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OVERVIEW

Promoting a healthy, just and equitable world for all has been a driving passion since my youth. For 25 years I directed, founded and transformed nonprofits with national and international reach. I recently established Cedar Wise Coaching to partner with philanthropic and other nonprofit leaders in their efforts to accelerate social change for the common good. I also provide consulting services for nonprofits in transition and have interim executive director experience.

WORK EXPERIENCE AND RELATED ACTIVITIES

Leadership Coach and Principal, [CEDAR WISE COACHING](#) (2021 –), certified by the Coach Training Alliance, accredited by the International Coaching Federation.

Interim Executive Director, [HEDGEBROOK](#) (2019 – 2021), an internationally renowned center for visionary women writers whose stories and ideas shape our culture for now and generations to come.

Writer, Editor and Senior Advisor, [SafetyNEST](#) (2017 –2019), a social media platform transforming prenatal and postnatal care in support of healthier babies.

Director and Co-Founder, [COLLABORATIVE ON HEALTH AND THE ENVIRONMENT](#) (2009 – 2017)

Responsible for developing, managing and fundraising for this international initiative dedicated to translating emerging environmental health science into public health policy to improve health outcomes for vulnerable populations. CHE is a major program of Commonweal, a 40+-year-old health, environment, healing, arts and education institute in the Bay Area.

Executive Director and Founder, [INSTITUTE FOR CHILDREN'S ENVIRONMENTAL HEALTH](#) (1999 - 2009)

Responsible for developing and managing the programs and administrative structure of this national educational non-profit committed to improving environmental health and justice for all children. The Tides Center served as the fiscal sponsor for the Institute. ICEH was merged with Commonweal in 2009 as part of the Collaborative on Health and the Environment (see above).

Lead Consultant and Founder, [EQUIS: FOR A HEALTHY, JUST AND SUSTAINABLE FUTURE](#) (1998 -1999)

Provided strategic consulting services to foundations and other non-profits, primarily working on issues related to health and the environment. EQUIS was a project of the non-profit Tides Center.

*Founding Executive Director, [THE JENIFER ALTMAN FOUNDATION](#) (1995 - 1998); *Program Officer* (1993 – 1995)*

Developed and administered all the grantmaking strategies and activities of the Jenifer Altman Foundation, a small private foundation based in northern California with interests in sustainable development, environmental health, mind-body health, and issues affecting disadvantaged children.

Researcher, [PROJECT ZERO, HARVARD SCHOOL OF EDUCATION](#) (1991)

Conducted a qualitative research study in first grade classrooms in Cambridge, MA, known as Project Spectrum, based on Professor Howard Gardner's theory of different kinds of intelligence.

Teaching Fellow, [HARVARD UNIVERSITY](#) (1989)

Led weekly group discussions for students in Dr. Robert Coles' undergraduate course "A Literature of Social Reflection"; also assigned and graded bi-weekly papers; held individual conferences.

Freelance Writer (1986-88)

Served as a stringer for *The Economist* in India; published in *The Christian Science Monitor, Sunday* (a weekly newsmagazine based in Calcutta, India), *Zpravodaj* (a cooperative farm newspaper in Studenec, Czechoslovakia), and various other outlets.

FORMAL EDUCATION

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|---|---------------|
| HARVARD UNIVERSITY | CAMBRIDGE,MA |
| Master's Degree in Education from the Harvard Graduate School of Education - 1992; concentration in Human Development and Psychology; thesis on the experience of adolescent girls in India | |
| DARTMOUTH COLLEGE | HANOVER, NH |
| Bachelor of Arts Degree - 1985; graduated Cum Laude with High Honors in History; awarded the Class of 1859 History Prize for senior thesis and the Class of 1936 Women's Award for exceptional leadership | |
| T.C. WILLIAMS HIGH SCHOOL - Graduated 1981 | ALEXANDRIA,VA |

PUBLICATIONS, HONORS AND AWARDS

PUBLICATIONS: Authored numerous blogs for Hedgebrook and the Collaborative on Health and the Environment; Authored the Forward for *The Rise of the U.S. Environmental Health Movement* (2013); authored articles in *San Francisco Medicine, a journal of the San Francisco Medical Society* (2012 & 2014); the *0-3 Journal* (November 2005), *Neurotoxicology* (June 2004).

