



Center for Mindfulness Compassion and Resilience
Arizona State University

The **POWER** of purpose & silence



*Discover
the power of
purpose and silence
as you retreat into a
sacred time of self-reflection,
self-discovery and self-care.*

mindfulnesscenter.asu.edu
602-496-1579

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Experience the joy of honoring who you are, where you have been, and where you want to go based on your personal experiences, strengths, and your desire to live every day on purpose. Give yourself the gift of adventure as you spend three days unplugged and immersed in mindful meditation, yoga, purposeful silence and coaching. This powerful combination connects your mind, your heart and your body to gain clarity on how you can use the great learning experiences you

have had and the wisdom you have gained from them, to anchor your life in what matters most to you. Think about the difference you could create in your life if you had a plan and a clear understanding of the process involved in living through personal change – on purpose.

The Power of Purpose and Silence Team will serve, support and coach you from where you are today to where you want to go, living your best life, on purpose.

Dr. Teri Pipe



Dr. Teri Pipe is Arizona State University's Chief Well-Being Officer.

Formerly Dr. Pipe served as the Dean of the College of Nursing and Health Innovation at Arizona State University (ASU). She also is the founding director of ASU's Center for Mindfulness, Compassion and Resilience. Before coming to ASU in 2011, Dr. Pipe served as director of Nursing Research and Innovation at Mayo Clinic Arizona and was an associate professor of nursing at the Mayo Clinic's College of Medicine. In 2014 she was selected as a Robert Wood Johnson Foundation Executive Nurse Fellow.

Dr. Pipe is an expert on mindfulness which is a skill set to increase the ability to experience being fully present, focused and alive. Mindfulness has important implications for resilience within and beyond the healthcare and higher education sectors. Dr. Pipe is an expert on nursing leadership with a focus on interprofessionalism, bringing nurses together with physicians and other health professionals, business people, and policy makers, to help redesign and improve health in the U.S. Her research interests include: mindfulness, resilience in professional and clinical populations, health promotion and wellness, positive coping and stress management, oncology, and gerontology.

She is a sought-after speaker on the topics of mindfulness, workforce resilience and self-compassion.

Dr. Pipe earned her PhD in health policy and administration with a minor in gerontology from Pennsylvania State University, a master's degree in nursing with an emphasis in gerontology from the University of Arizona, and a bachelor's degree in nursing from the University of Iowa.

Dr. Nika Gueci



Dr. Nika Gueci is the inaugural Executive Director for University Engagement at the Arizona State University Center for Mindfulness, Compassion and Resilience. Under her direction, Center advances an environment of well-being through the promotion of skills such as mindfulness and compassion to support lifelong resilience. Creating a culture where wellness is of vital importance to the development of human potential is her daily call to action. Here, she develops curricula for mindfulness leadership workshops, retreats, and Selective classes for Mayo Clinic medical students. She was invited to develop, write and present curricula as the content expert and talent manager for a 5-part Health and Wellness: Mind and Body online series, an institutional-priority initiative for marketing and distribution across national markets. She initiated teacher training by the founders of Koru Mindfulness for Emerging Adults and guided series of cohorts through scaling efforts of subsequent courses taught at ASU and the surrounding Phoenix community.

In her previous role, Dr. Gueci served as Associate Director of the ASU Health Services Executive Team. Her duties included directing ASU's first Collegiate Recovery Program, Recovery Rising, and scaling an innovative, outcomes-driven model to advance a university culture consistent with the ASU Charter, one that is inclusive of students in recovery from alcohol and other drug addiction. She has served on multiple task forces and was invited to provide policy recommendations on collegiate recovery to the Acting Director of National Drug Control Policy.

Dr. Gueci holds a doctorate of education (EdD) from ASU's Mary Lou Fulton Teacher's College Educational Leadership and Innovation program (an internationally award-winning program through the Carnegie Project on the Education Doctorate). Her action research dissertation examined peer-to-peer training innovations to support students in recovery. Her master's degree is in Communication with an emphasis on religious identity from New Mexico State University. She graduated with her bachelor's degree in Russian from Columbia University in the City of New York. She is a 200-hour Registered Yoga Teacher (RYT) with Yoga Alliance.

Tiara Cash



Tiara Cash, Program Manager, comes to Center for Mindfulness, Compassion, and Resilience as an alumni of Arizona State University. She holds a Bachelor's degree in Exercise and Wellness from ASU and a Master's degree from Western Illinois University in Kinesiology with a concentration in Sports Psychology. Her practice of mindfulness spans the last 19 years of her life and she has been a practitioner of this work for the last five years in various settings including: athletics, campus recreation, and student success.

Tiara has been granted scholarships, grants, and awards for her work with mindfulness in the student-athlete population, mindfulness and equity/social justice, and creating art with a foundation of mindful practice. She has traveled internationally to present on her research involving mindfulness and overlooked populations. Her career focuses include leadership & self-sustainability in university settings, delving into the intersections of mindfulness in marginalized and unrepresented populations, student-athlete retirement resilience training, and mindful performance art.

In her current role with Center, she works to create innovative programming through workshops, trainings, and events. Her vision is to engage ASU and the surrounding community in life-long learning and personal development with an emphasis on mindful practices and connection through compassion.

“ In this moment, there is plenty of time. In this moment, you are precisely as you should be. In this moment, there is infinite possibility. ”
- Victoria Moran

Carlette Patterson



Carlette Patterson is an internationally recognized Sports Life Coach, a professional speaker, author and the Founder of Patterson Sports Ventures – a company committed to being Agents of Change, utilizing the methodology of sports to train, equip and empower people to live a life on purpose. Carlette draws on her personal challenges and triumphs combined with 30+ years of senior leadership in professional, collegiate, and amateur sports organization to ignite purpose and passion for Championship Change. She is committed to “3D coaching” - coaching for professional success; personal significance and philanthropic service.

Professionally, Carlette is committed to honoring who we are and the unique gifts we have to share, through the power of our life work. Philanthropically, she is devoted to G.I.V.E.H.O.P.E.(Get Involved Volunteer Educate Help Other People Excel) to the next generation and train them to be champions in their lives. Personally, Carlette is embracing the adventure of creating a life she loves and sharing her message of hope- who we are and what we value are important- you matter. As a mother, Carlette is doing her best to raise three adult daughters to have the courage to discover who they are, what they want and how to play a small role in something bigger than themselves.



The Power of Purpose and Silence

Thurs, October 3 - Sun, October 6 | Castle Hot Springs, AZ

Be the first to experience this **newly restored resort**, where Rockefellers and Roosevelts once wintered.

Registration is limited to 25 people and closes September 20, 2019