.

A comprehensive cross-reference document for *An Invitation to Health*, 3rd Canadian edition – comparing the educational features of this textbook and 1) *Core Concepts in Health, Canadian edition* (Insel, Roth, Irwin, & Burke, 2013); and 2) *Health the Basics*, 6th edition (Donatelle, Davis, Munroe, Munroe & Casselman, 2012). For Nelson Education Ltd. (November 2013).

A comprehensive cross-reference document for *An Invitation to Health*, 4th Canadian edition – comparing the educational features of this text and *Health the Basics* (Donatelle, Davis, Munroe, Munroe & Casselman, 2012). For Nelson Education, Ltd. (November 2014).

Adapted Physical Activity Quarterly. Manuscript Review for *Leisure time physical activity: Experiences of college students with disabilities*. (January 2015) and (August 2015).

Citations in Books, Theses, Dissertations, Publications

Neering, R. & McCrimmon, M. (1996). *Facing Changes Finding Freedom, Canadian Women at Mid-life*. (Peer Reviewed, National).

Thrasher, B. & Smid, D. (1998). *Smart Women*. (Peer Reviewed, National).

Hackman, H. (2002). *A year of wellness at Parkland Secondary*. An M.Ed. project presented to the Curriculum and Instruction Department, Faculty of Education, University of Victoria.

Bushnell, R. (2004). Leadership in sport. *Honor's Thesis*. London School of Business and Finance. (p. 34-36, 53-55)

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

a. List of publications and editorships by date of actual publication. (Include only contributions such as articles, chapters, books, texts, conference proceedings, professionally edited or selected visual and auditory material, and invited reviews.

Citations in Books, Theses, Dissertations, Publications

British Columbia. Legislative Assembly. Select Standing Committee on Health. (2004). *The Path to Health and Wellness: Making British Columbians Healthier by 2010*. First Report, Fifth Session, Thirty-Seventh Parliament.

Filosa, M.F. (2006). Book review – An Invitation to Health 1st Canadian edition. Hales, D., & Lauzon, L. In *Wellness Options*, 28, p. 17.

Website Development and Design

<http://steps.uvic.ca> - Collaborative research project with the University of Victoria Athletics and Recreation Services, UVic Cooperative Education and the School of Physical Education. A University of Victoria health and wellness website to promote a Campus Wide Walking/Running program. Provided Web design concept, all web articles, and Pedometer Tracking program. (July 2006 – August 2009).

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (*List date, title and occasion*).

Academic Conference Presentations

Finding the Funds in Fun Run: Evaluating the Effectiveness and Efficiency of Physical Activity as Fund-Raising Tools in the Not-For-Profit Sector. (May 11, 1999). Connections 1999. Dunsmuir Lodge, University of Victoria. Sidney, B.C. Paper presentation.

What Makes Teachers Well? (May 8, 2001). Connections 2001. Dunsmuir Lodge. University of Victoria. Sidney, B.C. Ph.D. preliminary findings presentation.

Teacher Wellness: An Interpretive Inquiry. (February 16, 2002). WestCAST Conference. Vancouver, B.C.

Teacher Wellness: An Interpretive Inquiry. Preliminary Findings. (May 27 - June 1, 2002). Canadian Society for Studies in Education (CSSE). Toronto, Ontario. Round Table Presentation.

Teacher Wellness. (June 19 - 24, 2002). 26th Annual Seaside, Oregon Health Promotion Conference. Single Paper Presentation.

Reframing Your Organization: Are You Working Well? (June 19 - 24, 2002) 26th Annual Seaside, Oregon Health Promotion Conference. Single Paper Presentation.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Academic Conference Presentations

Teacher Wellness: An Interpretive Inquiry. (May 28 - June 1, 2003). Canadian Society for Studies in Education (CSSE). Halifax, Nova Scotia. Multiple Paper Presentation.

Situated Integrated Teacher Education (SITE). (May 28 - June 1, 2003). Canadian Society for Studies in Education (CSSE). Halifax, Nova Scotia. Multiple Paper Presentation.

The Spirit of Wellness and Teacher Education. (June 20 - 25, 2003). 27th Annual Seaside, Oregon Health Promotion Conference. Single Paper Presentation.

Risk Taking, Change and Teacher Wellness. (June 20 - 25, 2003). 27th Annual Seaside, Oregon Health Promotion Conference. Single Paper Presentation.

Teacher Wellness in a World We Want. (November 15, 2003). Learning and the World We Want Conference. Victoria, B.C. (Single Paper Presentation).

Situated Integrated Teacher Education (SITE). (November 16, 2003). Learning and the World We Want Conference. Victoria, B.C. (Co-presenter - Single Paper Presentation).

Teacher Wellness: An Interpretive Inquiry. (March 29, 2004). 9th National Congress on Rural Education. Saskatoon, Saskatchewan. Single Paper Presentation.

Applying Organizational Theory to Teacher Wellness Planning. (May 29, 2004). Canadian Society for Studies in Education (CSSE). Winnipeg, Manitoba. Multiple Paper Presentation.

How do we live well in "schools" in precarious times? (May 27, 2005). The Canadian Association for Curriculum Studies Pre-Conference. Canadian Society for the Study of Education. (CSSE). University of Western Ontario. Multiple Paper Presentation.

Transformative Education: Reflections of Students in PE 142 -Human Wellness and Potential. (May 30, 2005). The Canadian Society for Studies in Education. (CSSE). University of Western Ontario. Multiple Paper Presentation.

Health and Wellness in a Well World. (July 8, 2005). Building International Connections Through Global Arts and Child Honouring Institute, University of Victoria, Victoria, B.C. Single Paper Presentation.

Reframing Your Organization: Are You Working Well? (July 11, 2005). National Wellness Institute National Conference. University of Wisconsin, Steven's Point Campus. Steven's Point, Wisconsin. U.S.A. Single Paper Presentation.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Academic Conference Presentations

Finding the Funds in Fun Run: Evaluating the Efficiency and Effectiveness of Physical Activity as a Fund-raising Tool in the Not-for Profit Sector. (June 1999.) Poster presentation and Thematic Oral Session. *Canadian Public Health Association, 90th Annual Conference.* Winnipeg, Manitoba.

Reaching For Your Personal Potential. (July 14, 2005). Children's program. National Wellness Institute National Conference. University of Wisconsin, Steven's Point Campus. Steven's Point, Wisconsin. U.S.A.

Teacher Wellness: Themes, Metaphors and Model. (July 14, 2005). National Wellness Institute National Conference. University of Wisconsin, Steven's Point . USA. Single paper presentation.

Development of a Campus Wide Health and Wellness Course. (May 29, 2006). The Canadian Society for Studies in Education. (CSSE). York University. Toronto, Ontario.

Teacher Wellness: Themes, Metaphors and Model. (November 3, 2006). International Conference on Teacher Education – How Might Teacher Education Live Well in a Changing World? University of Calgary, Calgary, AB.

Group development theory and the research process: researching the SITE researchers. (May 28, 2007). Canadian Society for Studies in Education. (CSSE). University of Saskatchewan, Saskatoon, Saskatchewan.

Pedometer Programs for Students and Teachers. (May 1, 2009). PHE Canada Conference. Banff Centre for Fine Arts, Banff, Alberta.

Personal Health, Wellness and Potential: Student Transformation Through Lifestyle Change and Experiential Community Group Legacy Projects. (August 31, 2012) Let's Talk About Teaching Conference for Faculty, Sessionals and Lecturers. Learning and Teaching Centre. University of Victoria. Victoria, B.C.

An Invitation to Health, 3ce. Nelson Education, Ltd. (Hales, D., & Lauzon, L. 2013). (June 3, 2013). Celebration of Creative Scholarly Works. Canadian Association for Curriculum Studies (CSSE). University of Victoria, Victoria, B.C.

Undergraduate students' perceptions of participation in community legacy group projects in a first year personal health, wellness and potential course. (June 2, 2013). Canadian Society for Studies in Education. (CSSE). University of Victoria. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Academic Conference Presentations

Personal Health, Wellness and Potential: Student Transformation Through Lifestyle Change and Experiential Community Group Legacy Projects. (August 31, 2013). Let's Talk About Teaching Conference. Learning and Teaching Centre. University of Victoria. Victoria, B.C.

It takes money to save money: How increasing salaries may improve outdoor education staff retention and reduce employee burnout. (August 2014). National Outdoor Recreation Conference. (Presented by graduate student – Field, S).

Connected: UVic Student Community Legacy Projects and Health, Wellness and Potential. (May 03, 2014). Pecha Kucha. Community Presentation. IDEAFEST. University of Victoria.

Teaching Assistants' Learning Through EPHE 142 Personal Health, Wellness and Potential. (August 29, 2014). Let's Talk About Teaching Conference. Learning and Teaching Centre. University of Victoria, B.C.

Health + Wellness = Potential. UVic Student's Experience in EPHE 142. (March 05, 2015). IDEAFEST. Community Presentation. University of Victoria.

A voice in the wind: A phenomenological exploration of outdoor education leader experiences. Field, S., Lauzon, L. & Meldrum, J. (Poster Presentation) International Conference of Human Factors in Sports and Outdoor Recreation Conference. (July 15, 2015). Las Vegas, NV. USA.

Keynote Addresses

Taking Risks and Coping With Change. (April 16, 1988). Women's Fitness and Health Retreat, Panorama Parks and Recreation. Dunsmuir Lodge, Sidney, B.C.

Motivation: Insight Into Today. (October 9, 1988). Fitness: Broadening the Vision. British Columbia Recreation and Parks Association (BCRPA), Fitness Branch. Annual Provincial Fitness Leadership Conference. Delta Hotel, Richmond, B.C.

Women and Fitness. (October 22, 1988). Women's Health and Fitness Retreat. Peninsula Recreation. Cowichan Inn, Cowichan Bay, B.C.

The Medium is the Message. (October 28, 1988). Wellness Conference. British Columbia Parks and Recreation Association (BCRPA), Fitness Branch. Robson Square, Vancouver, B.C.

Motivating Your Clients. (January 14, 1990). Fitness Instructor's Mid-Island Leadership Conference. Island Power and Fitness, Mill Bay, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Keynote Addresses

The Ethics of Fitness Leadership. (February 18, 1990). Fitness for the Future. Annual Western Canada Fitness Leadership Conference. Westin Bayshore Hotel, Vancouver, B.C.

The Fitness and Wellness Connection. (March 3, 1990). Western Canadian Student Conference. University of British Columbia, Vancouver, B.C.

Benefits of Certification and Registration, Wellness and the Fitness Connection. (April 7, 8, 1990). Kootenay-Fit Instructor Conference. Castlegar, B.C.

Professionalism in the Fitness Industry. (April 7, 1990). Fitting Into the 90's, Kootenay-Fit Instructor Conference. Castlegar, B.C.

The Media Message. (April 21, 1990). Fit Into the 90's, Fitness Leadership Conference. Vancouver Island Fitness Association. Victoria, B.C.

Changing Directions and Changing Values. (September 30, 1990). Ideas Day, Fitness Instructor's Conference. YM-YWCA, Victoria, B.C.

Adult Education and Fitness Leadership. (February 9, 1991). BCRPA Fitness Branch – Regional Fitness Leadership Conference. Vancouver, B.C.

You're On! (May 4, 1991). Fit Into The 90's, Fitness Leadership Conference. Vancouver Island Fitness Association. S.M.U. Racquet Club, Victoria, B.C.

Fitness Walk and Talk. (September 12, 13, 1991). Pacific Northwest Conference, International Recreation and Parks Association (INRPA). Harbour Towers Hotel, Victoria, B.C.

All Stressed Up and No Place to Go; Don't Go Up In Flames. (November 2-3, 1991). Sask-Fit'91, Saskatchewan Parks and Recreation Association (SPRA), Annual Fitness Leadership Conference. RCMP Training Academy, Regina, Saskatchewan.

Fitness and Professionalism. (November 3, 1991). Sask-Fit'91. Saskatchewan Parks and Recreation Association (SPRA) Annual Fitness Leadership Conference. RCMP Training Academy, Regina, Saskatchewan.

The Future of Fitness Leadership. (August 29, 1992). Annual Fitness Leadership Conference. Moncton YMCA, Moncton, New Brunswick.

Maximize and Energize Your Leadership Potential. (October, 2, 1992). Fitness North, Annual Fitness Leadership Conference. City of Prince George and Prince George YMCA. Prince George, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Keynote Addresses

Fitness, the Future and Community Development. (October 15-17, 1993). Fitness Instructor's Regional Leadership Conference. Port Clements, Queen Charlotte Islands.

Fitness Leadership - The Future, Our Future. (December 15, 1996). YM-YWCA IDEAS Day Fitness Leadership Conference, Victoria YM-YWCA, Victoria, B.C.

For the WELLth of It. (August 9, 1997). B.C./Yukon Biannual Area Leche League Conference, Duncan, B.C.

Balancing Your Wellth for a Winning Performance. (May 7, 1998). The Greater Victoria Hospitality Awards Fourth Annual Celebration. Tourism British Columbia. Victoria, B.C.

Measuring and Assessing WELLth for the Small Home Based Business Owner. (May 14, 1998). Event Essential - Small Based Business Network. Camosun College, B.C.

Achieving Optimal Health Through Lifestyle. (November 12, 1998). A Women's Journey: Menopause and Beyond - A Victoria Forum. Harbour Towers. Victoria, B.C.

Healthy Lifestyles. (April 13, 1999). Chemainus Secondary School. Healthy Lifestyles Day. CAPP Program. Chemainus, B.C.

Women and Wellness; Leaving a Legacy. (June 18-20, 1999). 1999 Oak Bay Marine Group's 7th Annual Women's Fishing Derby. Painter's Lodge. Campbell River, B.C.

Living and Lifelong Learning. (September 15, 1999). Central Vancouver Island Health Region South. Education Recognition Evening. Cowichan Community Recreation Centre. Duncan, B.C.

V2K: Values for the Year 2000. (October 25, 1999). Co-presenter. Alberta Recreation and Parks Association Annual Conference - Reveal the Value. Jasper, Alberta.

Self-Esteem and Personal Potential. (May 24, 2000). North Sannich Middle School. Wellness Week. Victoria, B.C.

For the WELLth of It. (October 14, 2000). Tops Club Inc. Regional Conference. Esquimalt Recreation Centre. Victoria, B.C.

In Celebration of Bodies, Mind and Spirit. (November 25, 2000). B.C. Eating Disorder Association Conference. University of Victoria. Victoria, B.C.

An Evening of High-Level Wellness. WELL Into the 21st Century. (January 15, 2001) With Dr. Martin Collis and Dr. Nancy Wardle. University of Victoria. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

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Keynote Addresses

For The WELLth of It. (April 25, 2001) The International Association of Administrative Professionals (IAAP). Laurel Point. Victoria, B.C.

Women and the Spirit of Wellness. (May 28, 2001). *Houston Women's Health Series.* Northwest Community College. Houston, B.C.

Women and WELLth. (June 13, 2001). *Biotherm Launch, The BAY Vancouver.* Vancouver, B.C

For the WELLth of It. (October 27, 2001). B.C. Kidney Foundation. Royal Jubilee Hospital. Victoria, B.C.

Teacher Wellness. (November 7, 2001). Coquitlam Principals and Vice-Principals Conference, SFU, Burnaby. B.C

For the WELLth of It – For Women. (November 17, 2001). Military Family Resource Centre. Victoria, B.C.

Teacher Wellness. (April 26, 2002). Cedar Hill Jr. Secondary. Pro-D Day. Victoria, B.C.

Then and Now - The History of Fitness Leadership in British Columbia. (May 9, 2002). British Columbia Recreation and Parks Annual Conference. University of Victoria, Victoria, B.C.

Personal Well-Being in Times of Change. (September 10, 2003). B.C. Ministry of Management Services. National Payroll Services Conference. Victoria, B.C.

Taking Care of the Care-Givers - Wellness for Health Professionals. (October 16, 2003). Health Promotion Coalition Conference - Walk the Talk. Duncan, B.C.

Personal Well-Being in Times of Change. (September 10, 2003). B.C. Ministry of Management Services. National Payroll Services Conference. Victoria, B.C.

Taking Care of the Care-Givers - Wellness for Health Professionals. (October 16, 2003). Health Promotion Coalition Conference - Walk the Talk. Duncan, B.C.

Well-being in the Workplace. (April 23, 2004). Licensing Officers of British Columbia Annual Conference. Kelowna, B.C.

Taking Risks and Coping With Change – A Well Way of Working. (September 17, 2005). University of Victoria, School of Business Student Conference. Dunsmuir Lodge. Sidney, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

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Keynote Addresses

Dare to Believe. (March 26, 2006). Leading to Make a Difference. Co-presenter with Ryan Heuman (student). University of Victoria.

Taking Risks As We Change. (June 22, 2006). Seniors Serving Seniors AGM meeting. Ambrosia Centre, Victoria, B.C.

Teaching for the WELLth of It. (September 5, 2006). Faculty of Education Elementary and Secondary Orientation. University of Victoria. Victoria, B.C.

Health, Wellness and Wisdom. (April 25, 2007). UVic Health and Wellness Student Symposium – Researching Health and Wellness. University of Victoria.

Step Forward – Heart Health and Pedometers. (October 18, 2007). Heart and Stroke Foundation of BC and Yukon. Annual Leadership Conference – Full Sail Ahead. Delta Ocean Pointe Hotel, Victoria, B.C.

Wellness in the Workplace. (November 6, 2007). Department of National Defence. 25th Celebration – Employee Assistance Program. CFB Esquimalt. Wardroom Lounge. Victoria, B.C.

Connecting Health, Wellness and our Community (February 20, 2009). First Nations' Friendship Centre, Duncan, B.C.

Finding Balance Between Work and Self. (March 28, 2009). CFVU (Canadian Federation of University Women). Royal Roads University, Victoria, B.C.

Student Health Wellness and Potential. (November 9, 2009). Fresh Minds Symposium. University of Victoria.

Walking for Health and Wellness. (May 27, 2010). Active U Pedometer Challenge Launch. University of Victoria. Victoria, B.C.

Teacher Wellness – Self Care and Academics (September 7, 2010). UVic. Faculty of Education Student Orientation Day. David Lam Auditorium. University of Victoria. Victoria, B.C.

Honour and Human Potential. (March 6, 2011). Golden Key International Honour Society Annual UVic Conference. University of Victoria, Victoria, B.C.

Health, Wellness and Community Service. (April 03, 2011). Pacific Northwest Rotary Club Conference. Victoria Convention Centre. Victoria, B.C.