U.S. ENVIRONMENTAL PROTECTION AGENCY "CHAMPION AWARD" (October 2008)

Awarded for "outstanding leadership in protecting children from environmental health risks."

U.S. ENVIRONMENTAL PROTECTION AGENCY "RECOGNITION AWARD" (April 2005)

Awarded for "raising awareness and stimulating activities in your community about children's environmental health."

ISLAND COUNTY HEALTH DEPARTMENT "HEALTH HERO" AWARD (April 2004)

Awarded for "outstanding efforts to ensure the health of residents of Island County" in Washington State.

FETZER INSTITUTE FELLOWSHIP (1998-2001)

Awarded a three-year fellowship by the Fetzer Institute (based in Kalamazoo, MI) to work with emerging leaders from different professions committed to sustainability.

U.C. BERKELEY PROFESSIONAL STUDIES SCHOLARSHIP (1991-92)

Awarded a year-long research post in Musoorie, India to study adolescent girls for my graduate work at Harvard University.

AD HOC COMMITTEE ON RESIDENTIAL LIFE, Dartmouth College (1987)

Appointed by the President of Dartmouth to serve as alumni representative on committee proposing a comprehensive new residential system.

REYNOLDS SCHOLARSHIP, Dartmouth College (1985-86)

Awarded for my year-long study on aspects of freedom of the press in India.

1985 EXECUTIVE COMMITTEE, Dartmouth College (1985-90)

Elected to five-year post overseeing alumni affairs for the Class of 1985 at Dartmouth.

CLASS OF 1936 WOMEN'S AWARD, Dartmouth College (1985)

Awarded as the outstanding woman of the Class of 1985, who "in leadership roles and scholastic achievement, and as a symbol of fairness, integrity, and initiative for others, [has] been an inspiration."

CLASS OF 1859 HISTORY PRIZE (1985) - Awarded for the most outstanding thesis on European History

RUFUS CHOATE SCHOLAR, Dartmouth College (1984-85)

Designated to all those achieving a grade point average of 3.8 or above for each academic year

PALAEOPITUS, Dartmouth College (1984-85) – an honorary student advisory group to the Administration.

SENIOR CLASS PRESIDENT, Dartmouth College (1984-85)

BOARDS AND COMMITTEES

BOARDS OF DIRECTORS

- JENIFER ALTMAN FOUNDATION, San Francisco, CA (Member, 2022 – present)
- ENSO HOUSE (a Zen hospice), Freeland, WA (Member, 2019 – present)
- DAY for GIRLS INTERNATIONAL, Bellingham, WA (Member, 2017 – 2020)

- THE ENDOCRINE DISRUPTOR EXCHANGE (TEDX), Research Triangle, NC (Member, 2008 - 2019; Board Chair, 2015 - 2019)
- CHILDREN'S ENVIRONMENTAL HEALTH NETWORK, Washington, DC (Member, 1998 - 2009)
- WHIDBEY INSTITUTE (Co-chair, Development Committee) Clinton, WA (Member, 1999 – 2004)

COMMITTEES

- DIVERSITY, EQUITY & INCLUSION COMMITTEE, Whidbey Island Waldorf School (co-founder, 2018 –2019)
- U.S. EPA CHILDREN'S HEALTH PROTECTION ADVISORY COMMITTEE (Member, 2007- 2011)

ADVISORY BOARDS

- CHILDREN'S ENVIRONMENTAL HEALTH NETWORK, Washington, DC (2009 – present)
- HEALING CIRCLES LANGLEY - Langley, WA (2016 – 2018)
- AMERICAN ASSOCIATION ON INTELLECTUAL AND DEVELOPMENTAL DISABILITIES (Washington, DC) – Environmental Health Initiative (2005 - 2011)
- NATIONAL ASSOCIATION FOR THE DUALY DIAGNOSED (Kensington, NY) – Environmental Health Initiative (2007 - 2010)
- LEARNING DISABILITIES ASSOCIATION OF AMERICA – Healthy Children Project (Pittsburgh, PA) (2002 - 2010)
- HEALTHY SCHOOLS NETWORK (Albany, NY) (2000 - 2009)

