

Tracy L. George, MPH, CHES, CYT

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Highlights

Co-created and directed Yale's first student wellness center, the Good Life Center; extensive experience in innovative community health program development; health and wellness leader bringing a unique set of integrative skills, long-term vision for community wellbeing and ability to connect deeply with diverse students and clients.

Experience

Inaugural Director, Good Life Center at Yale University, 2018 - 2020, New Haven, CT

- Designed and staffed the only physical space at Yale dedicated to community wellness
- Directed all Center programming that serves undergraduate, graduate and professional students
- Managed a diverse staff of student interns, consultants and instructors
- Trained and led 70+ Peer Wellness Cultivator students; focus on Motivational Interviewing, campus-wide activation and advocacy efforts
- Engaged in fundraising efforts and donor relations
- Provided individual support sessions to students; coordinated with campus resources & community partners
- Taught Koru Mindfulness curriculum to campus and lead mindfulness efforts
- Provided leadership and continuing education for staff responsible for wellness programs across campus
- Contributed to university-wide committees dedicated to student affairs and wellbeing
- Created and delivered tailored skill-building opportunities such as mindful relationships, self-compassion, anxiety management, habit change and life skills

Health Educator for Student Wellness, Yale Health, 2015 - 2018, New Haven, CT

- Served as health educator within the campus student health center
- Implemented Yale's first student mindfulness program for students with introduction of Koru Mindfulness curriculum
- Initiated first campus-wide newsletter focused on increased awareness and community building for wellness
- Provided individual support sessions for students struggling with stress, anxiety, and sleeping issues using Motivational Interviewing and Mindful Inquiry frameworks

Education

Yale School of Public Health, New Haven, CT
Master's Degree in Public Health, Spring 2015
Concentration: Social & Behavioral Sciences

American University, Washington, DC
Bachelor's Degree in International Studies, Fall 2009
Graduated Summa Cum Laude; Concentration: Peace & Conflict Resolution Studies

Trainings & Certifications

Interpersonal & Group Dynamics Course Facilitator Training
Yale School of Management
New Haven, CT | 2020

Kripalu Mindful Outdoor Guide, Level 1, 2019
Kripalu School of Mindful Outdoor Leadership
Stockbridge, MA | 2019

Motivational Interviewing
Health Education & Training Institute
Portland, ME | 2016-2019

Mindful Inquiry and Facilitation
UMass Center for Mindfulness in Medicine, Healthcare & Society
Shrewsbury, MA | 2016-2018

Embodyoga 200-hour Yoga Teacher Training
Mindful Yoga Center
Newington, CT | 2016-2017

Koru Mindfulness Teacher Certification
Center for Koru Mindfulness
Durham, NC | 2015-2016

Certified Health Education Specialist
National Commission for Health Education Credentialing
New York, NY | 2016

Sexuality Education Certification Series
Planned Parenthood League of Massachusetts
Brookline, MA | 2015

Websites & Media

The Happiness Lab Podcast, S01E10

happinesslab.fm/season-1-episodes/making-the-grade

Yale Public Health Alumni Spotlight

publichealth.yale.edu/news-article/22227

NPR Interview, 1/16/2020

wshu.org/post/tipped-workers-happiness#stream/o

Presentations & Lectures

Yale School of the Environment, *Fundamentals of Working with People* Guest Lecture
“Well-being and Health”

New Haven, CT | February 2020

NASPA Strategies Conference Presentation

“Where Wellness Lives: Non-Clinical Explorations of Emotional & Community Wellbeing”

New Orleans, LA | January 2020

Notre Dame High School, Faculty Retreat Training and Presentation

“Heart & Mind(fulness)”

Madison, CT | October 2018

Southeast Oklahoma State University, University-Wide Guest Lecture

“Mindful Living”

Durant, OK | October 2018

Wayne State University, *Health Psychology* Guest Lecture

“Mindfulness”

Detroit, MI | May 2018

Yale College, *Psychology and the Good Life* Guest Lecture

“Mindfulness”

New Haven, CT | April 2018

ACHA National Meeting and Conference Presentation

“Evidence-Based Mindfulness for Boosting Well-Being”

Austin, TX | May 2017