Leading Change. (September 08, 2012). BCRPA Annual Fitness Conference. Capilano University. North Vancouver, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

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Keynote Addresses

Work life Balance (September 29, 2012). 50th Anniversary Alumni Talks. University of Victoria.

Student Potential – Blue Sky Thinking and Action (January 12, 2013). Theme Throw–Student Residence Training Program. University of Victoria.

Taking Risks and Embracing Change. (April 24, 2013). Office of the Registrar Staff Retreat. Senate Chambers. University of Victoria.

Workplace Wellness in Times of Change. (May 9, 2013). Faculty of Social Sciences. Annual Staff Retreat. Cadboro Bay Commons. University of Victoria.

Taking Risks and Embracing Change. (February 1, 2015). Residence Student Leadership Conference. The Road Ahead. David Strong Building, University of Victoria, Victoria, B.C.

Rx for Wellness. Speaking About Physical, Emotional, Spiritual and Social Wellness. A TED-Style Speaker Forum. (June 06, 2015). Max Cameron Theatre, Brooks Secondary. Powell River, B.C.

Conference Presentations

Wake-Up Your Warm-Up; Exercise Sequences; Fitness for Older Adults. (August 29, 1992). Annual Fitness Leadership Conference, Moncton YMCA. Moncton, New Brunswick.

Personal Training - Certification and Registration. (October 4, 1992). Fitness North, Annual Fitness Leadership Conference. City of Prince George and Prince George YMCA. Prince George, B.C.

Presentation Skills for the Fitness Leader. (October 25, 1992). Fitness Fusion. British Columbia Parks and Recreation (BCRPA), Fitness Branch. Annual Fitness Leadership Conference. Delta Airport Inn, Richmond, B.C.

From Burn-Out to Balance. (February 12, 1993). Women's Wellness Retreat. Cedar Hill Recreation, Saanich Parks and Recreation Department. Dunsmuir Lodge, Sidney, B.C.

Stress and the Caregiver (February 12, 1993). Caring for Ourselves - Greater Victoria Hospital Society (GVHS) Employee Conference. Dunsmuir Lodge, Sidney, B.C.

Stress and Personal Wellness (March 27, 1993). Women's Services Association (WSA) Conference. S.M.U. Racquet Club, Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

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Conference Presentations

Active Living. (April 3, 1993). Fit Into the 90's. Fitness Leadership Conference. Vancouver Island Fitness Association. University of Victoria, Complex. Victoria, B.C.

10 Steps to Wellness. (October 2, 1993). Fitness North, Regional Fitness Leadership Conference, New Caledonia College, Prince George, B.C.

Step Your Way to Fitness: Fitness for Older Adults; Personal Wellness Planning; Tubing - Strength and Stretch. (October 15, 16, 17, 1993). Fitness Instructor's Regional Leadership Conference, Port Clements, Queen Charlotte Islands.

Host - and Presenter Fitness Cruise. (October 13 - 23, 1994). Norwegian Cruise Lines, Caribbean Fitness Cruise. Florida, U.S.A.

Student Stress and What YOU Can Do About It. (April 10, 1997). The Spirit Soars - Student Conference. St. Andrew's Regional Catholic High School, Victoria, B.C.

Fitness Trends for Physical Educators. (May 9, 1997). B.C.P.E. Teacher's Conference. University of British Columbia, Vancouver, B.C.

Teacher Wellness. (October 24, 1997). Beyond Beijing, Status of Women, Surrey Teachers' Association. Professional Development Day Conference, Johnston Heights Secondary School. Surrey, B.C.

Fitness and the Diabetic. (November 1, 1997). Canadian Diabetes Annual Regional Conference. University of Victoria, Victoria, B.C.

Teacher Wellness (February 20, 1998). "The Best Bloomin' Conference" - THESA (Teachers of Home Economics) Annual Conference, Victoria Convention Centre, Victoria, B.C.

Changing Directions: Changing Values. (April 19, 1998). Women's Wellness Retreat. Juan de Fuca Parks and Recreation, Colwood, B.C.

Where Everybody Knows Your Name: Recreation as a Determinant of Health. (May 1, 1998). Working in Harmony with BCRPA-CP/RA, Joint Symposium. Penticton, B.C.

Teacher Wellness. (May 8, 1998). New Challenges: New Solutions. School District # 79 (Cowichan Valley), Professional Development Conference. Frances Kelsey School, Mill Bay, B.C.

Wellness for the Caregivers. (April 30, 1999). 1999 NACCRRRA Western Regional Conference. Child Care Without Borders. Laurel Point Inn. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

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Conference Presentations

The Sky's the Limit. (May 15, 1999). Sky Club Conclave 1999. Kiwanis Youth Conference. University of Victoria. Victoria, B.C.

New Exercise Ideas for Seniors. (October 1, 1999). British Columbia Activity Coordinators Association Annual Conference. Royal Roads University. Colwood, B.C.

The Determinator: The Value of Recreation to Health. (October 26, 1999). Co-presenter. Alberta Recreation and Parks Association Annual Conference. Jasper, Alberta.

Women and WELLth. (November 10, 1999). Living Creatively. The University of Victoria Women's Conference. Victoria, B.C.

Reframing Your Organization – Are You Working Well? (March 7, 2001) International Northwest Parks Administrators' Academy. Haven by the Sea. Gabriola Island

Teacher Wellness. (April 3, 2001) Professional Development Day for St. Michael's University School. Victoria, B.C.

Teacher Wellness. (October 19, 2001). BCPE Conference. Parksville, B.C.

Personal Wellness and Personal Potential for Kinesiologists (April 28, 2002). BCAA 2002 Annual Conference. Vancouver, B.C.

Wellness for Parks and Recreation Professionals. (September 18, 2002). International Recreation and Parks Association Annual Conference. Nanaimo, B.C.

Wellness and Wellth. (October 4, 2002). Young Women of Distinction Leadership Conference. Harbour Towers, Victoria, B.C.

Taking Risks and Coping With Change. (February 19, 2003). UVic. Women's Conference. University of Victoria, Victoria, B.C.,

Reframing Your Organization: Are You Working Well? (April 20, 2004). B.C. Judicial Managers Conference. Laurel Point, Victoria, B.C.

UVic Women's Conference. (February 16, 2005). Wise Women Speak: changes along the path. University of Victoria, Victoria, B.C.

Business of Sport Summit - Pacific Sport. (March 8, 2005). Moderator: Recreation and Health Make Good Business Partners. Victoria Convention Centre, Victoria, B.C.

Pedometer 101 - The benefits of walking for health. (March 15, 2005). Canadian Diabetes Regional Conference. University of Victoria.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

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Conference Presentations

For the WELLth of It – The Other Side of Wealth. (March 3, 2006). UVic School of Business Leadership Conference. Harbour Towers Hotel, Victoria, B.C.

Working Well – For the WELLth of It. (September 15, 2006). UVic School of Business Workplace Skills Conference. Victoria Conference Centre. Victoria, B.C.

Best Practices of Integrating Academic and Student Services Programming to Support Student Success. (November 15, 2006). STAS Conference. Creating The Conditions for Student Success at UVic: Integrating Academic and Students Services.

Wellth, the Other Side of Wealth. (January 25, 2007). World Critical Incident Insurance Conference). Victoria Convention Centre, Victoria, B.C.

Self-care and Personal Well-being in a Professional World. (January 26, 2007). World Critical Incident Insurance Conference. Victoria Convention Centre, Victoria, B.C.

Pedometer Programs for Middle School Students. (April 17, 2009). Power of Relationships B.C. Teachers' Conference. Royal Oak Middle School, Victoria, B.C.

Walking and Wellness for Teachers. (April 20, 2010) Independent School Association Conference. SMUS. Victoria, B.C.

Wellness in Academe. 2010 UVic Teaching Assistant Conference. (January 12, 2010). Learning and Teacher Centre. University of Victoria, Victoria, B.C.

Teaching, Research and Wellness. 2011 UVic Teaching Assistant Conference. (January 13, 2011). Learning and Teaching Centre. University of Victoria, Victoria, B.C.

For the WELLth of It. (January 13, 2011). 2011 Teaching Assistant Conference. Learning and Teaching Centre. University of Victoria. Victoria, B.C.

Teaching, Research, and Wellness. 2011 UVic Teaching Assistant Conference. (September 9, 2011). Teaching, Research and Wellness. Learning and Teaching Centre. University of Victoria, Victoria, B.C.

Taking Risks and Embracing Change. (April 08, 2012). B.C. Government Citizen's Service Annual Conference. Cadboro Bay Commons. University of Victoria. Victoria, B.C.

Reframing Your Organization: Leading Change. (May 10, 2012). BCRPA 2012 Provincial Symposium.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Conference Presentations

Student Health, Wellness and Potential. (July 23, 2012). PEEL County Academy. Grade 10 students and teachers from PEEL County High School, Ontario. University of Victoria. Victoria, B.C.

For the WELLth of It. (September 4, 2012). 2012 Teaching Assistant Conference. Learning and Teaching Centre. University of Victoria. Victoria, B.C.

Getting the In-active, Active. (September 08, 2012). BCRPA Annual Fitness Conference. Capilano University. North Vancouver, B.C.

Life Begin at Mid-life. (September 09, 2012). BCRPA Annual Fitness Conference. Capilano University. North Vancouver, B.C.

Campus Recreation and Athletic Programs and Services – An Important Link To An Academic Health Wellness and Potential Course. (February 9, 2013). Western Canada Campus Recreation Conference. University of Victoria.

Health Initiatives for Recreation Staff – Encouraging Workplace Wellness. (February 9, 2013). Western Canada Campus Recreation Conference. University of Victoria.

Work life Balance- Personal and Professional Wellness – A Key to a Healthy Organization. (February 20, 21, 2013). Connect U. Cadboro Commons. University of Victoria.

Taking Risks and Embracing Change. (February 20, 21, 2013). Connect U. Cadboro Commons. University of Victoria.

Creating A Healthy Workplace for Professional and Personal Well-Being. (September 21, 2013). Workplace Skills Conference. Peter B. Gustavson School of Business Conference. Victoria Convention Centre.

Taking Risks and Embracing Change. (November 22, 2013). Victoria Epilepsy and Parkinson's Vancouver Island Conference. Victoria, B.C.

An Invitation to Health, 4th Canadian edition. Student Engagement and Experiential Learning. (January 13, 2014). Nelson Education Sales Conference, Toronto, Ontario. Skype presentation.

Introducing EPHE 142 – Links to Student Wellness. (February 1, 2014). International Student Success Conference: A Circle of Support at UVic. University of Victoria. Victoria, B.C.

Taking Risks and Embracing Change. (February 20, 2014). Federation of Community and Social Services of B.C. Conference. Marriot Hotel, Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Conference Presentations

Reframing Your Organization: You Can Work Well. (May 26, 2014). B.C. Recreation Facilities Conference. Marriot Hotel, Victoria, B.C.

Health and Wellness for International Students – Welcome. (September 12, 2014). UVic International Student Conference. David Lam Auditorium. University of Victoria.

Invited Talks

1988

Lifestyle Change and You. (June 23, 1988). The Fitness Place, Victoria, B.C.

Senior Fitness. (December 15, 1988). Sunset Lodge Retirement Home, Victoria, B.C.

1989

Provincial Fitness System. (January 10, 1989). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Television Fitness. (January 18, 1989). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Fitness and Personal Motivation. (January 24, 1989). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Resource Awareness. (January 25, 1989). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

1989

Strength Training Principles. (February 1, 1989). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Leadership. (March 1, 1989). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Aquatic Fitness. (March 15, 1989). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Taking Risks and Coping With Change. (April 18, 1989). B.C. Dietician Association, Victoria, B.C.

Exercise Trends. (May 2, 1989). Fitness Leadership Workshop. YM-YWCA, Victoria, B.C.

Exercise Techniques and Safety. (May 6, 1989). Lady Fitness Dynamics, Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

1989

Stress and Exercise. (May 16, 1989). Ministry of Tourism, Vancouver B.C. and Ministry of Municipal Affairs, Recreation and Culture. Victoria and Vancouver, B.C.

Provincial Fitness Leadership Registration Program Overview. (July 12, 1989). British Columbia Parks and Recreation (BCRPA), Fitness Branch Planning Meeting. Kitsilano Community Centre, Vancouver, B.C.

Your Personal Best. (September 14, 1989). Kick Off for Student Personal Best Program, Grades 1 - 7. Uplands Elementary School, Victoria, B.C.

Fitness and Your Clients. (September 14, 1989). Western Canada Region - Reebok Product Knowledge Meeting. Vancouver, B.C.

Fitness for Seniors. (September 18, 1989). Sunset Lodge Retirement Home, Victoria, B.C.

Women and Fitness. (November 19, 1989). Women's Wellness Day. Peninsula Recreation. Dunsmuir Lodge, Sidney, B.C.

1990

Aquatic Fitness. (January 9, 1990). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Leadership Skills. (January 17, 1990). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Supervisory Skills and Fitness Leadership. (January 31, 1990). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Media and Fitness. (February 6, 7, 1990). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Program Planning. (February 13, 14, 1990). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Exercise Sequencing. (February 20, 1990). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Presentation Skills for Fitness Leaders. (February 27, 28, 1990). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Exercise and Nutrition. (March 29, 1990). Student Career's Day. Parklands Secondary School, Sidney, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

1990

Exercise and Nutrition. (March 29, 1990). Student Career's Day. Parklands Secondary School, Sidney, B.C.

Fitness Certification and Safety. (June 11, 1990). Provincial Fitness Advisory Committee (PFAC) meeting. Langara College, Vancouver, B.C.

Stress Management and Employee Health. (July 11, 12, 1990). Noon Hour Health Series. Ministry of Municipal Affairs, Recreation and Culture, Victoria, B.C.

Fitness - a Component of Wellness. (October 16, 1990). Student Wellness Week Presentation. Camosun College, Victoria, B.C.

1991

High/Low Impact Fitness Classes. (February 15, 1991). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Fitness Resources. (February 19, 1991). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

The Wellness Connection. (February 20, 1991). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Fitness and Liability Issues. (February 27, 1991). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Use of Music. (March 1, 1991). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Media Images and the Fitness Industry. (March 9, 1991). Student Wellness Fair. Central High School, Victoria, B.C.

Exercise Safety. (March 8, 1991). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Finding Profit Through Personal Meaning. (March 9, 1991). Women's Services Association (WSA), Victoria, B.C.

Fitness and Nutrition. (March 21, 1991). Student Career's Day. Parklands High School, Sidney, B.C.

Fitness for Health and Wellness. (September 24, 1991). Noon Hour Wellness Series. Camosun College, Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

1992

Provincial Fitness Leadership System. (January 7, 1992). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Active Living. (January 14, 1992). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Teaching for Different Fitness Levels. (January 21, 1992). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Marketing Your Fitness Program. (January 24, 1992). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Aquatic Fitness. (January 28, 1992). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Employee Health. (February 7, 1992). Health and Safety Committee Meeting. The Corporation of the District of Saanich, Victoria, B.C.

Personal Training. (February 18, 1992). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Wellness and the Caregiver. (September 24, 25, 1992). Resident Care Attendant Program. Camosun College, Victoria, B.C.

Presentation Skills. (September 24, 1992). P.E. 453A, Administration of Leisure Services. University of Victoria, Victoria, B.C.

1993

Active Living - A Federal Approach. (January 6, 1993). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Fitness and the Media. (January 13, 1993). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Fitness and Self-Esteem. (January 27, 1993). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Wellness and the Caregiver. (February 23, 25, 1993). Resident Care Attendant Program, Camosun College, Victoria, B.C.

Peer Teaching. (March 12, 1993). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Personal Motivation. (March 15, 1993). P.E. 142, Human Potential. University of Victoria, Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

1993

Personal Training. (March 16, 1993). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Senior's Fitness. (July 16, 1993). Kensington House. Victoria, B.C.

Body Image and Self-Esteem. (July 29, 1993). ESL Program, University of Victoria, Victoria, B.C.

Wellness and the Caregiver. (September 21, 23, 28, 1993). Resident Care Attendant Program. Camosun College, Victoria, B.C.

Personal Potential. (October 27, 1993). Career's Day. Glenlyon-Norfolk High School. Victoria, B.C.

Senior's Wellness. (November 6, 1993). Monterey Senior's Centre. Victoria, B.C.

1994

Active Living. (January 12, 1994). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Step Fitness. (January 24, 1994). Women's Morning Program. Emanuel Baptist Church. Victoria, B.C.

Fitness and Self-Concept. (February 7, 15, 1994). P.E. 451, Adult Fitness Management and P.E. 142, Human Potential. University of Victoria, Victoria, B.C.

Media - As a Leisure Services Delivery System. (February 21, 1994). P.E. 244 - Canadian Recreation Delivery Systems, University of Victoria, Victoria, B.C.

Wellness and the Caregiver. (February 24, 25, 1994). Resident Care Attendant Program. Camosun College, Victoria, B.C.

The Fitness Business and Marketing Your Service. (March 2, 1994). P.E. 447, Kinesiology Seminar and Practicum. University of Victoria, Victoria, B.C.

Cueing and Instructing. (March 8, 1994). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Aquatic Fitness. (March 2, 1994). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Body Image and Fitness. (October 13, 1994). P.E. 142, Human Potential and P.E. 351, Human Wellness. University of Victoria, Victoria, B.C.

For the WELLth of It. (November 8, 1994). Student Health Day Initiative. Lester B. Pearson College of the Pacific. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

1994

The Fitness Professional. (November 17, 1994). Career Day. Mount Doug High School, Victoria, B.C.

The Fitness Professional. (December 9, 1994). REC 156 - Recreation Leadership Program, Camosun College, Victoria, B.C.

1995

Panel - Recreation Professionals. (January 12, 1995). Career Fair. St. Andrew's High School, Victoria, B.C.

Fitness Demonstration and Talk. (April 28, 1995). Wellness Fair, Oak Bay High School, Victoria, B.C.

Fitness Warm-up. (May 25, 1995). President's Fit Walk. University of Victoria, Victoria, B.C.

Wellness and the Caregiver. (September 21, 22, 1995). Resident Care Attendant Program, Camosun College, Victoria, B.C.

Personal Goal Setting. (November 7, 1995). Running Club meeting. Island Runner, Victoria, B.C.

1996

For the WELLth of It. (February 14, 1996). Wellness Week. Claremont Secondary School, Victoria, B.C.

Wellness and the Caregiver. (February 22, 23, 1996). Resident Care Attendant Program, Camosun College, Victoria, B.C.

Taking Risks and Coping With Change. (April 30, 1996). Weight Management Program, Peninsula Recreation. Sidney, B.C.

Fitness for Seniors. (June 4, 1996). Bay Day Senior's Promotion. The Bay, Victoria, B.C.