RECENT PROFESSIONAL EDUCATION

COACH TRAINING ALLIANCE – 6-month professional coaching certification course with 60 hours of training (certified by Coach Training Alliance, accredited by the International Coaching Federation in November 2021)

MINDFUL LEADER – completed 8-week certification course in Mindfulness Based Stress Reduction (2021)

OTHER VOLUNTEER ACTIVITIES

GRANTWRITER (pro bono), The Northwest Language Academy and Cultural Center (2018 –2019)

EARTHQUAKE RELIEF WORK, Chendani Village, Nepal (December 2015)

SOUTH WHIDBEY YOUTH SOCCER, coached U8 – U13 boys' soccer (2013 - 2017)

HOPE Therapeutic Riding Program for Disabled Children (Whidbey Island, WA) (1998- 99)

NATIONAL EMERGING LEADERS GROUP, *Founder and Coordinator* (1995-98)

Founded "Thirty-Somethings Seeking a Sustainable Future," a national group of people committed to envisioning and implementing sustainable practices professionally and personally and together as future leaders. This group met annually from 1995 - 2005.

SALON ON SUSTAINABILITY, *Founder and Coordinator* (1994-98)

Founded group of young Bay Area professional to discuss how to work towards a sustainable future.

COMMONWEAL SUSTAINABLE FUTURES GROUP, *Member* (1993-98)

Participant in a small Bay Area think-tank which met monthly to discuss issues in support of a socially just and ecologically sustainable future.

"IN TANDEM," HARVARD UNIVERSITY, co-founder (1990-91)

Organized a series of public conversations, known as "In Tandem," between Harvard University professors at the School of Education on a variety of topics.

OTHER INTERESTS

Travel with purpose

- lived in India for a total of two years— first as a journalist (1985-86), stringing for the *Economist* and the *Christian Science Monitor* and the second year as a researcher for graduate work at Harvard (1991-92)
- traveled to Nepal three times to adopt a baby boy (2005-06); returned to Nepal with husband and son in 2015 to do earthquake relief work, trek in Everest region and meet with our son's early caretakers
- attended the NGO International Forum on Women in conjunction with the United Nations Conference on Women in Beijing, China (1995)
- documented the making of handcrafts in Outer Mongolia (1995)

- visited the now former Soviet Union with group of psychotherapists and meditators to meet and share with Russian psychotherapists and psychiatrists (1988)
- worked on a cooperative farm in Czechoslovakia with Volunteers for Peace (1988)

Meditation

- have practiced vipassana (“insight”) meditation for over almost 35 years; worked on staff at the Insight Meditation Society in Barre, MA (1987-88); sat a series of silent retreats for approximately one year (1988-89); continue to practice and sit occasional 10-day silent retreats.

Triathlons

- participated in five triathlons 2014-16; placed first in age group and in the top 10 women overall in three; qualified for Nationals in 2016 and 2017. Plan to do an IRONman in 2023.

Community Choir

- participated in Open Circle Singers, Whidbey Island (2018 –2019)

Kayaking

- built my own Baidarka kayak, a style indigenous to the Northwest (2000)
- take paddling trips around the Puget Sound and beyond

Rowing

- competed at various regional, national, and international levels sculling and sweep (1980 – 1995)
- won the San Diego Crew Classic 1995
- won and medaled in races at Master’s Nationals, Southwest and Northwest Regionals (1993-94)
- raced at Henley (in England) and the Head of the Charles
- won the National Scholastic Championships (1981)

Hiking

- trekked in Everest Region, Nepal (2015) and from Srinagar to Ladakh, India (1986)
- hiked in the French Alps, Olympics, Cascades, Rockies and the Appalachian mountains.

Tai Chi

- practiced in group classes 2014 - 2017

Video editing

- helped edit documentary videos produced by Bruce Struminger on Dr. Robert Coles and Professor E.O. Wilson at Harvard University (1989-91)

Massage therapy

- completed basic certification in massage therapy (1994)

Dance

- participated in various Ballroom, African, and Contra/Folk dancing classes

LANGUAGES

- Native English speaker
- Some Hindi (studied in Mussoorie, India while doing graduate research)
- Some French (participated in a study abroad program in Lyon, France while in college)
- Smattering of Nepali and Spanish