Wellness and the Caregiver. (September 19, 20, 1996). Resident Care Attendant's Program. Camosun College, Victoria, B.C.

Wellness Works. (November 5, 1996). Student and Staff Wellness Day. Lester B. Pearson College of the Pacific. Victoria, B.C.

For the WELLth of It. (November 12, 1996). Rod and Reel Club. University of Victoria Speaker's Bureau presentation. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

1996

Lifestyle Choices for Personal Well-being. (November 18, 1996). Community Meeting Saturna Island Community Hall. Saturna Island, B.C.

Fitness - The Profession. (November 21, 1996). Career's Day. Mount Doug High School, Victoria, B.C.

Fitness and Nutrition. (November 28, 1996). CAP Program presentation. Shoreline Community Jr. Secondary School, Victoria, B.C.

1997

Active Living - A National Perspective. (January 8, 1997). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Low/High Impact Aerobics. (January 10, 1997). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

The History of Fitness. (January 15, 1997). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Step Aerobics. (January 17, 1997). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Body Image and the Fitness Industry. (January 23, 28, 1997). P.E. 142, Human Potential and P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Strength Training - Theory into Practice. (February 5, 1997). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Stress Management - Personal and Professional. (February 6, 1997). P.E. 142, Human Potential. University of Victoria, Victoria, B.C.

Personal Training - BCRPA. (February 12, 1997). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Aquatic Fitness. (February 14, 1997). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Employee Fitness - Opportunities and Resources. (February 18, 1997). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Wellness and the Caregiver. (February 19, 20, 1997). Resident Care Attendant Program, Camosun College, Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

1997

Legal Liability in the Fitness Industry. (March 5, 1997). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

For the WELLth of It. (April 17, 1997). Cedar Hill Court Seniors Centre. University of Victoria Speaker's Bureau presentation. Victoria, B.C.

Wellness and the Caregiver. (September 17, 18, 1997). Resident Care Attendant Program. Camosun College, Victoria, B.C.

Fitness - The Benefits. (September 23, 1997). Staff Retreat. Royal Jubilee Hospital, Ministry of Health, Victoria, B.C.

Body Image and Self-Esteem. (October 6, 1997). P.E. 142, Human Potential. University of Victoria, Victoria, B.C.

Spirituality and Wellness. (October 6, 1997). P.E. 351, Human Wellness. University of Victoria, Victoria, B.C.

Take Charge of Your Fitness Program. (October 9, 1997). Home Support Program - ESL Students. Camosun College, Victoria, B.C.

Taking Risks and Coping With Change. (October 27, 1997). The New You - Weight Management Program. Juan de Fuca Parks and Recreation Centre, Colwood, B.C.

Body Image and Self-Esteem. (October 28, 1997). P.E. 10 Class. University of Victoria Speaker's Bureau presentation. Shoreline Community Jr. Secondary School. Victoria, B.C.

Media and Body Image. (November 3, 1997). P.E. 142, Human Potential. University of Victoria, B.C.

Physical Fitness and the Wellness Connection. (November 3, 1997). P.E. 351, Human Wellness. University of Victoria, Victoria, B.C.

Media and Body Image. (November 4, 1997). (2 sessions). ESL Student Program. University of Victoria Speaker's Bureau presentation, Victoria, B.C.

Planning for Your Professional Future. (November 25, 1997). P.E. 447, Kinesiology Seminar and Practicum. University of Victoria, Victoria, B.C.

Your Self-Concept. (December 2, 1997). Laurel Enterprises, Career Re-entry Program. University of Victoria Speaker's Bureau presentation. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

1998

Active Living - A National Perspective. (January 7, 1998). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Motivation and Movement. (January 8, 1998). Parks Maintenance and Public Works staff wellness session. Saanich Parks and Recreation Department. The Corporation of the District of Saanich, Victoria, B.C.

Low/High Aerobic class program planning. (January 9, 1998). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

BCRPA Provincial Fitness Branch System. (January 14, 1998). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Step Your Way to Fitness. (January 16, 1998). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Teacher Wellness. (January 21, 1998). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Motivation and Movement. (January 27, 1998). Horticulture and Arboriculture staff wellness session. Saanich Parks and Recreation Department. The Corporation of the District of Saanich, Victoria, B.C.

The Media Influence - Fitness, Health and Body Image. (January 28 and February 4, 1998). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

For the WELLth of It. (February 3, 1998). Wellness Workshop series. School District # 62. Belmont School, Langford, B.C.

The Spirituality Dimension in a Wellness Model. (February 4, 1998). P.E. 351, Human Wellness. University of Victoria, Victoria, B.C.

Motivation and Movement. (February 4, 1998). Electrical Engineers and Technicians staff wellness session. Saanich Parks and Recreation Department. The Corporation of the District of Saanich, Victoria, B.C.

Body Image and Self-Concept. (February 5, 1998). P.E. 142, Human Potential. University of Victoria, Victoria, B.C.

Aquatic Fitness. (February 6, 1998). P.E. 451, University of Victoria, Victoria, B.C.

For the WELLth of It. (February 9, 1998). Teacher's staff meeting. University of Victoria, Speaker's Bureau Presentation. Strawberry Vale School, Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

1998

Flexibility and Fitness Program Planning. (February 10, 1998). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

Group Dynamics and Fitness Classes. (February 11, 1998). P.E. 451, Adult Fitness Management. University of Victoria, Victoria, B.C.

For the WELLth of It. (February 17, 1998). Menopause Education Group. University of Victoria, Speaker's Bureau Presentation. Victoria, B.C.

For the WELLth of It. (February 18, 19, 1998). Resident Care Attendant Program, Camosun College, Victoria, B.C.

All Stressed UP and No Place To Go. (February 25, 1998). Club night member presentation. Lady Fitness Dynamics. Victoria, B.C.

Taking Risks and Coping With Change. (March 2, 1998). Weight Management and Lifestyle Program. Juan de Fuca Parks and Recreation Centre, Colwood, B.C.

Family Fitness and Health. (March 4, 1998). Hampton Parent's Place. Hampton Elementary School. Victoria, B.C.

For the WELLth of It. (March 18, 1998). Noon Hour Wellness series. Ministry of Health, Victoria, B.C.

Adult Education and Presentation Skills for the Health and Fitness Practitioner. (March 18, 1998). Athletics and Recreation, University of Victoria, Victoria, B.C.

For the WELLth of It. (April 15, 1998). First Metropolitan Church. University of Victoria Speaker's Bureau Presentation. Victoria, B.C.

Lifestyle choices for you and your children. (April 20, 1998) Best Babies Program. University of Victoria's Speakers' Bureau Presentation. Esquimalt Neighbourhood House, Victoria, B.C.

The Importance of an Employee's Wellbeing. (May 28, 1998). The Dean's Group. Camosun College. Victoria, B.C.

Employee Fitness and Lifestyle Programs. (June 11, 1998). Saanich Water Employees, staff wellness session. Saanich Parks and Recreation Department. The Corporation of the District of Saanich, Victoria, B.C.

The Benefits of a Healthy Lifestyle. (June 18, 1998). The 3rd Annual Ryan Memorial Tennis Tournament. Gordon Head Centre. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

1998

Breast Cancer, Not Just a Women's Issue. (June 23, 1998). Oak Bay Rotary Club. Oak Bay Beach Hotel. Victoria, B.C.

Living Proof, Loving Proof - The Importance of Volunteering for Breast Cancer Research. (September 10, 1998). St. Margaret's School. Victoria, B.C.

Your School Can Help - The importance of Volunteering for Breast Cancer Research. (September 17, 1998). View Royal Elementary School. Victoria, B.C.

Self-Esteem and Body Image. (October 13, 1998). Saanich Kiwanis Club. For the U.Vic Speakers' Bureau. Victoria, B.C.

Women and Wellness: Designing a Personal Wellness Model. (October 14, 1998). Cedar Hill Recreation Department. Lansdowne Junior High School. Victoria, B.C.

Women and Wellness: Risk Taking and Personal Well-Being. (October 21, 1998). Cedar Hill Recreation Department. Lansdowne Junior High School. Victoria, B.C.

Women and Wellness: The Spirit of Women. (October 28, 1998). Cedar Hill Recreation Department. Lansdowne Junior High School. Victoria, B.C.

Prenatal Fitness Programs. (October 29, 1998). Lady Fitness. Victoria, B.C.

For the WELLth of It. (November 3, 1998). Advanced Education, Ministry of Education. St. Anne's Academy. Victoria, B.C.

Lifestyle Choices for Parents. (November 10, 1998). Sidney Pre-School Parent's Group. University of Victoria's Speakers' Bureau Presentation. Sidney, B.C.

Are You Working Well: A Session on Organizational Wellness. (November 17, 1998). British Columbia Activity Coordinators Association. A University of Victoria Speakers' Bureau presentation. Beacon Villa. Victoria, B.C.

Self-Esteem and Body Image. (December 7, 1998). James Bay Parent Advisory Committee. A University of Victoria Speakers' Bureau Presentation. James Bay Community School. Victoria, B.C.

1999

For the WELLth of It. (January 13, 1999). Ministry of Forests, Human Resources Branch. Employee Wellness Session. Victoria, B.C.

Self-Esteem and Body Image. (January 14, 1999). Claremont Secondary School. A University of Victoria Speakers' Bureau Presentation. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

1999

For the WELLth of It. (February 3, 1999). Sidney Kiwanis. A University of Victoria Speakers' Bureau Presentation. Sidney, B.C.

Women and Wellness: Lifestyle Choices. (February 17, 1999). Cedar Hill Recreation Department. Cedar Hill Junior Secondary. Victoria, B.C.

Employee Health and Wellness. (February 18, 1999). Corporation of the District of Saanich. Employee Wellness Committee. Victoria, B.C.

Women, Wellness and Who's Taking Care of the Caregiver. (February 18, 1999). Victoria Medical Associates. Victoria Golf Club. Victoria, B.C.

Women and Wellness: Changing Direction, Changing Values. (February 24, 1999). Cedar Hill Recreation Department. Cedar Hill Junior Secondary. Victoria, B.C.

Women and Wellness: The Spirit of Women's Wellness. (March 3, 1999). Cedar Hill Recreation Department. Cedar Hill Junior Secondary. Victoria, B.C.

Changing Direction, Changing Values - Applying Change Theory to Weight Management. (March 18, 1999). Juan de Fuca Parks and Recreation. Colwood, B.C.

The Impact of the Media on Self-Esteem. (April 15, 1999). Marigold Elementary School, Parent Advisory Committee and teaching staff. A University of Victoria Speakers' Bureau Presentation. Victoria, B.C.

For the WELLth of It. (April 27, 1999). The Ethel Wilson Ladies Group. Cordova Bay United Church. A University of Victoria Speakers' Bureau Presentation. Victoria, B.C.

How Do We Get To There From Here? (June 25, 1999). Glanford Elementary Graduation Luncheon. Message to the Grads. Victoria, B.C.

Breast Cancer; It's Not Just a Women's Issue. (July 29, 1999). Colwood Rotary Club. Royal Colwood Golf Club. Colwood, B.C.

Finding Funds for Breast Cancer Research. (September 1, 1999). Victoria Harbourside Rotary Club. Union Club. Victoria, B.C.

Team Building Through Volunteering. (September 7, 1999). Military Diving Unit. Colwood, B.C.

Finding Funds for Breast Cancer Research. (September 8, 1999). Sooke Rotary Club. Village Food Market Meeting Room. Sooke, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

1999

Finding Funds for Breast Cancer Research. (September 10, 1999). CIBC Downtown Branch. Victoria, B.C.

How Rotary Can Leave A Legacy for Breast Cancer Research. (September 14, 1999). Royal Oak Rotary Club. McMorran's Restaurant. Cordova Bay, B.C.

Breast Cancer: Not Just a Women's Issue. (September 21, 1999). Oak Bay Rotary Club. Oak Bay Beach Hotel. Victoria, B.C.

Finding Funds for Breast Cancer Research. (September 22, 1999). CIBC - Mayfair Branch. Victoria, B.C.

Taking Risks and Coping With Change. (October 4, 1999). Oak Bay United Church. A University of Victoria Speakers Bureau Presentation. Victoria, B.C.

Lifelong Learning and Personal Goal Setting. (October 12, 1999). Saanich Adult Education Centre - First Nations. A University of Victoria Speakers' Bureau Presentation. Brentwood, B.C.

For the WELLth of It. (October 13, 1999). Saanich Newcomer's Association. McMorran's Restaurant. Cordova Bay, B.C.

Are You Working Well? - A Session on Organizational Wellness. (October 14, 1999). Canadian Back Institute. Employee development session. Victoria, B.C.

Self-Esteem and Body Image. (November 23, 1999). Marigold Elementary School. Grade 7 Physical Education class presentation. Victoria, B.C.

Student Wellness - It's Your Choice. (November 25, 1999). St. Margaret's School. CAPP Presentation - Grades 7 - 12. Victoria, B.C.

2000

Women and Wellness. (January 15, 2000). Girl Guides of Canada. Administrator's Retreat. Kingswood Camp. Victoria, B.C.

Taking Risks and Coping With Change. (January 17, 2000). Parkwood Manor Retirement Centre. Victoria, B.C.

Taking Risks and Coping With Change. (February 15, 2000). Victoria General Hospital, Food Services Group. Victoria, B.C.

Student Health and Wellness. (April 12, 2000). Cedar Hill Jr. Secondary. Health Day. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

2000

Body Image and Self-Esteem. (April 18, 2000). Reynolds Secondary. Physical Education class session. Victoria, B.C.

Fitness, Health and Retirement. (May 13, 2000). Gordon Head Centre. University of Victoria. Retirees luncheon.

Breast Cancer and Exercise. (September 16, 2000). Victoria Dental Hygiene Association. Camosun College.

For the WELLth of It. (October 26, 2000). Ministry for Children & Families Community Living Services. Queen Alexander Centre for Children's Health. Victoria, B.C.

Self-Esteem and Body Image: A Session Covering the Impact of the Media, Print and Television. (November 1, 2000). English Language Centre. University of Victoria. Victoria, B.C.

2001

Taking Risks and Coping with Change. (January 12, 2001) Saanich Adult Education Centre. Victoria, B.C.

For the WELLth of It. (January 24, 2001) Ministry of Education. St. Anne's Academy. Victoria, B.C.

Self-Esteem and Body Image. (January 25, 2001) Tops. St. Victoria, B.C.

Taking Risks and Coping With Change. (April 23, 2001) Garth Homer Centre. Victoria, B.C.

Teacher Wellness. (April 30, 2001). Fairburn Elementary Professional Development Day. Ocean Point. Victoria, B.C.

Women and Wellness. (May 1, 2001). Mom's Morning Group. Cordova Bay United Church Women's Group. Saanich, B.C.

Self-Esteem and Body Image. (May 4, 2001). Colquitz School. Victoria, B.C.

Breast Cancer and Wellness – the Link. (May 9, 2001). Canadian Breast Cancer Foundation. Holiday Inn. Victoria, B.C.

Taking Risks and Coping With Change. (September 19, 2001). International Association of Administrative Professionals. Victoria, B.C.

Stress Management for Students. (September 28, 2001). Parkland Secondary School, CAPP Program. Sidney, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

2001

Teacher Wellness. (October 5, 2001). Dean's Luncheon Series, U.Vic Downtown. Victoria, B.C.

Active Health. (October 16, 2001). B.C. Healthy Schools. Student Training Session. S.J. Willis School, Victoria, B.C.

For the WELLth of It. (November 20, 2001). Victoria Evening Newcomers Club. Victoria, B.C.

2002

Women and Wellness. (January 10, 2002). Victoria Women's Transition House. Victoria, B.C.

The Media and Body Image. (January 22, 2002). English Language Student Program, University of Victoria.

Reframing Your Organization: Are You Working Well? (February 27, 2002). Information Systems Audit and Control Association. Victoria, B.C.

The Power of the Media - Body Image and Teens.. (March 29, 2002). Central Junior High School. Victoria, B.C.

For the WELLth of It (April 6, 2002). Southern Vancouver Island Women's Institute. Victoria, B.C.

Self-Esteem and Body Image – The Power of the Media (April 18, 2002). Greater Victoria Sr. Kiwanis Club. Victoria, B.C.

Wellness and Aging. (April 18, 2002). Berwick House. Victoria, B.C.

Self-Esteem and Body Image – The Power of the Media. (April 25, 2002). ESL – U.Vic. Downtown Campus, University of Victoria. Victoria, B.C.

Postnatal Fitness. (October 22, 2002). Western Saanich Community Services. Parkes Community Centre, Victoria, B.C.

Careers in Wellness. (November 5, 2002). ASPIRE CLUB - Oak Bay High School. Victoria, B.C.

Stress Management and Diabetes. (October 19, 2002). Diabetes Community Research Project. Panorama Recreation Centre, Sidney, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

2003

The Power of the Media - Body Image and Teens. (January 16, 2003). Alternative Education Options Program. Vic High. Victoria, B.C.

Women and WELLth. (February 5, 2003). U.Vic Women's Club. Victoria, B.C.

From Active Living Advocate to Academic: My Journey. (February 28, 2003). Publishing Seminar, Faculty of Education, University of Victoria, Victoria, B.C.

Body Image and the Media. (March 7, 2003). University of Victoria English Language Centre. Victoria, B.C.

Leadership and Our Community. (March 13, 2003). Leadership Victoria Fund-Raising Breakfast Meeting. Ocean Pointe Hotel, Victoria, B.C.

Mental Health and Taking Risks. (March 19, 2003). Capital Mental Health Association - Pathways Group. Central Saanich, B.C.

A Dialogue on Youth Physical Activity and Health. (March 26, 2003). A Community Forum - Saanich South. Saanich Commonwealth Place. Victoria, B.C.

Body Image, Young Women and Social Responsibility. (April 14, 2003). Victoria Council of Women. Victoria, B.C.

Pre-Post Natal Fitness. (May 6, 2003). Vancouver Island Health Authority. Saanich Commonwealth Place, Victoria, B.C.

Teacher Wellness - Preparing for Self-Care. (October 7, 2003). Secondary School Plenary Session. University of Victoria, Victoria, B.C.

Pedometers: An Interactive Intervention. (Oct. 14, 2003). Royal Oak Middle School. Victoria, B.C.

Body Image and Self-Esteem. (November 4, 2003). Victoria High School. Victoria, B.C.

Pre-Post Natal Fitness. (November 25, 2003) Vancouver Island Health Authority. Saanich Neighbourhood Place, Victoria, B.C.

2004

Taking Risks and Coping With Change. (January 20, 2004). Burnside Gorge Community Association. Victoria, B.C.

Wellness and the Health Professional. (January 23, 2004). HSD Nursing students. University of Victoria.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

2004

For the WELLth of It. (January 29, 2004). TOPS. James Bay Community Centre. Victoria, B.C.

Taking Risks and Coping With Change. (February 17, 2004). Oak Bay United Church. Victoria, B.C.

Teacher Wellness: An Interpretive Inquiry. (February 25, 2004). Brown Bag Social Justice Meeting. Faculty of Education, University of Victoria.

Teacher Wellness: An Interpretive Inquiry. (February 26, 2004). AGES (Association for Graduate Education) Faculty of Education. University of Victoria.

Pedometers: Interactive Interventions. (March 12, 2004). Parkland Secondary School. Sidney, B.C.

For the WELLth of It. (March 24, 2004). Times Colonist Wellness Series. Victoria, B.C.

Pedometer 101 - The Benefits of Walking. (April 16, 2004). International Walking Festival. Victoria, B.C.

For the WELLth of It. (April 20, 2004). B.C. Pension Corporation. Victoria, B.C.

Pedometer 101 - Employee Pedometer Programs. (May 4, 2004). The Corporation of the District of Saanich. Saanich, B.C.

Working Well - Employee Health and Wellness. (May 13, 2004). Community Economic Development Corporation (CEDCO). Victoria, B.C.

Postnatal Fitness and Wellness. (May 18, 2004). Vancouver Island Health Authority. Saanich Neighbourhood Place.

Taking Risks and Coping With Change. (May 20, 2004). Child and Family Counselling Association (CAFCA). Victoria, B.C.

Body Image and Self-Esteem. (June 2, 2004). Career and Personal Planning Course. Belmont High School. Langford, B.C.

Body Image and Self-Esteem. (June 11, 2004). Career and Personal Planning Course. Belmont High School. Langford, B.C.

Fitness Exercises for Seniors. (June 15, 2004). Beckley Farm Lodge. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

2004

Childhood Health Issues. (June 22, 2004). British Columbia Government. Standing Select Health Committee. Parliament Buildings, Victoria, B.C.

Campus Health and Wellness. (September 15, 2004). Resident Life Wellness Centre Grand Opening. UVic.

Taking Risks and Coping With Change. (September 15, 2004). International Association of Administrative Professionals (IAAP). Victoria, B.C.

Campus Health and Wellness. (September 17, 2004). UVic. Student Recruitment Officers. UVic. Victoria, B.C.

Working Well. (September 22, 2004). Certified Management Accountants, Victoria Chapter. Ocean Pointe, Victoria, B.C.

Teacher Wellness. (September 24, 2004). Island Catholic Schools Professional Development Day. St. Joseph's School. Victoria, B.C.

Pedometer 101. (September 29, 2004). Camosun College Employee Wellness Workshop. Victoria, B.C.

Step It Up: Research Project (October 7, 2004). Royal Victoria Marathon 25th Celebration. Victoria, B.C.

Women and Wellness. (October 19, 2004). Vancouver Island Health Authority. Saanich Neighbourhood Place. Saanich, B.C.

Community Walking Project - Cadboro Bay Step to the Village. (October 23, 2004). UBC Landscape Architect Graduate Program Seminar. Victoria, B.C.

Pedometer 101. (November 6, 2004). Canadian Diabetes Association Annual Public Education Day. Victoria, B.C.

Teacher Wellness. (November 9, 2004). Plenary session for Secondary Education Students. Faculty of Education, University of Victoria.

Honouring the Physical Child. (November 9, 2004). Child Honouring Symposium. University of Victoria, Victoria, B.C.

Step It Up: Middle School Pedometer Research. (November 15, 2004). Raymond James Financial Group. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

2004

Survive the Holiday Season, Make Your Workplace a Healthy Place. (December 1, 2004). Greater Victoria Chamber of Commerce. Speaking of Business Series. Victoria Marriot Hotel, Victoria, B.C.

2005

Step It Up – Physical Activity for Children. (January 10, 2005). Divisions 6-1, 6-2, 6-3, Lansdowne Middle School. Victoria, B.C.

Step It Up: Introducing Pedometers to Middle School Aged Children. (January 11, 2005). Salt Spring Island School District meeting. District Office, Salt Spring Island

Addressing Children's Health Issues in a School Setting: Introducing Pedometers to Middle School Aged Children. (January 21, 2005). Centre for Youth and Society. University of Victoria, Victoria, B.C.

Children's Health Issues in a School Setting: Introducing Pedometers to Middle School Aged Children. (January 28, 2005). Middle School Teachers, Royal Oak Middle School, Victoria, B.C.

Step It Up: Introducing Pedometers to Middle School Aged Children. (March 17, 2005). Lochside Elementary School Parent Advisory Council Meeting. Victoria, B.C.

Healthy Choices: Get Physical and Eat Well. (February 11, 2005). Royal Oak Middle School Health Day. Victoria, B.C.

Wise Women Speak: Changes Along the Way.(February 16, 2005). 2 sessions. University of Victoria Women's Conference. University of Victoria. Victoria, B.C.

Body Image and Healthy Living. (March 1, 2005). Eating Disorders Awareness Week. University of Victoria. Victoria, B.C.

Step It Up: Exploring the Use of Pedometers in Middle Schools Across the Curriculum. (March 5, 2005). Faculty of Education - Education Expo. Poster Presentation.

The Business of Sport – The Health and Recreation Connection. (March 8, 2005). Panel Moderator. Victoria Conference Centre. Victoria, B.C.

Stepping It Up for Diabetes. (March 15, 2005). Canadian Diabetes Annual Regional Conference. University of Victoria. Victoria, B.C.

Pedometers: A School Based Initiative. (March 18, 2005). Parent's Advisory Council. Lochside Elementary. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

2005

Healthy Schools. (March 7, 2005). St. Michael's University School. Victoria, B.C.

Nutrition + Physical Activity = Healthy Bodies. (April 18, 2005). Royal Oak Middle School Assembly. Victoria, B.C.

Active Living and Aging. (April 27, 2005). University of Victoria Men's Club. University of Victoria. Victoria, B.C.

Postnatal Fitness and Wellness. (June 28, 2005). Vancouver Island Health Authority. Saanich Neighbourhood Place. Victoria, B.C.

Health and Wellness for Women. (November 20, 2005). Vancouver Island Health Authority. Saanich Neighbourhood Place. Victoria, B.C.

Reflective Practice in Kinesiology. (September 20, 2005). PE 447 – Kinesiology Seminar and Practicum. University of Victoria, School of Physical Education. Victoria, B.C.

Planning for Student Well-being. (September 21, 2005). Student Transition Centre. Student Affairs and Student Services. University of Victoria. Victoria, B.C.

Risk Taking and Embracing Change – Student Life Issues. (October 26, 2005). Student Transition Centre. Student Affairs and Student Services. University of Victoria. Victoria, B.C.

Celebrating Faculty of Education Health Research. (November 3, 2005). Faculty Recognition Night. University of Victoria. Victoria, B.C.

2006

An Invitation to Health, First Canadian Edition. The Writing Journey. (January 7, 2006). Thomson Nelson Publishing, Annual Marketing Meeting. San Diego, California.

Reaching Your Human Potential. (April 25, 2006) Co-presenter with Ryan Heuman. SMUS Jr. School. Victoria, B.C.

For the WELLth of It. (September 26, 2006) Island Medical Program, University of Victoria. Victoria, B.C.

Pedometer Walking: The Counter Culture. (October 7, 2006). Royal Victoria Marathon Society Public Presentations. Co-presenter with Dr. Martin Collis. Victoria Conference Centre, Victoria, B.C.

The Spirit of Health and Wellness. (October 25, 2006). Ministry of Small Business. B.C. Provincial Government. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

2006

Volunteers Need Caregiving Too. (December 14, 2006). Volunteer Victoria. Swan Lake Nature Centre, Victoria, B.C.

2007

For the WELLth of It. (January 9, 2007). Ministry of Agriculture. B.C. Provincial Government. Victoria, B.C.

Reframing Your Organization: Are You Working Well. (January 19, 2007). Island Medical Program. University of Victoria.

Reframing Your Organization: Are You Working Well. (January 19, 2007). Island Medical Program. University of Victoria.

Self-esteem and Body Image. (January 23, 2007). School District 63. Alternative Education. Sidney, B.C.

Self-esteem and Body Image. (January 24, 2007). School District 61. Alternative Education. Saanich, B.C.

Step it Up for Kids. (February 20, 2007). St. Michaels University School, Middle School. Victoria, B.C.

Environmental Wellness – Student Initiatives. (February 20, 2007). St. Michaels University School, Middle School. Victoria, B.C.

Step it Up for Kids. (February 22, 2007). St. Michaels University School, Middle School. Victoria, B.C.

Health, Wellness and Cancer Prevention. (May 3, 2007). Canadian Cancer Society. Victoria, B.C.

Community Connection = Community Wellness. (May 3, 2007). Saanich Police Department, Block Watch Recognition Night. Spectrum School, Victoria, B.C.

Taking Care of the Caregivers. (May 12, 2007). Family Caregivers Network. Victoria, B.C.

Step It Up. Pedometers for Kids. (May 14, 2007). Cloverdale Elementary School. Victoria, B.C.

Walking, Steps and Healthy Living. (June 13, 2007). Cloverdale Elementary School. Victoria, B.C.

Wellness in the Workplace. (September 14, 2007). Workplace Skills Conference. School of Business. University of Victoria. Victoria Conference Centre, Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

2007

Academic Life in the Health and Wellness Field. (October 16, 2007). Faculty of Education Career Forum. University of Victoria, Victoria, B.C.

Work Place Wellness. (October 17, 2007). The Corporation of the District of Saanich, Wellness Week. Saanich Municipal Hall. Victoria, B.C.

Women, Health and Wellness. (November 3, 2007). YM-YWCA Young Women's Leadership Conference. University of Victoria, Victoria, B.C.

Sports and Self-care. (November 4, 2007). Rising Stars Field Hockey program. University of Victoria, Victoria, B.C.

For the WELLth of IT. (November 20, 2007). Health and Fitness Series, School of Exercise Science, Physical and Health Education. University of Victoria, Victoria, B.C.

2008

Workplace Wellness and Employer Employee Investment (April 9, 2008). Ministry of Forests. Marriot Hotel, Victoria, B.C.

Team Building – Working Well. (June 16, 2008). Queen Alexandra Centre for Children. Victoria, B.C.

Building Blocks for a Workplace Wellness Program. (July 29, 2008). Ministry of Children and Families. Victoria, B.C.

Introducing and Implementing a Workplace Wellness Program. (November 5, 2008). Ministry of Children and Families. Victoria, B.C.

Taking Risks and Coping with Change. (November 13, 2008). EDS Solutions, Vancouver Island Technology Park. Victoria, B.C.

Just for the WELLth of It. (November 20, 2008). 2007-2008 Health & Fitness Lecture Series. EPHE, University of Victoria. Victoria, B.C.

2009

Health, Wellness and Student Potential. (May 6, 2009). Heart Health Day. Recreation: Oak Bay and Oak Bay Senior Secondary. Victoria, B.C.

Workplace Wellness. (May 12, 2009). EDS Advanced Solutions. Technology Park, Victoria, B.C.

Taking Risks, Coping With Change and Staying Well in the Workplace. (May 21, 2009). United Way of Victoria. United Way Office, Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

2009

Student Wellness on Campus and In Life. (May 23, 2009). UVic Experience Conference. MacLaurin Building, University of Victoria.

School Wellness for Students and Staff. (May 26, 2009). Lambrick Park High School. Victoria, B.C.

Health and Wellness for young Athletes (September 20, 2009). Rising Stars – BC Girls Field Hockey, Victoria, B.C.

Women in Change. (September 21, 2009). Conversations with Women's Group. Victoria, B.C.

Women, Wellness and Wisdom. (October 6, 2009). Church of the Advent. Women's Group. Colwood, B.C.

For the WELLth of It. (October 20, 2009). PEO Sisterhood, Victoria Chapter. Victoria, B.C.

Women's Wellness. (October 27, 2009). Bear Mountain Westin Hotel. Victoria, B.C.

EPHE 560 Graduate Student Seminar Presentation. (November 5, 2009). University of Victoria.

For the WELLth of It. (November 17, 2009). Pacific Forestry Centre, Natural Resources Canada. Women's Network Group. Victoria, B.C.

Women, Health and WELLth. (December 10, 2009). Women's Lecture Series. Victoria, B.C.

2010

Life as an Assistant Professor. (February 2, 2010). University of Victoria Alumni Breakfast. University Club. Victoria, B.C.

Environmental Wellness. (February 12, 2010). Sierra Club BC. Fundraising Dinner. Victoria, B.C.

Personal Health, Wellness and Potential. (May 28, 2010). UVic Experience – Orientation. University of Victoria. Victoria, B.C.

UVic Speaker's Bureau – Experiences in the Community (October 20, 2010). . UVic Speaker's Bureau 30th Anniversary Kick Off and Celebration. University Club. University of Victoria. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

2010

Fit and Well. (November 29, 2010). Front Runner's Medical Professionals Night. Victoria, B.C.

2011

How to Live Well – Graduate Student Challenges. (January 13, 2011). 2011 Spring TA Conference. University of Victoria.

Changing Lifestyles – Self-Care for Self-Management. (January 17, 2011). Boys and Girls Club of Greater Victoria. Victoria, B.C.

Rotary Club – Oak Bay. (January 25, 2011). Community Service and Human Potential. University of Victoria, University Club. Victoria, B.C.

Teacher Wellness: An Interpretive Inquiry. (January 25, 2011). EPHE Research Seminar Series. McKinnon Building. University of Victoria.

Professional and Community Wellness. (January 26, 2011). Faculty of Education Equity, Diversity and Belonging Committee Brown Bag Speaker Series. University of Victoria.

Organizational Wellness: Employee Fitness and Health (February 1, 2011). Royal Jubilee Hospital, VIHA. Workplace Health and Fitness Committee meeting. Victoria, B.C.

Work Well – A Four Frame Approach. (March 08, 2011). Ministry of Attorney General. Harbour Towers Hotel. Victoria, B.C.

Women – Fitness, Health, and Personal Potential. (March 30, 2011). Sole Sisters Running Event. St. Andrews School. Victoria, B.C.

Teacher Wellness – An Interpretive Inquiry. (May 20, 2011). Professional Development Day. St. Joseph's School. Victoria, B.C.

For the WELLth of It – Student Wellness. (October 20, 2011). Faculty of Law Professional Development Student Seminar. University of Victoria. Victoria, B.C.

2012

Workplace Health, Workplace Wellness. (January 25, 2012). HP Advanced Solutions. Vancouver Island Technology Park. Victoria, B.C.

Health and Wellness at Any Age. (January 26, 2012). James Bay Community Project. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

2012

Student Health and Wellness – A Campus Initiative. (February 2, 2012). St. Michaels University School. Victoria, B.C.

Taking Risks and Coping with Change. (February 8, 2012). Ministry of Advanced Education. St. Anne's Academy. Victoria, B.C.

Benefits of Daily Physical Activity for Health and Wellness. (March 27, 2012). B.C. Government Retirees Association. Sidney, B.C.

Wellness Planning for the Administrator. (April 12, 2012). Centre for Engineering Administrators Group. University of Victoria. Victoria, B.C.

Spirituality on Campus. (April 16, 2012). Cadboro Commons. University of Victoria. Victoria, B.C.

For the WELLth of It. (Oct. 03, 2012). CFB Esquimalt. Victoria, B.C.

Taking Risks and Embracing Change. (October 16, 2012). Women in Leadership Group. Federal Pacific Forestry Centre. Victoria, B.C.

Taking Risks and Embracing Change (December 10, 2012). UVic Alumni Event. Coast Bastion Hotel. Nanaimo, B.C.

Work life Balance. (December 11, 2012). English Language Centre. Instructor session. University of Victoria. Victoria, B.C.

2013

Student Health and Wellness – University of Victoria Campus. (January 22, 2013). UVic Student and Campus Health Advisory Committee Meeting. University of Victoria.

Scholarship and Textbooks – Introducing An Invitation to Health 3ce. (January 25, 2013). Faculty of Education Faculty meeting. Faculty Research Community Postcard.

For the WELLth of It-Supporting Mental Health. (February 20, 2013). Vancouver Island Health Authority. Capital Mental Health Unit. Victoria, B.C.

Welcome to EPHE 142 – Personal Health, Wellness and Potential. (March 19, 2013). Student Services, Campus Tours. Cinecenta, University of Victoria.

Taking Risks and Embracing Change. (March 4, 2013). B.C. Public Service, Corporate Communications. B.C. Provincial Government. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

2013

EPHE 142 – Personal Health, Wellness and Potential – What Difference Does a Course Make in Undergraduate Student and Their Lifestyle Choices. (April 22, 2013). Academic Advising Faculties of Humanities, Science, and Social Sciences Staff Retreat. University of Victoria.

Celebration of CARSA. (May 28, 2013). Panel of Speakers. CARSA Ground Breaking Event. University of Victoria.

Taking Risks and Embracing Change (September 25, 2013). Cowichan Women Against Violence Association. Clemente Centre, Duncan, B.C.

Personal and Professional Health, Wellness and Potential. (September 26, 2013). UVic Young Women in Business Club. The Hudson. Victoria, B.C.

Reframing Your Organization: Working Well. (September 9, 2013). Department of National Defence. CFB Naden, Victoria, B.C.

Reframing Your Organization: Working Well for a Not-For-Profit Agency. (October 22, 2013). Big Brothers and Sisters. Victoria, B.C.

2014

For the WELLth of It. (February 27, 2014). TOPS. Church of Christ, Victoria, B.C.

Health, Wellness and Potential. (March 04, 2014). IDEAFEST. Pechakucha. University of Victoria.

For the WELLth of It. (May 08, 2014). Legislative Assembly. Government of British Columbia. Victoria, B.C.

EPHE 142 – Personal Health, Wellness and Potential. Student Transformation on a University Campus. (July 28, 2014). University of Winnipeg. Gupta Faculty of Kinesiology and Applied Health. For the Dean, Faculty members, staff and students.

Instructional Strategies: Addressing Diversity – ED-D 537D.(July 22, 2014). Faculty of Education, Leadership and Educational Psychology, University of Victoria.

Taking Risks and Embracing Change – at Any Age! (October 24, 2014). Central Saanich Senior Citizens' Association. Brentwood, B.C.

EPHE 142 – Health Wellness and Potential. (November 19, 2014). Faculty of Education Faculty Meeting. University of Victoria.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- b. Conference papers, guest lectures, invited talks and other presentations for which documentation can be supplied. (List date, title and occasion).

Invited Talks

2014

Health, Wellness and Academic Potential. (December 10, 2014). Thesis Boot Camp. Faculty of Graduate Studies, Counselling, and Student Services. University of Victoria, Victoria, B.C.

2015

Wise Women Speak: Changes Along the Path. (January 10, 2015). 1 Up Single Parent Resource Centre. Quadra Village Community Centre. Victoria, B.C.

For the WELLth of It. (January 21, 2015). School of Music. Faculty of Fine Arts. University of Victoria.

Taking Risks and Embracing Change. (January 27, 2015). Lightning Talks. Nanaimo Chamber of Commerce. Square One. Nanaimo, B.C.

Health and Wellness as we Age. (March 10, 2015). First Met Men's Group. Howard Johnson Hotel. Victoria, B.C.

Student Success in EPHE. (August 10, 2015). Mini University Student Orientation. CARSA. University of Victoria.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Web-site - On-Line Consulting

Fitness Expert - Fitness On-Line Forum Special Guest. (June 19, 2002). Chatelaine Magazine. Canada.

Fitness Expert - Fitness On-Line Forum Special Guest. (October 21-25, 2002). Chatelaine Magazine. Canada.

Fitness Expert - Fitness On-Line Forum Special Guest. (May 21, 2003). Chatelaine Magazine. Canada.

Consulting

Recreation Oak Bay: A Plan for Renewal. (August 2002 – December 2002). Oak Bay Parks and Recreation Commission. Victoria, B.C.

Health and Wellness for Aboriginal Students. Consultation with Onowa McIvor, Director of Aboriginal Education. (February 23, 2009).

Alberta Recreation and Parks Association (2009). Web Interface Pilot Beta Testing and Survey of the 2009 Benefits Catalogue, ReThink Group.(July to August 2009).

School, staff and faculty wellness – strategic planning process. Consultation with Director of Counseling. Wellness Committee – team member. St. Michael's University School. (January 2011 – August 2013).

Workplace Health and Wellness. Consultation with Paul MacNarama and Employee Fitness and Health Committee – strategic planning process for new fitness and health centre. Royal Jubilee Hospital. Victoria, B.C. (February 1, 2011).

Mental Health Roundtable. (January 18, 2013). Panel member. Health Services and Counselling Services. University of Victoria.

ADMN 200 Units: 1.5 - International Community Development, Activism and Democracy. University of Victoria, School of Public Administration. (February 26, 2013). Consultation with Dr. Budd Hall (Instructor) and Ms. Heather Kirkham (Program Manager, Undergraduate and Diploma Programs) for curriculum and pedagogical design for 2nd year undergraduate course.

Community Association of Oak Bay (CAOB). (April 6, 2013). Facilitator for Healthy Communities Public Forum. Windsor Park, Victoria, B.C.

University of Victoria Health Services Vision Planning. (December 3, 2013). Invited participant for planning session. University of Victoria, Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Consulting

Gupta Faculty of Kinesiology and Applied Health. University of Winnipeg. (July 26 – July 28, 2014). Consultant for Course Development – 1st year health and wellness course for Recreation and Kinesiology Degree.

Queen Margaret's High School. Duncan, B.C. (July 02, 2015). Consultation for Workplace Wellness initiative. Planning session for Faculty, Staff and Grounds Crew.

Training and Development

Employee Fitness. (May 11, 12, 1988). IBM Executive Western Canada Training Conference. Dunsmuir Lodge, Sidney, B.C.

Stress, Stress and More Stress. (October 6, 1989). Employee Training session, Ministry of Health. Dunsmuir Lodge, Victoria, B.C.

Stress and Fitness - The Link. (November 9, 23, 1989). Employee Training session, Ministry of Health. Victoria, B.C.

Personal Fitness and Well-being. (February 9, 22, 1990). Employee Training session, Ministry of Health. Dunsmuir Lodge, Sidney, B.C.

Stress and Fitness - The Link. (April 20, and May 10, 1990). Employee Training session, Ministry of Health. Dunsmuir Lodge, Sidney, B.C.

Wellness Works. (November 9, 1990). Employee Training Session. Softwords Computers Inc., Victoria, B.C.

Physiology of Fitness. (May 6, 1992). BCRPA Fitness Instructor's Course. Peninsula Recreation. Sidney, B.C.

Exercise to Music Module. (January 23, 24, 1993). BCRPA Fitness Instructor's Course. Island Power and Fitness, Mill Bay, B.C.

Use of Music in Fitness Classes. (February 11, 1993). BCRPA Fitness Instructor's Training Event. University of Victoria, Victoria, B.C.

Advanced Music Theory for Fitness Leaders. (February 21, 1993). Fitness Instructor In-service Training event. Lady Fitness Dynamics, Victoria, B.C.

Instructor Competency Evaluation Course. (April 4, 1993). BCRPA Fitness Leadership Training event. University of Victoria, Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Training and Development

Strength Training Module. (April 24, 25, 1993). BCRPA Fitness Instructors Course. Island Power and Fitness. Mill Bay, B.C.

Instructor Competency Evaluation Course. (July 22, 1993). BCRPA Fitness Leadership Training event. Riley Park Recreation Centre, Vancouver, B.C.

Instructor Competency Evaluation Course. (October 1, 1993). Fitness North, Regional Fitness Leadership Conference. Prince George, B.C.

Instructor Competency Evaluation Course. (October 24, 1993). Juan de Fuca Recreation Centre, Colwood, B.C.

Wellness - Personal and Professional. (November 25, 1993). Vancouver Island Catholic Teachers Professional Development Day. St. Andrews High School, Victoria, B.C.

Strength Training Module (October 1, 2, 1994). BCRPA Fitness Instructors Course. Island Power and Fitness. Mill Bay, B.C.

Core Theory and Fitness to Music Fitness Leadership Modules (October 24, 26, 31, November 2, 5, 7, 9, 12, 1994). BCRPA Fitness Instructors Course. Cedar Hill Recreation Centre, Saanich Parks and Recreation, Victoria, B.C.

Fitness To Music Fitness Leadership Module. (November 19, 20, 1994). BCRPA Fitness Instructors Course. Island Power and Fitness. Mill Bay, B.C.

Strength Training Module. (November 26, 27, 1994). BCRPA Fitness Instructors Course. Island Power and Fitness, Mill Bay, B.C.

Instructor Competency Evaluations - 14 fitness staff. (November 30, December 1, 1994). Ladysmith Parks and Recreation Centre. Ladysmith, B.C.

Core Theory and Fitness to Music Fitness Leadership Modules. (September 18, 20, 25, 27, October 2, 4, 11, 16, 18, 23, 1995). BCRPA Fitness Instructors Course. Cedar Hill Recreation Centre, Saanich Parks and Recreation, Victoria, B.C.

Weight Training Instructor's Course Module. (November 6, 8, 15, 18, 20, 22, 1995). BCRPA Fitness Instructors Course. Saanich Commonwealth Place. Saanich Parks and Recreation, Victoria, B.C.

All Stressed Up and No Place To Go. (April 22, 1996). Teacher's Professional Development workshop. Cloverdale Elementary School, Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Training and Development

Working Well. (June 18, 1996). Employee summer staff training session. Queen Alexandra Centre for Children, Victoria, B.C.

Teacher Wellness. (February 21, 1997). Teacher's Professional Development Day. Discovery / Elsie Miles Elementary School, Shawnigan Lake, B.C.

For the WELLth of It. (May 16, 1997). CUPE Staff Training and Professional Development Day. Shoreline Community Jr. Secondary School, Victoria, B.C.

Fitness for Health - Putting YOU in Charge. (June 16, 1997). Regional Staff Training and Development Day. Royal Bank / RBC Dominion Securities. Dunsmuir Lodge, Sidney, B.C.

Personal Wellness Planning. (June 25, 1997). Career Preparation Training Seminars. The Jim Reiger Group, Victoria, B.C.

Personal Training Fitness Leadership Module (BCRPA). (October 17, 18, 19, November 14, 15, 16, 1997). BCRPA Fitness Instructors Course. Island Power and Fitness, Mill Bay, B.C.

Fitness for Older Adults - programming for safety and fun. (January 20, 1998). Staff training session. Capital Region Activity Coordinator's Association. Beacon Villa, Victoria, B.C.

Teacher Wellness: the Link to Personal Best Teaching. (April 23, 1999). Teacher's Professional Development Day Workshop. Lakewood Elementary. Victoria, B.C.

Are You Working Well? A Session on Organizational Wellness; For the WELLth of It. (June 10, 1999). CUPE Professional Development Day Training Workshop. Shoreline Secondary School. Victoria, B.C.

Energy & Resistance to Tension. (March 9, 2000). Department of Fisheries and Oceans Management Development II Course. Dunsmuir Lodge, Victoria, B.C. Contract with: Faculty of Business, University of Victoria, Victoria, B.C.

Teacher Wellness and Staff Development. (November 10, 2000). Stelly's Secondary School. Central Saanich, B.C.

Teacher Wellness and Physical Educators. (November 16, 2000). Bayside Middle School. Central Saanich, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Training and Development

Teacher Wellness. (February 22, 2001) School District # 61. Staff Development Planning Network Group. Victoria, B.C.

Taking Risks and Coping with Change. (June 1, 2001). CUPE District 61 Pro-Day Workshop. Shoreline School, Victoria, B.C.

Leadership. (June 27, 2001). Recreation Integration Victoria and Queen Alexandra Centre for Children. Summer staff training session. Victoria, B.C.

Teacher Wellness: A School Initiative. (August 29, 2001). Parkland Secondary School. Pro D-Day. Sidney, B.C.

Reframing Your Organization: Are You Working Well? (August 31, 2001). Camosun College Bookstore Staff Training Event. Victoria, B.C.

Journaling - A Process of Wellness. (September 20, 2002). Leadership Victoria. CFB Esquimalt. Esquimalt, B.C.

Teacher Wellness: An Interpretive Inquiry. (November 17, 2002). British Columbia Teacher's Federation Wellness Training Event. Vancouver, B.C.

Self-Responsibility, Self-Care and Self-Improvement - Personal Wellness Strategies. (October 16, 2002). Victoria Women's Transition House Training Event. Victoria, B.C.

Reframing Your Organization: Are You Working Well? (December 3, 2002). CFB Esquimalt - Base Logistics Training Session. Esquimalt, B.C.

Teacher Wellness: An Interpretive Inquiry. (January 13, 2002). St. George's Independent School. Professional Development Day. Vancouver, B.C.

Teacher Wellness for TOC's. (February 14, 2003). Royal Oak Middle School. Victoria, B.C.

Leadership Development. (June 12, 2003). Queen Alexandra Hospital. Summer Leadership Training session. Victoria, B.C.

Leadership Development. (June 15, 2004). Queen Alexandra Hospital. Summer Leadership Training session. Victoria, B.C.

Personal and Professional Wellness in the Workplace. (October 15, 16, 17, 2004). Certificate in Adult Continuing Education (CACE). University of Victoria.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Training and Development

Working Well - How to Promote Health and Well-Being in the Workplace. (October 26, 2004). B.C. Government Public Service. Victoria, B.C.

Wellness At Work. (June 22, 2005). Queen Alexandra Hospital. Summer Leadership Training. Victoria, B.C.

Student Leadership (February 17, 2007). St. Michaels University School. Victoria, B.C.

Brentwood Elementary Wellness Fair Consultation. (March 30, 2007). Saanichton, B.C.

Work Life Balance. (June 8, 2007). Strategic and Corporate Planning Policy Group. Ministry of Finance. B.C. Government. Bear Mountain Resort, Victoria, B.C.

Teacher Wellness Planning. (June 12, 2007). St. Michaels University School, Middle School. Victoria, B.C.

Work Place Wellness. (October 30, 2007). Provincial Podcast session. Ministry of Employment and Income Assistance. Victoria, B.C.

Wellness Retreat. UVic. Student Services. (May 14, 2008). Presentation and Facilitation of group session. University of Victoria, Commons Building.

Organizational Wellness and Community Leadership. (May 12, 2009). Leadership Ladysmith. Ladysmith, B.C.

Workplace Health and Wellness - a Community Connection. (April 16, 2010). Leadership Nanaimo. Nanaimo, B.C.

Course and Instructional Materials

LAUZON, Lara. (1989). *Fitness Instructors' Course Manual.* For British Columbia Recreation and Parks, Fitness Branch Fitness Leadership Course.

LAUZON, Lara. (2003) *On-Line Learning Centre (OLC) - Web based student educational tool..* For Focus On Health, 1st Canadian Edition textbook. (McGraw-Hill: Toronto)

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Course and Instructional Manuals

CANADIAN CONSORTIUM FOR HEALTH PROMOTION RESEARCH (2003).
Lauzon, L. *Developing Personal Skills Module - Unit Two Personal Life Choices and Skills - Section One: Personal Well-Being, Section Two: Physical Activity; Section Three: Healthy Eating and Weight Management; and Section Four: Smoking, Alcohol, Drug Use and Abuse (pp. 27-71)*. For Department of National Defense Health Promotion Self-Study Course for Health Promotion Managers.

- Contributing author with Wharf-Higgins, J. & Lauzon, L., *Unit Three- Psycho-Social Influences on Personal Health Choices and Skills - Section One: Coping With Stress; and Section Two, Sense of Control*.

Lauzon, L. (2004). Certificate in Adult Continuing Education. Personal and Professional Wellness in the Workplace. EDCA070 2004F1 EW01 Workshop development and all instructional materials.

- *Workshop outline, Workshop Schedule, Personal and Professional Wellness, Worksheets (2) Personal Wellness Model, Social Engineering, Why Workplace Wellness, Reframing Your Organization - Work Well, Planning for Workplace Wellness, Corporate Wellness Programs, Business Templates, Website References.*

Lauzon, L. & Collis, M. *Step It Up. A Teacher's Guide to Creative Approaches to Physical Activity. Cross Curricular Pedometer Lesson Plans for Middle School Students*. (Includes (in draft form August 2015).

Newspaper Columns:

May 1989 - May 1990
Gordon Head/Saanich News
To Your Health:

Healthy Networking
Lowering Cholesterol
Fitness is Healthy for the Entire Family
Trying to Control Risks that Can Lead to Lower Back Pain
Get Into Action for Fitweek
The Wellness Concept: a Quality of Life
Controlling Risk Factors That Can Lead to Heart Disease
Stress - With a Capital S
Walking for Fun and Exercise
It's Time to Be Water Wise
Live Well By Sleeping Well
Keep Injuries At Bay
Think You're fit? Take the Test.
Selecting a Safe Aerobic Class

Newspaper Columns:

May 1989 - May 1990
Gordon Head/Saanich News
To Your Health:

Watch Out For Heat Problems When Working Out
Working Fitness Into Summer Holiday Plans
Why Weight For Fall
Buying Athletic Shoes
What Counts the Most When You're Measuring
Calculating Your Calcium
Fitness Fallacies and Facts
Take The Positive Approach
Shopping Smart, Here's To Start
Fitness and Pregnancy
Setting Your Goals
Water-Wise Fitness
Fitness In The Third Age
Tell Yourself To Butt Out
Fitness Gadgets and Gimmicks
Healthy Networking
Simple Calorie Savers
Taking Your Best Stance For Health
Tis The Season For Caring
Surviving The Holidays
Special Christmas Dinner Choices To Help You
Avoid Extra Holiday Pounds
Wintertime Fun and Fitness
Rowing Your Way To Fitness In Your Home
Putting Energy Into Those Resolutions
A Well Environment Leads to Wellness For All
A Special Focus on the Right Choice
February is Heart Month
Take Atherosclerosis Out of the Picture
Inside Fitness: A New Habit
Ski Fit For Fun
Exercise Bike Workouts
Caffeine and Its Effects
Your Breakfast Is Ready
Making the Best of Eating Out
Snack Health and Wise
Fighting Cancer With Your Diet
Prepare Your Body For Garden Chores
How To Build Flexibility Into Your Daily Routine

March 1993 - April 1994
Oak Bay News
To Your Health:

March is Nutrition Month
Nutrition is Important, So is Exercise
New Canada Food Guide

Newspaper Columns:

March 1993 - April 1994
Oak Bay News
To Your Health:

You Can Get Calcium Without Consuming Too Much Fat
Take Care of Lower Back While Nurturing Your Garden
Physical Fitness Puts Spring Into Life
Too Much Exercise Can Cause Aches and Injuries
Being Positive Works
Be Ready to Participate in Canada's Fitweek
Use a Fitness Assessment to Design Your Activity Plan
Stretch Anywhere, Anytime
Revising Common Exercise Myths
Stressed? Take Time Out
Check Your Blood Pressure
Make Fitness Part of Your Holiday Plans
Step In Fitness With Proper Shoes
Diets and High Cholesterol Maintain Balance
During Christmas Festivities
Elves' Dinner is a Better Choice
Take a New Approach to Fitness in the New Year
Breakfast - It's the Right Thing To Do

Community Publications (Magazines):

Lauzon, L. (1996). *Safety and Hand Weights*. Insight Health Magazine, Vol. 1, No. 2, June/July.

Lauzon, L. (1996). *Stretching for The Game*. Insight Health Magazine, Vol. 1, No. 3, August/September.

Lauzon, L. (1996). *Overall Great Activities*. Insight Health Magazine, Vol. 1, No. 4, October/November.

Lauzon, L. (1997). *Sniffles, Fever and Fitness!* Insight Health Magazine, Vol. 1, No. 5, December/January.

Lauzon, L. (1997). *Stretch and Ski - Ski Fit For Fun*. Insight Health Magazine, Vol. 2, No. 1, February/March.

Lauzon, L. (1997). *Active Living - A Gentle Approach to Fitness*. Insight Health Magazine, Vol. 2, No. 2, April/May.

Lauzon, L. (1997). *Fitting In Fitness*. Insight Health Magazine, Vol. 2, No. 2, April/May.

Lauzon, L. (1997). *The Fit Formula*. Insight Health Magazine, Vol. 2, No. 3, June/July.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Community Publications (Magazines):

Lauzon, L. (1997). *Heat and Hydration*. Insight Health Magazine, Vol. 2, No. 4, August/September.

Lauzon, L. (1997). *Starting a Weight Training Program*. Insight Health Magazine, Vol. 2, No. 5, October/November.

Lauzon, L. (1998). *Moving Fitness Indoors*. Insight Health Magazine, Vol. 2, No. 6, December/January.

Lauzon, L. (1998). *Making Workouts Work for You*. Insight Health Magazine, Vol. 3, No. 1, March/April.

Lauzon, L. (1999). *Nutrition and Fitness: Making Healthy Lifestyle Choices*. Platinum Magazine, Vol. 1, No. 1, March.

Lauzon, L. (2000). "Mommy are you just right here?" *The Unacknowledged Source*, 5 (5), p. 8.

Lauzon, L. (1991). *Fitness and Professionalism*. BCRPA Fitness - Registration Program Update. September.

Lauzon, L. (1991). *You Can Make a Difference!* BCRPA Fitness - Registration Program Update. December.

Lauzon, L. (1992). *Celebration '92 - A Focus on Active Living*. BCRPA Fitness - Registration Program Update. April.

Lauzon, L. (1992). *On Our Way - To There - From Here*. BCRPA Fitness - Registration Program Update. June.

Lauzon, L. (1992). *There's No Place Like Home*. BCRPA Fitness - Registration Program Update. November.

Lauzon, L. (1993). *Fitness for "Everybody"*. BCRPA Fitness-Registration Program Update. March.

Lauzon, L. (1993). *A Look Back at Fitness Past*. BCRPA Fitness - Registration Program Update. September.

Lauzon, L. (2000). *Trends in Fitness: Professionalism*. BCFACA News. March.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Community Publications (Magazines):

Lauzon, L. (2003). *Self-Responsibility, Self-Care and Self-Improvement - Strategies for Coping With Change*. 'Communique' - The Newsletter of the B.C./Yukon Society of Transition Houses. December.

Lauzon, L.. (2004). *Profile*. BCRPA Fitness Registration Program Update. March.

Lauzon, L. (2011, Oct. 6). A Parent's Perspective on Heather Clayton's Brain Series. SMUS Review. St. Michael's University School.

Lauzon, L. (2012, Oct. 12) My 20 Years in UVic's Speaker's Bureau. The Ring. UVic's Community News Source. University of Victoria

Television, Video and Radio Recordings

Content Producer / Host (May 1988 - December 1994). *Body Moves Television Fitness Show*. 455 half hour television segments for International Syndication. Produced at CHEK-6 Television, Artray Productions.

Work responsibilities for planning, producing and hosting 65 half hour television fitness shows per season for 7 seasons included:

- planning and researching fitness, health and wellness themes for each show
- selecting, scheduling guests for interviews
- planning and choreographing aerobic, strength and stretch fitness segments
- consulting with local music company for song writing and music selection
- consulting with aerobic wear company and shoe sponsor
- selection and hiring of Body Moves Team Members
- selection of all fitness, health and wellness special guests for introductory segments and for fitness shows - linking community experts with audience
- taping of introductory fitness, health and wellness introductory segments
- taping of aerobic, strength and stretch segments
- scheduling of special guests
- scheduling of Body Moves Team Members
- organizing use of fitness equipment needed on specialty shows
- follow-up administrative tasks after annual show production including correspondence, show schedule for syndication and scheduling media / promotional appearances
- planning, researching, choreographing, Co-producing - 8 Home Fitness Videos: Mild to Moderate, Low Impact, Fitness for Older Adults, Stationary Bike Workout, 3 in 1 Workout, Step Video, Pre-Post Natal Video, Wheelchair Aerobics and Strength and Stretch Workout for People with Disabilities.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Television, Video and Radio Recordings

Guest interview. (August 31, 1988). *Fitness - Getting Started.* The Ida Clarkson Show. Chek-6 Television, Victoria, B.C.

Television Commercial. (September 22, 1998). *Recreation: Oak Bay.* Chek-6 Television, Victoria, B.C.

Television Commercial. (December 8, 1988). *Christmas and Fitness.* Chek-6 Television, Victoria, B.C.

Voice Over. (March 29, 1989). *Fitness Promotion for Spring.* Chek-6 Television, Victoria, B.C.

Guest Interview. (September 5, 1989). *Health and Wellness.* Daily Edition with Jane Wilson. Chek-6 Television, Victoria, B.C.

Guest Interview. (May 14, 1990). *Getting Started and Beginning Again.* The Ida Clarkson Show. Chek-6 Television, Victoria, B.C.

Fitness Reporter. (October 10, 1990). *Health and Fitness Segment - Programs at the YM-YWCA.* The Island Morning Show. Chek-6 Television, Victoria, B.C.

Guest Interview. (October 17, 1990). *Fitness Videos and the Consumer.* The Ida Clarkson Show. Chek-6 Television, Victoria, B.C.

Fitness Reporter. (November 8, 1990). *Health and Fitness Segment - Lady Fitness for Women Only.* The Island Morning Show. Chek-6 Television, Victoria, B.C.

Fitness Reporter. (December 5, 1990). *Health and Fitness Segment - Runs Around Town - A Way to Give.* The Island Morning Show. Chek-6 Television, Victoria, B.C.

Fitness Reporter. (February 12, 1991). *Health and Fitness Segment - Sports Injuries.* The Island Morning Show. Chek-6 Television, Victoria, B.C.

Fitness Reporter. (March 14, 1991). *Health and Fitness Segment - Victoria Walks - for the Health of It.* The Island Morning Show. Chek-6 Television, Victoria, B.C.

Fitness Reporter. (April 16, 1991). *Health and Fitness Segment - Seniors Fitness at Monterey Centre.* The Island Morning Show. Chek-6 Television, Victoria, B.C.

Guest Interview. (October 2, 1991). *How to start a fitness program.* The Morning Show with Barry Bowman, Q-100 Radio. Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Television, Video and Radio Recordings

Guest Interview. (October 31, 1991). *Body Moves Highlights.* The Gerry Pepler Show. Baton Broadcasting Inc. Yorkton, Saskatchewan.

Guest Interview. (December 18, 1991). *Christmas Fitness.* Joe Easingwood's Morning Show, CFX 1070, Radio. Victoria, B.C.

Guest Interview. (January 3, 1992). *Pre-Natal Fitness.* Chek Around with Gordie Tupper. Chek-6 Television. Victoria, B.C.

Guest Interview. (March 2, 1992). *Hal and Joanne McLeod and Participaction.* For Chek-Around. Chek-6 Television. Victoria, B.C.

Guest Interview. (March 2, 1992). *Fitting Fitness In.* Joe Easingwood's Morning Show, CFX 1070 Radio. Victoria, B.C.

Guest Interview. (April 15, 1992). *Spring Fitness.* Joe Easingwood's Morning Show, CFX 1070 Radio. Victoria, B.C.

Guest Interview. (January 11, 1993). *New Year's Resolutions and Fitness.* Joe Easingwood's Morning Show, CFX 1070 Radio. Victoria, B.C.

Television Commercial. (February 5, 1993). *Fitness Videos.* Chek-6 Television, Victoria, B.C.

Guest interview. (January 11, 1993) *New Year's Fitness Resolutions.* Joe Easingwood's Morning Show, CFX 1070 Radio. Victoria, B.C.

Television Commercial. (February 4, 1993) *Canada's Fitweek.* Chek -6 Television, Victoria, B.C.

Guest interview. (March 8, 1993) *Spring into Fitness.* Joe Easingwood's Morning Show, CFX 1070 Radio, Victoria, B.C.

Guest interview. (April 13, 1993). *Exercise Injuries.* Joe Easingwood's Morning Show, CFX 1070 Radio, Victoria, B.C.

Guest Interview. (May 25, 1993). *Canada's Fitweek.* Joe Easingwood's Morning Show, CFX 1070 Radio, Victoria, B.C.

Guest interview. (August 14, 1993). *Fitness and Self-Concept - M.A. Thesis.* CBC Radio, Edmonton, Alta.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Television, Video and Radio Recordings

Radio Commercial. (September 1, 1993). *Lady Fitness Grand Re-opening.* CKDA Radio, Victoria, B.C.

Fitness Video Promo's. (September 10, 1993). *Body Moves Fitness Video promotional commercials.* Chek-6 Television, Victoria, B.C.

Voice Over Commercials. (November 23, 1993). *Christmas commercials.* CDKA Radio, Victoria, B.C.

Body Moves Fitness Show Television Promo's. (October 7, 1994). Chek-6 Television, Victoria, B.C.

Pre-Post Natal 90 Minute Home Fitness Video Tape. (December 12, 13, 1994). *Taping - Production and Host,* Chek-6 Television, Victoria, B.C.

Radio Commercial. (September 15, 1995). *Lady Fitness Fall Ad Campaign.* Q-100 Radio, Victoria, B.C.

Guest Interview. (January 1, 1996). *Winning Women - hosted by Pat Nichol.* SHAW Cable 11, Victoria, B.C.

Guest Interview. (February 18, 1996). *Fitness levels for Kids.* The Family Hour, CFVU (Nationally syndicated). Ottawa, Ontario.

Guest Interview. (March 17, 1996). *Kid's and Sports.* The Family Hour. CFVU (Nationally syndicated). Ottawa, Ontario.

Guest Interview. (April 14, 1996). *Pre-Natal Fitness.* The Family Hour. CFVU (Nationally syndicated). Ottawa, Ontario.

Guest Interview. (May 12, 1996). *Fitness for Moms.* The Family Hour. CFVU (Nationally syndicated). Ottawa, Ontario.

Guest Interview. (June 16, 1996). *Fitness for Dads .* The Family Hour. CFVU (Nationally syndicated). Ottawa, Ontario.

Guest Interview. (July 14, 1996). *Summertime Fitness for Children.* The Family Hour. CFVU (Nationally syndicated). Ottawa, Ontario.

Guest Interview. (August 18, 1996). *Running Programs for Children.* The Family Hour. CFVU (Nationally syndicated). Ottawa, Ontario.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Television, Video and Radio Recordings

Guest Interview. (April 23, 1997). *Starting a Fitness Program.* With Robin Adair on the Morning Show, AM 900 CJVI Radio, Victoria, B.C.

Guest Interview. (January 9, 1998). *Babies, Health and Fitness.* The Judy Tyabchi Show. Chek-6 Television. Victoria, B.C.

Guest Interview. (January 10, 1998). *Fitness in the New Year.* The Early Morning Show with Robin Adair. AM 900 CJVI Radio. Victoria, B.C.

Guest Interview. (September 22, 1998). *The Run for the Cure. Breast Cancer - Not Just a Women's Issue.* The Noon News with Lee MacKenzie. Chek-6 Television. Victoria, B.C.

Guest Interview. *Students Can Support Breast Cancer Research.* (September 29, 1998). Camosun College Radio. Camosun College. Victoria, B.C.

Guest Interview. *Breast Cancer and Fitness, There is a Link.* (September 30, 1998). The Early Morning Show with Robin Adair. AM 900 CJVI Radio. Victoria, B.C.

Guest Interview. *Fitness Trends.* (October 20, 1998). The Noon News with Lee MacKenzie. Chek-6 Television. Victoria, B.C.

Guest Interview. *Fitness Testing and Training.* (November 24, 1998). The Noon News with Lee MacKenzie. Chek-6 Television. Victoria, B.C.

Guest Interview. *The CIBC Run For the Cure.* (September 23, 1999). CKXM Country 1200. The Afternoon Show. Victoria, B.C.

Guest Interview. *The CIBC Run For the Cure.* (September 30, 1999). 100.3 The Q FM Stereo. The Morning Show. Victoria, B.C.

Guest Interview. *The CIBC Run For the Cure.* (September 29, 2000). X91.3 FM. Victoria, B.C.

Guest Interview. *The CIBC Run For the Cure.* (September 29, 2000). Extreme. CFAX Radio. Victoria, B.C.

Guest Interview. *CBC Radio The Morning Show with David Grierson.* Pedometers and the Benefits of Walking. (June 25, 2004).

Guest Interview. *CFAX Radio.* (June 25, 2004). Step It Up: Pedometers and Kids. Joe Easingwood's Morning Show.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

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Television, Video and Radio Recordings

Guest Interview. CH News. (June 25, 2004). Step It Up: Pedometers and Kids. Noon News.

Guest Interview. CFAX Radio. (September 28, 2004). Special Report with Amy Mason. Child Health, Obesity and Physical Inactivity Series.

Guest Interview. CH Noon News with Murray Langdon. (November 30, 2004). Book Launch - Wise Women Speak: changes along the path.

Guest Interview. AM900 Morning Show. (November 30, 2004). Exercise for Parents While Watching Kids Sport Activities.

Guest Interview. CFAX Radio Afternoon Show with Terry McLeod. (December 7, 2004). Surviving the Holiday Season with Stress Tips.

Guest Interview. CBC Radio. All Points West with Joanne Roberts. (December 7, 2004). Stress and the Holiday season.

Guest Interview. CFAX Radio Morning Show with Joe Easingwood. Who is Taking Care of the Care Giver. (May 1, 2007).

Guest Interview. CFAX Radio Afternoon Show with Murray Langdon. Wellness in Your Retirement Years. (October 11, 2007)

Guest Interview, CBC Radio, On the Island with Gregor Craigie. Health and Wellness (August 6, 2008).

Guest Interview, Global BCTV Morning News TV with Steve Darling. UVic Campus. First Year Students and Stress. (September 10, 2010).

Guest Interview, Global BCTV News TV. Reducing student stress with Doggie Daycare. Cadboro Bay Commons. University of Victoria. (November 28, 2012)

Guest Interview, CHEK TV. Reducing student stress with doggie daycare. Cadboro Bay Commons. University of Victoria, (November 28, 2012).

Guest Interview, Shaw Television. Reducing student stress with doggie daycare. Cadboro Bay Commons. University of Victoria. (November 28, 2012).

Guest Interview. CHEK NEWS. CHEK TV. (August 23, 2013). Student stress and academic success. With Stacy Ross.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

- c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Television, Video and Radio Recordings

Guest Interview. CFUV 101.9. Victoria's Campus and Community Radio Station. (January 30, 2014). Students' with Disabilities. With Rebecca Robb.

Personal Appearances - Media

Guest Interview and Fitness Demonstration. (April 8, 9, 10, 1988). Victoria Outdoor Show, Victoria, B.C.

Guest Interview and Fitness Demo. (February 5, 1989). *Variety Club Telethon.* Chek-6 Television / BCTV, Victoria and Vancouver, B.C.

Personal Appearance - Globetrotters vs. Media Personalities. (March 28, 1989). Fund Raiser. Chek-6 Television / BCTV, Victoria, B.C.

Guest Interview and Fitness Demonstration. (April 7, 8, 9, 1989). Victoria Outdoor Show, Victoria, B.C.

Canada's Fit Week - Fitness Demonstration. (May 25, 1989). Parliament Buildings, Victoria, B.C.

Fitness Demonstration. (September 16, 1989). Recreation Day, Victoria Parks and Recreation. Victoria, B.C.

Bucket Brigade. (October 7, 1989). Greater Victoria Fire Fighter's Unit. Charity Event. Victoria, B.C.

Fitness Talk and Morning Stretch Break. (January 30, 1990). Annual Regional Meeting - "You've Got To Have Heart". B.C. Heart Foundation. Victoria, B.C.

Guest Interview and Fitness Demonstration. (April 5, 1990). Victoria Outdoor Show, Victoria, B.C.

Guest Interview and Fitness Demonstration. (March 17, 1991). Timmy's Telethon, Fund-raiser. McPherson Theater, Victoria, B.C.

Guest Interview. (October 31, 1991). Yorkton Town Mall. Yorkton, Saskatchewan.

Canada's Fitweek - Guest Interview and Fitness Demonstration. (May 28, 1993). Parliament Buildings, Victoria, B.C.

Guest Interview. (February 27, 1994). Kid's Sport. Breakfast Meeting Program Launch. Victoria, B.C.

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c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Personal Appearances - Media

Guest Interview. (September 11, 1995). Terry Fox Promotional Campaign. Chek-6 News, Chek-6 Television. Victoria, B.C.

Guest Interview and Fitness Demonstration. (November 16, 17, 1996). Parent and Kid's Show, Vancouver Trade and Convention Centre. Sponsored by Today's Parent. Vancouver, B.C.

Guest Interview and Fitness Demonstration. (June 1, 1998). Grand Opening of the Royal Roads YM-YWCA. Colwood, B.C.

Guest Speaker. Focus On Women - 10th Anniversary Celebration. (October 7, 1998). Laurel Point Hotel. Victoria, B.C.

Guest Speaker. Media Launch Spokesperson for – ACT Now – Active Communities Greater Victoria. April 5, 2007. Mile Zero – with CH TV.

Guest Speaker. News Group Women In Business Gala. Victoria, B.C. March 2, 2010.

Guest Author. UVic Author's Launch Event. Textbook – An Invitation to Health, 1st Canadian Edition. UVic Bookstore. October 20, 2010.

Guest Author. UVic Author's Launch Event. Textbook – Fitness and Wellness. 2nd Canadian Edition. UVic Bookstore. October 21, 2011.

Guest Author. UVic Author's Launch Event. An Invitation to Health, 3rd Canadian Edition. University Club. March 08, 2012

Personal Reviews, Articles - Newspapers, Magazines and Journals

PlayBack Magazine. (June 1, 1988). *Bigger and Better Body Moves.* Toronto, Ontario.

Cut Two Magazine. (Spring, 1988). *Body Moves: Living Room Fitness.* Victoria, B.C.

T.V. Week Magazine. (June 11-17, 1988). *Shaping Up for The Summer Season.* Vancouver, B.C.

T.V. Week Magazine. (October 15-21, 1988). *The Best of Times. Body Moves. Canada's fitness Show with leader Lara Lauzon.* Vancouver, B.C.

T.V. Guide. (March 18, 1989). *Survival of the Fittest.* Toronto, Ontario.

Times Colonist. (September 28, 1989). *Winter Sports Will Benefit from Fall Tune-up Exercises from the host of the Body Moves, Lara Lauzon.* Victoria, B.C.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Personal Reviews, Articles - Newspapers, Magazines and Journals

You-VERVE Magazine. (Fall, 21990). *Let's Hear It For Canada's Fitness Show Hosts!* Toronto, Ontario.

The Toronto Star, The Calgary Herald, The Province. (January 22, 1991). *TV Fitness Wipes Out Excuses - Whether it Rains or Shines.* Toronto, Ontario.

British Columbia Report - The Weekly Newsmagazine. (February 4, 1991). *Provincial Parade: Fame Without Strain.* Vancouver, B.C.

Energy Magazine: For Canada's Fitness Leaders. (April/May, 1991). *Look out TV-Land: Here Comes B.C.'s Darling.*

The Peak. (July 11, 1991). *TV Work-Outs - One that is Different than the Norm.* Burnaby, B.C.

The Daily Bulletin. (August 15, 1991). *Ex-Kimberley Woman Jumps To Top of Television Exercise Field.* Kimberley, B.C.

Oak Bay Star. (January 8, 1992). *Feature: Body Moves Host Counting On New Years' Resolutions.* Victoria, B.C.

Times Colonist. (February 20, 1992). *Exercise Recycled - Moderation pedalled by Victoria woman for low-impact video.*

The Daily Bulletin. (March 5, 1992). *Kimberley Briefs: Fitness Success.*

Victoria's Business Report. (April, 1992). *Streetalk.* Victoria, B.C.

TV Week Magazine. (April 25-May1, 1992). *Red Around Town: Lara Lauzon - Recipient of Promotion Plus Leadership Award.* Vancouver, B.C.

TV Guide. (May 23-29, 1992). *On The Town With Les Wiseman: Lara Lauzon and Body Moves.* Vancouver, B.C.

Focus on Women. (June 1992). *The Women We Know.* Victoria, B.C.

Focus on Women. (August 1992). *Women on the Move.* Victoria, B.C.

Health Watch Canada. (Winter 1993). *Winterize Your Workout by Peggy Edwards and Pierre Chartier.* Toronto, Ontario.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Personal Reviews, Articles - Newspapers, Magazines and Journals

The Toronto Star. (January 24, 1993). *Make Sure Workout Video is Safe*. Canadian Press. Toronto, Ontario.

The Province. (January 16, 1993). *Working It All Out by Marlaina Gayle*. Vancouver, B.C.

Times-Colonist. (January 25, 1993). *Testers Find Exercise, Lies on Videotape*. Canadian Press. Victoria, B.C.

The Spectrum. (February 5, 1993). *View Exercise Videos with Caution*. Canadian Press. Ottawa, Ontario.

Times-Colonist. (March 11, 1993). *Course Probes Ways to Avoid Burnout*. Living Section. Victoria, B.C.

Times-Colonist. (April 6, 1993). *Workaholic Freed Herself Through Fitness*. Living Section. Victoria, B.C.

Times-Colonist. (July 2, 1993). *The Picture of Fitness: Pumping Self-Esteem*. Living Section, Cover Article. Victoria, B.C.

Calgary Herald. (July 16, 1993). *Exercise Boosts Self-Esteem - Study Shows*. City and Life Section. Calgary, B.C.

The Toronto Star. (July 19, 1993). *If the Show Fits...* Entertainment. Toronto, Ontario.

Oak Bay News. (October 27, 1993). *Lauzon to Focus on "Wellness"*. Community Section. Victoria, B.C.

The Observer. (October 28, 1993). *TV Host Lara Lauzon Leads Fitness Weekend for Local Aerobics Instructors*. Queen Charlotte Islands, B.C.

B.C. Women. (April 1994). *Managing Stress with CHEK-TV's Lara Lauzon*. Cover Photo and profile article.

International Telefilm. (May 1994). *Body Moves*. Mississauga, Ontario.

Cruise Ship Centres. (July 1994). *Ship out and Shape Up with Lara Lauzon of Body Moves. Host of a Caribbean Fitness Cruise - October 1994*. Victoria, B.C.

Focus on Women. (May 1995). *At Rest and In Motion. Lara Lauzon of Body Moves*. Cover Photo and profile article.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Personal Reviews, Articles - Newspapers, Magazines and Journals

The Vancouver Sun. (December 1, 1995). *Christmas is no excuse for Relaxing On Exercise*. Vancouver, B.C.

Times-Colonist. (December 3, 1996). *Fitness Guru Makes a Move on Christmas*. Life and Health Section. Victoria, B.C.

Canadian Living Magazine. (January 1997). *Stay Toned. TV Fitness Shows Let You Keep in Shape*. Toronto, Ontario.

The News Group. UVIC Community Report. (Fall, 2001). *Fostering Community Leadership*. Victoria, B.C.

The Ring. The University of Victoria's Community Newspaper. (November 29, 2001). *UVic well-represented in new Leadership Victoria program*. Victoria, B.C.

The Times Colonist. (November 10, 2003). *Students Chart Travel With Pedometers: School runs with step-by-step method to increase fitness*. Life Section, D5.

Saanich News. (November 13, 2003). *Royal Oak Middle School Promotes Stepping for Students*. Community Section, B2.

Victoria Weekend News. (November 19, 2003). *New Pedometer Program for Schools*. Community Section, B5.

The Times Colonist. (January 3, 2004). *Guru Lara Lauzon's 10,000 Steps to Fitness*. Life Section, C1.

Oak Bay News, Weekend Edition. (November 26, 2004). *How to Survive Christmas*. News Section, A5.

Victoria Boulevard. (January/February 2005). *Soothing Our Stress*. By Maureen Licata. Interview and article.

Oak Bay News. (April 20, 2007). *Session teaches self-care*. Community Section. By A. Lavigne.

Senior Living. (May 2007). *Creating Wellness and a Balanced Life*. The Family Caregiver. By Barbara Small. Interview and article.

Times Colonist. (March 17, 2009). *Women as Agents for Change*. Canadian Federation of University Women (CFUV). Article.

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Personal Reviews, Articles - Newspapers, Magazines and Journals

News Group. (February 26, 2010). Women in Business Supplement. Milestone Women, Victoria's Women Through the Ages, 50's. Local Women Making A Difference. Interview and article.

Martlet. (September 28, 2012) UVic's 50th anniversary celebrations set for lift-off.

The Torch. UVic's Alumni Magazine (2013, Spring). Difference Makers. 50 Alumni Who Made A Difference.

Times Colonist. Monitor. P. D8. (Dec. 29, 2013). *Do Good, Feel Good*. UVic knowLEDGE. Research and Discovery at the University of Victoria.

The Torch. UVic's Alumni Magazine (2014, Spring). CARSA: Centre of Activity. By Patti Pitts.

Oak Bay News. (September 10, 2014). Get Your Body Moving. Terry Fox Run. By Christine van Reeuyk.

Web Page Features

UVic You Tube - *UVic Passion Inspires Faces of EPHE* – Faculty Feature Article (July 16, 2010)

<https://www.facebook.com/EPHE.UVic/videos/122074644619999/>

UVic You Tube - *UVic Speakers Bureau* – Dr. Lara Lauzon (August 3, 2010)

<https://www.youtube.com/watch?v=U2xsxrhZAY4>

UVic on Global TV – *Student Wellness* (September 10, 2010)

http://www.youtube.com/watch?v=q_1Vn5MwuKg

<http://communications.uvic.ca/uvicino/buildsite/preview.php?ptype=PAGEMAIN&id=373>

TEDx Talk – *The Curious Business of a Health Educator* (July 13, 2012)

http://www.youtube.com/watch?v=vsabl6Z_FsA

The Ring. *My 20 Years in UVic's Speaker's Bureau* – Dr. Lara Lauzon (October 04, 2012)

<http://ring.uvic.ca/content/lara-lauzon>

UVic – Faculty Research Community Post Card – *Student Health, Wellness and Potential*

http://www.uvic.ca/education/research/home/postcards/Januar_postcard_2013_800x1158.jpg

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Web Page Features

UVic - Faces of Research – *Dr. Lara Lauzon - Video Highlights* (September 20, 2013)
http://www.youtube.com/watch?v=WEiOVebzoUE&list=PLG_ZPzwXnHUZ9RAev6Q3VpB98bEmHyNwG&feature=c4-overview-vl

UVic knowledge. Research and Discovery at the University of Victoria. *Do Good, Feel Good. UVic students learn first hand how helping others changes lives, including their own.* (Vol. 13. No. 10. Dec. 2013). By Kim Westad. University of Victoria Website.

<http://www.uvic.ca/knowledge/assets/issues/2013/v13n10-dec13.pdf>

And

<http://www.uvic.ca/knowledge/issues/archives/2013/v13n10-dec13.php>

Web Page Links

UVic – *Disability Awareness Day was a eye-opener.* (March 05, 1999).
<http://ring.uvic.ca/99mar05/opener.html>

UVic – *United Way Campaign is Off and Running.* The Ring. (October 2004).
<http://ring.uvic.ca/04oct07/news/united-way.html>

UVic – *Simple Strategies for Serene Celebrations Media Tips and Leads* (December06, 2004).
<http://communications.uvic.ca/releases/tip.php?date=06122004>

UVic – 8th Annual Conference . *Wise Women Speak: Changes Along the Path* (p. 5).
<http://web.uvic.ca/womennet/2005/documents/2005brochure.pdf>

UVic - *Dimensions of Health. Health Studies, Research and Careers.* The Faculty of Education. (p. 4). (2006)
<https://www.uvic.ca/vpacademic/assets/docs/resources/publications/PubHealth.pdf>

UVic – *School of Exercise Science, Physical and Health Education Upgrade Options being developed* (March 01, 2008).
<https://ring.uvic.ca/news/school-exercise-science-physical-and-health-education-upgrade-options-being-developed>

UVic - *Big Box opening for Family Centre* (October 01, 2008).
<https://ring.uvic.ca/news/big-box-opening-family-centre>

UVic – *Deans Update. Faculty of Education Outreach Centre.* (Spring 2010).(p. 1).
https://www.uvic.ca/education/assets/docs/pubs/Deans_Spring_Update.pdf

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Web Page Links

UVic – *The Impact of the Holidays on Children, Families and Waistlines. Media Tips and Leads.* (December 14, 2010).

<http://communications.uvic.ca/releases/tip.php?date=14122010>

ConnectED (Spring 2012). Dean's Comments. Nomination of Simon Ibell for Distinguished Alumni Faculty of Education – Simon Ibell

http://www.uvic.ca/education/assets/docs/pubs/Alumni_Newsletter_Spring_2012.pdf

UVic - *TED Dreams – TED Reality. Dreams, Goals, Action.* (July 2012). Peter B. Gustavson, School of Business. Centre for Social and Sustainable Innovation.

<https://www.uvic.ca/gustavson/cssi/activities/activity/ted-dreams.php>

UVic – Alumni Talks. *Worklife Balance: Possibilities and Potential.* (September 29, 2012). <https://www.uvic.ca/anniversary/festival/homecoming/presentations/index.php>

UVic. - *Community, Celebrate CARSA in special May 28th Celebration.* (June 21, 2013).

<https://ring.uvic.ca/news/uvic-community-celebrate-carsa-special-may-28-ceremony>

UVic. The Ring. *Engagement: The Key to a Full University Experience.* (September 4, 2013). <http://ring.uvic.ca/people/engagement-key-full-student-experience>

UVic. The Ring. *Centre of Activity. Patty Pitts.* (Spring, 2014). (p. 15).

<http://web.uvic.ca/torch/interim/includes/pdf/Torch2014Spring.pdf>

UVic – *Pecha Kucha: Impactful First and Lasting Impressions.* The View from Here. By Carol Nahachewsky. (June 26, 2014).

<https://onlineacademiccommunity.uvic.ca/caroln/2014/06/26/pecha-kucha-creating-impactful-first-and-lasting-impressions/>

Global News TV. *Easy Exercises You Can Do at Work.* By Heather Loney. Senior Producer. Interview with Dr. Lara Lauzon. (November 20, 2014).

<http://globalnews.ca/news/1683102/easy-exercises-and-stretches-you-can-do-at-work/>

UVic – *50 Alumni Who Made a Difference.* The Torch. The University of Victoria Alumni Magazine. (Spring 2015) (pp. 2-3).

<http://web.uvic.ca/torch/interim/includes/pdf/Torch2013Spring.pdf>

The Greater Nanaimo Chamber of Commerce - *Lightning Talks* – Featured Speaker. Dr. Lara Lauzon. (January 27, 2015). <http://www.lightningtalks.ca/>

UVic – *Fine Arts Wellness Day.* (January 30, 2015).

<http://finearts.uvic.ca/blog/?m=201501>

7. SCHOLARLY AND PROFESSIONAL ACHIEVEMENTS

c. Professional Activities (Course manuals, curriculum supplements and related materials. Workshops, clinics, institutes and consultations for which documentation can be supplied. Other professional communications, e.g. letters to editors, etc.)

Web Page Links

UVic – *Centre for Athletics, Recreation and Special Abilities opens its doors* (May 01,2015). (2:09-2:56)

https://www.youtube.com/watch?v=SobmYYp7dxE&feature=player_embedded

8. TEACHING DUTIES AT THE UNIVERSITY OF VICTORIA

a. Courses Taught

<i>Year</i>	<i>Course</i>	<i>Hours/Week</i>	<i>Term</i>	<i>No. of Students</i>
1990/91	P.E. 351	3	1	30
	P.E. 451	3	2	30
1992/93	P.E. 144	3	2	27
1993/94	P.E. 144	3	2	30
1994/95	P.E. 144	3	2	33
1995/96	P.E. 451	3	2	31
1996/97	P.E. 144	3	2	38
	P.E. 351	3	2	41
1997/98	P.E. 252	3	1	38
	P.E. 144	3	2	41
1998/99	P.E. 252	3	1	48
	P.E. 142	3	2	80
	P.E. 144	3	2	45
	P.E. 451	3	2	33
1999/2000	P.E. 252	3	1	40
	P.E. 447	2	1 and 2	25
	P.E. 142	3	2	87
	P.E. 144	3	2	45
	P.E. 451	3	2	32
2000/2001	PE 243	(Distance Ed)	1	20
	PE 252	3	1	37
	PE 447	2	1 and 2	22
	PE 142	3	2	80
	PE144	3	2	45
	PE 451	3	2	35
2001/2002	PE 142	3	1 and 2	45/40
	PE 252	3	1	45
	PE 451	3	2	34
2002/2003	PE142	3	1 and 2	45/41
	PE144	3	2	45
	PE252	3	1	24
	PE451	3	2	15
	EDCI 590 (P05)	12.5	Summer	15

8. TEACHING DUTIES AT THE UNIVERSITY OF VICTORIA

a. Courses Taught

<i>Year</i>	<i>Course</i>	<i>Hours/Week</i>	<i>Term</i>	<i>No. of Students</i>
2003/2004	PE 142	3	1 and 2	45/46
	PE 144	3	2	45
	PE 252	3	1	24
	PE 451	3	2	4
	C & I EDCI 591 (Co-teach with Dr. Budd Hall)	10	Summer	16
2004/2005	PE 142	3	1 and 2	40/40
	PE 144	3	2	40
	PE 252	3	1	25
	EDCA070 (CACE Personal and Professional Wellness in the Workplace) 20 hrs. 1			10
	RHED Coordinator			
2005/2006	PE 142	3	1 and 2	75/70
	PE 144	3	2	38
	PE 252	3	1	27
	RHED Coordinator			
2006/2007	PE 142	3	1 and 2	75/78
	PE 246	3	2	45
	PE 252	3	1	29
	RHED Coordinator			
2007/2008	PE 142	3	1 and 2	125/124
	PE 246	3	2	45
	PE 252	3	1	28
	RHED Coordinator			
2008/2009	Study Leave			
2009	EPHE 142 (Pilot course)	10	Summer	55
2009/2010	EPHE 142	3	1 and 2	125/127
	EPHE 252	3	1	25
	EPHE 142	10	Summer	60
	RHED Coordinator			
2010/2011	EPHE 142	3	1 and 2	125/125
	EPHE 252	3	1	25
	EPHE 142	10	Summer	70
	RHED Coordinator			

8. TEACHING DUTIES AT THE UNIVERSITY OF VICTORIA

a. Courses Taught

<i>Year</i>	<i>Course</i>	<i>Hours/Week</i>	<i>Term</i>	<i>No. of Students</i>
2011/2012	EPHE 142	3	1 and 2	121/122
	EPHE 252	3	1	24
	EPHE 142	10	Summer	59
	RHED Coordinator			
2012	EPHE 142	3	2	122
	EPHE 142	10	Summer	59
	EPHE 142	3	1	120
	EPHE 252	3	1	31
	RHED Coordinator	-	-	-
2013	EPHE 142	3	2	125
	EPHE 246	3	2	45
	EPHE 142	10	Summer	68
	EPHE 142	3	1	122
	EPHE 252	3	1	18
2014	EPHE 142	3	2	123
	EPHE 246	3	2	30
	EPHE 142	10	Summer	55
	EPHE 142	3	1	120
	EPHE 252	3	1	20
2015	EPHE 142	3	2	129
	EPHE 246	3	2	31
	EPHE 142	10	Summer	51
	EPHE 142	3	1	140
	EPHE 252	3	1	32

8. TEACHING DUTIES AT THE UNIVERSITY OF VICTORIA

b. Courses Assisted

<i>Year</i>	<i>Course</i>	<i>Hours/Week</i>	<i>Term</i>	<i>No. of Students</i>
1994/95	P.E. 451	1	2	30
1996/97	P.E. 451	1-2	2	32
1997/98	P.E. 451	2	2	30

c. Program Coordination RHED 2004 (July) – 2012 (July)

Duties include overseeing the Recreation and Health Education Program, curriculum review, curriculum development, student contact hours, student guidance for cooperative education experience and course rotation, upper level elective course selection, nomination for awards, scholarships letters.

8. TEACHING DUTIES AT THE UNIVERSITY OF VICTORIA

d. Graduate Student Supervision and Committee Membership

Student	Years	Program	Complete/Not Complete	Supervisor/ Committee Member
James Keogh	2002-2005	M.A., MALSA, School of Physical Education	August 15, 2005	Committee Member
Kurt McBurney	2002-2006	M.A. Faculty of Education, C & I	December 19, 2006	Supervisor
Simon Ibell	2003	M.A., Faculty of Education, PHED	withdrawal – medical leave	Supervisor
Kathi Cameron	2003	M.A., Faculty of Education, PHED	December 15, 2007	Committee Member
Doug Panton	2003	M.A., Faculty of Education	April 18, 2006	Committee Member
Susan Corner	2003	M.A., Faculty of Education, C & I	March 27, 2006	Supervisor
Ann Yew	2004 – 2006	M.A. Faculty of Education, PHED	April 21, 2006	Committee Member
Christopher Bratseth	2004 – 2007	M.A. Faculty of Education, PHED	April 19 2007	Committee Member
Carolyn Rudden	2004 – 2006	M.A. Faculty of Education, PHED	August 15, 2006	Committee Member
Genevieve Leis	2005 – 2006	M.A. Faculty of Education, C & I	June 19, 2006	Committee Member
Theresa Vladicka	2005 – 2006	M.A. Faculty of Social Sciences	December 15, 2006	Committee member
Kristina Sandy	2005 – 2006	Ph.D. Faculty of Education, C & I	December 18, 2006	Committee Member
Judith Martin	2005 – 2009	Ph.D. Faculty of Education, C & I	August 19, 2009	Committee Member
Julia Shinaba	2006-present	Ph.D. Faculty of Education, EPLS	Tentative completion date – April 2015	Committee Member
Jill Payne	2008-2010	M.A. Faculty of Education, EPHE	June 29, 2010	Supervisor
Krista Mullaly	2006-2010	M.A. Faculty of Education, EPHE	August 25, 2010	Committee Member
Doug Race	2009-2011	M.A. Faculty of Education, EPHE	March 24, 2011	Committee Member
Dawn Rabey	2010-present	Ph.D. Faculty of Education, EPLS	September 17, 2013	Committee member
Stephanie Field	2012-present	M.Sc.. Faculty of Education, EPHE	July 30, 2014	Co-supervisor with Dr. John Meldrum
Mena Westhaver	2014-present	M.Sc. Faculty of Education, EPHE	Tentative date of completion August 2016	Supervisor

8. TEACHING DUTIES AT THE UNIVERSITY OF VICTORIA

e. Graduate Student Support

Student	Date of Completion	Program	Role
Frances Spencer-Benson	May 2003	Ph.D., Faculty of Education, EPLS, UVic	Chair
Bijan Adiparvar	July 2003	M.A., Faculty of Education, EPLS, UVic	External Examiner
Lani Maxwell	July 2003	M.A., Faculty of Education, EPLS, UVic	External Examiner
Mary Elizabeth Ives	July 2003	Ph.D., Faculty of Education, C & I, UVic	Chair
Murray Anderson	August 2003	M.A., Faculty of Education, EPLS, UVic	External Examiner
Tara Elliot	September 2003	M.A., Faculty of Education, EPLS, UVic	External Examiner
Kimberley Lawrick	November 2003	M.A. Faculty of Education, EPLS, UVic.	External Examiner
Janet Riecken	November 2003	M.A. Faculty of Education, C & I, UVic	Chair
Rebecca Lloyd	June 2004	Ph.D.. Faculty of Education, SFU	External Examiner
Kendra Massie	June 2004	M.A. Faculty of Education, EPLS, UVic	External Examiner
Lara Schultz	September 2004	M.A. Faculty of Education, EPLS, UVic	External Examiner
Angela Chapman	September 2004-December 2005	MBA. Faculty of Business Graduate Student, UVic	Mentor for MBA Mentorship Program
Jamie Covey	January 2005	M.A. Faculty of Education, C & I, UVic	External Examiner
Heather Sandquist	April 2005	M.Ed. Faculty of Education, C & I, UVic	Chair
Tammy Lavigne	August 2005	M.A. Faculty of Education, EPLS, UVic	External Examiner
Brooke Allesbury	April 2006	M.A. School of Child and Youth Care, UVic	External Examiner
Jennie Gill	July 2006	M.A. Faculty of Education, EPLS, UVic	External Examiner
Rebecca Breen	July 2006	M.A. Faculty of Education, C & I. UVic	External Examiner
Diego Ardenghi	August 2006	M.A. Faculty of Education, C & I. UVic	External Examiner
Christine Hood	February 2007	M.Ed. Faculty of Education, C & I. UVic	External Examiner

Anita Ram	February 2007	MA.Faculty of Education, EPLS. UVic	Chair
Pippa Dean Vierman	April 2008	M.Ed. Faculty of Education, C & I, UVic	External Examiner
Zoe Lindo	April 2008	Ph.D. Faculty of Science, Biology. UVic	Chair
Elizabeth Collins	January 2009	M.A. Faculty of Social Sciences, Sociology. UVic	Chair
Gigi Hoffer	July 2009	M.A. Faculty of Education, EPLS. UVic	External Examiner
Sinead Costello	July 2010	M.A. Faculty of Social Sciences, Department of Political Science. UVic	Chair
Jason Siefken	July 2010	MSc. Faculty of Science, Department of Mathematics and Statistics. UVic	Chair
Lori Bowie	June 2011	M.A. Faculty of Education, Department of Teacher Education. SFU	External Examiner
Danielle Grenier	August 2011	M.A. Faculty of Social Sciences, Department of Political Science UVic	Chair
Will Weigler	September 2011	Ph.D. Faculty of Fine Arts, Department of Theatre. UVic	Chair
Walter King	April 2012	M.A. Faculty of Education. EPLS.	External Examiner
Sylvia Ava Bahrami,	January 2013	M.A. Faculty of Education, EPLS	Chair
Nicole Gardner	August 2015	M.A. Faculty of Education, EPLS	Chair
Teila Reynolds	August 2015	M.A. Faculty of Human and Social Development, School of Child and Youth Care. UVic	Chair
Brian Williams	September 2015	Ph.D. Faculty of Education, EDCl UVic	Chair

9. ADMINISTRATIVE ACTIVITIES

a. University and Faculty Committees (includes offices held and dates)

1995-1998	University of Victoria Wellness Committee - member
2003-2005	University of Victoria Wellness Committee - Secretary
2000	Co-Chair. Women's Scholar Committee.
1999-2011	Women's Scholar Committee – member
2007- 2008 & 2010-2011	Chair – Women's Scholar Committee
1999-2001	TA Day – Planning Committee – member TA Day 1 - September 2000.TA Day 2 - February 2001.
2000-2001	ISW at UVic (Instructional Skills Workshop) Facilitator November 12 – 15, 2000.
2001-2005	Effective Teaching Committee, Faculty of Education - member
2002-2003	UVic Women's Conference Committee - Program Planning
2004	One peer teaching review of School of Physical Education colleague.
2004	Faculty of Education Awards night - Presenter of Teaching Excellence Award
2004	Search and Selection Committee Member - University of Victoria Athletics and Recreation Director
2005-2012	School of Exercise Science, Physical and Health Education Curriculum Committee
2005-2008	Faculty of Education – Social Committee
2006 - 2007	Athletics, Recreation, and Physical Education Facilities Renewal Study Group
2006	Graduation celebration luncheon with Dr. Lewis Perinbam
2006	United Way Campaign volunteer - 10,000 steps fundraising project – September – December 2006.
2007	Athletics and Recreation Services (ATRS) – Program Review Committee member.
2007	United Way Campaign volunteer – Leadership Level campaign.

9. ADMINISTRATIVE ACTIVITIES

a. University and Faculty Committees (includes offices held and dates)

2008	Cooperative Education External Review meeting.
2008	Member of planning committee for Get Fit, Get Active Across Canada Tour / Launch for EPHE student Tyler Duncan.
2008	Member - planning committee for See-Them-Run marathon running fund raiser - Africa for EPHE student Erin van Wiltenburg
2009	UVic Student Orientation Committee – Faculty member.
2010	EPLS (Educational Psychology and Leadership Studies) Search Committee – for Chair of EPLS
2009 – 2012	McKinnon Building Renovation Committee
2010 – 2015	CORE (Community Out Reach Education Committee Member
2010 – 2014	Faculty of Education Community and Leadership Steering Committee
2010 – present	Faculty of Education Scholarship and Academic Awards Committee – Undergraduate and Graduate students
2010 – present	University of Victoria Sustainability in Education Committee
2010 – present	University of Victoria Student – Staff and Campus Health and Wellness Advisory Committee – Faculty member Representative
2012 (Jan – May)	UVic Speaker’s Bureau Evaluation Committee
2012 (September)	Peer Review. Senior Instructor, Island Medical . University of Victoria
2012-2013	ARPT (Appointment, Reappointment, Promotion and Tenure) Committee – EPHE
2013-present	Multi-faith Services – Integrating Spirituality on Campus Committee Member. University of Victoria.
2014-present	Ad Hock ED 100 Course Committee Member– Faculty of Education
2014-2015	Director Search Committee – EPHE, Faculty of Education
2014-present	100+ UVic People Who Care Fundraising Committee – Co-founder and Committee Member
2015	Invited Delegate – University of Victoria. Campus Plan Workshop.

9. ADMINISTRATIVE ACTIVITIES

b. Nominations – UVic Faculty, Staff, Students and Community Members

- 2000 Nomination for Ms. Karen Dicks. Teacher – SMUS for Prime Minister’s Teaching Excellence Award. (Awarded)
- 2004 Nomination of two School of Physical Education colleagues (one faculty, one sessional - awarded) for Alumni Teaching Excellence Award (awarded).
- 2005 Nomination of Ms. Susan Corner for Senior Women Academic Administrators of Canada (SWAAC) Graduate Student Award.
- 2005 Nomination of Shaun Doherty – School of Physical Education undergraduate student for the for The Blue and Gold Circle Award, University of Victoria. (awarded).
- 2006 Nomination of School of Physical Education colleague Ms. Luanne Krawetz for UVic Hall of Fame – female athlete. November 1, 2006. (awarded)
- 2006 Nomination for Erin van Wiltenburg – UVic Student International Exchange Program (Awarded) and Student International Activities Fund (Awarded - \$500.00)
- 2006 Nomination for Erin van Wiltenburg – CAHPERD Student Award (awarded)
- 2006 Nomination for Martina Forster – UVic Student International Exchange Program (Awarded) and Student International Activities Fund (Awarded - \$500.00)
- 2007 Nomination for Lindsay Lorenzo – CAHPERD Leadership Conference (awarded)
- 2007 Nomination for Tyler Duncan – CAHPERD Leadership Conference (awarded)
- 2008 Nomination for Michelle Cuthbert – CAHPERD Leadership Conference (awarded)
- 2008 Nomination for Kaleigh Stratton – UVic Student International Exchange Program (Awarded) and Student International Activities Fund (Awarded - \$500.00)
- 2008 Nomination for Alison Sum and Anti-Dote Organization for Neiska Award. (awarded)
- 2008 Nomination for Erin van Wiltenburg – Terry Fox Humanitarian Award

9. ADMINISTRATIVE ACTIVITIES

b. Nominations – UVic Faculty, Staff, Students and Community Members

- 2008 Nomination for Nicole French – CAHPERD Leadership Conference (awarded).
- 2008 Nomination for Ms. Susan Corner. Manager, Student Transitions. Office of the Registrar for the UVic President’s Team Innovation Award – Team Leader. (awarded).
- 2008 Nomination for Yvette Tam – UVic Student International Exchange Program (Awarded) and Student International Activities Fund (Awarded - \$500.00)
- 2011 Nomination for Connor Bildfell Coast Capital Savings Standing Tall Award (awarded)
- 2011 Nomination for Simon Ibell - Faculty of Education Distinguished Alumni Award (awarded)
- 2012 Nomination for Simon Ibell – UVic 50th Anniversary Special Alumni Awards
- 2012 Nomination for Christine Creer – BCRPA Student Scholarship (awarded)
- 2012 Nomination for Anita Claire Ourom – UVic Student International Activities Fund. (awarded) and Student International Activities Fund (Awarded - \$500.00)
- 2012 Nomination for Tosha Lobsinger - 50th Anniversary Dean’s Lecture Series
- 2012 Nomination for Kerstin Burnett – UVic Student International Exchange Program (Awarded) and Student International Activities Fund (Awarded - \$500.00)
- 2014 Nomination for Carly Lloyd – UVic Student International Exchange Program (Awarded) and Student International Activities Fund (Awarded - \$500.00)
- 2014 Nomination for Haylea Van Vaals – UVic Student International Exchange Program (Awarded) and Student International Activities Fund (Awarded - \$500.00)
- 2014 Nomination for Carissa Kocsis – UVic Student International Exchange Program (Awarded) and Student International Activities Fund (Awarded - \$500.00)
- 2014 Nomination for Mandy Crocker – Coordinator, UVic Speaker’s Bureau - UVic President’s Distinguished Service Awards.

9. ADMINISTRATIVE ACTIVITIES

b. Nominations – UVic Faculty, Staff, Students and Community Members

- 2015 Nomination for Lauren Lalach – UVic Student International Exchange Program (Awarded) and Student International Activities Fund (Awarded - \$500.00)
- 2015 Nomination for Carson Sage – Doah Goals Forum – Los Angeles, U.S.A. (awarded)

9. ADMINISTRATIVE ACTIVITIES (Committee and Service Activities)

c. Professional Committees and Assignments External to the University (District, Provincial, National and International)

- 1985-1995 Committee member, Chair Elect, Chair, Past Chair - British Columbia Recreation and Parks Association (BCRPA) Fitness Branch
- 1988-2015 Committee Member and Run Warm-up. Terry Fox Run. Victoria, B.C.
- 1988-1995 Merrython Fun-Run - Warm Up. Food Bank Fund Raiser.
- 1989-1991 Vancouver Island Representative and Coordinator of Alliance for Health and Fitness (AFHF) Monthly Breakfast Meetings. Victoria, B.C.
- 1990-1991 Conference Coordinator. British Columbia Recreation and Parks Association (BCRPA). Provincial Fitness Leadership Conference.
- 1990-1991 B.C. Representative for National Fitness Leadership Advisory Committee - Fitness Leadership Manual Revision Committee.
- 1990-1991 Aerobathon - fitness demo. Food Bank Fund Raiser. University of Victoria, Victoria, B.C.
- 1990-1996 Tin Tot Triathlon Run Committee Member. Team West Coast Running Club, Victoria, B.C.
- 1990-1997 Chair, Conference Coordinator, Committee Member (Programs, Marketing, Sponsorship). Vancouver Island Fitness Association (VIFA) - Vancouver Island Fitness Leadership Conferences.
- 1991 Provincial Representative. Inter-Provincial Sport and Recreation Meeting, Ministry of Municipal Affairs, Recreation and Culture.
- 1991 Provincial Representative. B.C. Active Living Committee. Ministry of Municipal Affairs, Recreation and Culture.

9. ADMINISTRATIVE ACTIVITIES (Committee and Service Activities)c. Professional Committees and Assignments External to the University
(District, Provincial, National and International)

- 1991 Provincial Representative. National Fitness Review Meeting. Fitness Canada and National Fitness Leadership Advisory Committee (NFLAC).
- 1991 Provincial Representative. Fitness Canada National Walking Campaign. Provincial Task Force meeting.
- 1991-1993 Committee Member. British Columbia Recreation and Parks Association (BCRPA) Fitness Branch, Personal Training Module
- 1992 Provincial Delegate. International Active Living Symposium. Toronto, Ontario.
- 1992 British Columbia Recreation and Parks Association (BCRPA) - Fitness Branch Representative for Provincial Fitness Advisory Committee (PFAC)
- 1993-1995 Committee Member. University of Victoria Leisure Studies Advisory Committee.
- 1994-1995 Committee Member. Capital Regional District - CRD Healthy 2000, Health Board.
- 1994-2002 Victoria 8 km, Marathon and Kid's 1km run. Run warm-up. Victoria, B.C.
- 1995 Community Delegate (1 of 23 chosen from Victoria, B.C.) For 2 day Community Seminar "Honesty At What Price". University Centre for the Studies of Religion and Society. University of Victoria.
- 1995 International Walk for Peace - Motivational Talk and run warm-up. Parliament Buildings, Victoria, B.C.
- 1995-1999 B.C. Multiple Sclerosis Walk/Run Event. Run warm-up. Fund raising event.
- 1997-2000 Canadian Breast Cancer Foundation. Motivational speaker and spokesperson for the CIBC Run for The Cure.
- 1998 British Columbia Eating Disorders Association (BCEDA), Models and Mentors 1998: Celebration of Women's Strengths. Model at major fund raising event.
- 1998-1999 Committee Member - Marketing and Nomination committees- "Y" Women of Distinction Awards.

9. ADMINISTRATIVE ACTIVITIES (Committee and Service Activities)

c. Professional Committees and Assignments External to the University
(District, Provincial, National and International)

- | | |
|-------------|--|
| 1998 - 2006 | The President's Fit-Walk. Walk warm-up. University of Victoria, Victoria, B.C. |
| 1999-2000 | Committee Member, Ethics and Values - developing a Provincial Code of Ethics. British Columbia Recreation and Parks Association (BCRPA) Fitness Branch. |
| 2000 | Committee Member – Victoria Summer Games. Leadership Workshop for Volunteers. |
| 2000 | Committee Member - Victoria "Y" Women of Distinction Awards Selection of Award Recipients. Victoria, B.C. |
| 2002-2003 | Leadership Victoria - Curriculum Committee |
| 2002-2014 | Leadership Victoria Alumni Committee |
| 2003 | Victoria Peace Walk |
| 2003 | Victoria Salmon Enhancement Project – salmon release. |
| 2004 | Victoria Leadership Awards Ceremony – Registration committee. Laurel Point Inn, Victoria, B.C. |
| 2004 | Environmental Services Volunteer Broom Pull - Saanich Parks, Victoria, B.C. |
| 2004 | Tree Appreciation Day. Site Planting member. Coordinator. Saanich Parks. Victoria, B.C. |
| 2004 | CSSE Conference.(May 2004). University of Manitoba. Discussant for Round Table Graduate Student Presentation. Discussant for Multiple Paper Presentation. |
| 2005 | CSSE Conference. (May 2005). University of Western Ontario. Discussant for Multiple Paper Presentation. |
| 2005 | Consultant – <i>Health and Wellness Expert</i> . For Public Process Consultations. British Columbia Government (October 26, 2005). Standing Select Committee on Health. Legislative Assembly. Victoria, B.C. |
| 2005 | Delegate – Luncheon celebration – Raffi Cavorkian, Singer/Songwriter and Author of Child Honouring. Lieutenant Governor General, the Honorable Iona Campanola. Government House, Victoria, B.C. |

9. ADMINISTRATIVE ACTIVITIES (Committee and Service Activities)

c. Professional Committees and Assignments External to the University
(District, Provincial, National and International)

2006	Warm-up for Canadian Blood Services – STRIDE – 1 st Annual 'The Walk For Blood Event. 1 of 2 pilot Sites.
2006	Consultant - <i>Silken Laumann's Active Kids</i> . (October 28, 2006). Consultation for Community Action Network (CAN). Victoria, B.C.
2006-present	Consultant – Steps Forward – Inclusive Post-secondary Education Society – University of Victoria.
2007 - present	Oak Bay Green Committee – Member – Monthly Soft Plastic Recycling Initiative
2007 - 2013	Sierra B.C. Club Committee member and Fundraising Service
2010 - 2014	Friends of Uplands Park – Committee member
2011 - 2015	Province of BC – Dogwood Scholarship Award Committee / Adjudicator for Sport, Health and Active Living Grade 12 Scholarship
2011 – 2014	Community Association of Oak Bay (CAOB) – Director
2011 – 2012	Oak Bay Community Engagement Working Group
2012	Oak Bay Service Expo Committee member
2012	Bowker Creek Initiative – CAOB information table
2010 – 2014	SMUS Wellness Committee, Member
2012 - 2013	Oak Bay Tea Party Recycle Committee member
2013 - 2014	Creatively United for the Planet Society – Earth Day Celebration
2014 – 2015	Community Association of Oak Bay (CAOB) - Member