Sarah Plummer Taylor, MSW, ERYT-500, CHC

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CONTACT INFORMATION

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Web Sites: www.SemperSarah.com
www.JustRollWithItWellness.com

EDUCATION

2016 **Master of Science** in Social Work, ***Magna Cum Laude***
University of Denver, Denver, CO
Concentration: Mental Health

2013 **Certified Holistic Health Counselor**
Institute for Integrative Nutrition, New York, NY

2003 **Bachelor of Arts** in Sociology
University of Virginia, Charlottesville, VA

OTHER PROFESSIONAL EXPERIENCE

2012 – present **Resilience, Mental Health, Integrative Wellness, and Leadership Author, Counselor, Coach, Consultant, Trainer, and Advocate**, **Semper Sarah® LLC**, Owner of small business that provides private and group level holistic health coaching/counseling/consulting, training, leadership, and yoga and meditation training and education. Clients include men, women, business owners, lawyers, and veterans. All services are delivered both in-person, and remotely. Semper Sarah® also offers mindfulness-based stress management and resiliency retreats, held both domestically and internationally, as well as instructional CDs and DVDs, and published written materials.

2014 – present **Advisory Board Member, University of California San Francisco**, San Francisco CA, Young Adult and Family Center, Next Mission's Stress, Resilience, and Post-Traumatic Growth course which supports service members as they transition from active duty to civilian life. Advising focus is implementation of evidence-based psychosocial education utilizing neuroscience and mental health principles grounded in resilience theory.

2013 – 2016 **Resilience Trainer and Educator, Just Roll With It Wellness LLC**, Founder and Co-Owner of veteran-owned small business. JRWIW provides integrated behavioral health and wellness promotion, training, and educational seminars to clients both domestically and internationally with a focus on military and veteran personnel. Immersion-style Resilient Leadership Retreats are offered 2-4 times a year, multi-site. JRWIW has worked in partnership with many veterans' services nonprofits like the Wounded Warrior Project®, Team Red White and Blue, and Veterans of Foreign Wars.

2014 – 2015 **Research & Community Engagement Assistant, University of Denver's Center for Community Engagement & Service Learning (CCESL)**, Denver, CO, worked with CCSEL Associate Director in supporting the Colorado Service-Learning Council, conducted and presented published research, met with offices across the state of Colorado, and supported DU Service & Change in their Work On Purpose based curriculum to teach social entrepreneurism skills.

2010-2011 **Senior Researcher, Socio-Cultural Geospatial Human Terrain Intelligence Analyst**, Courage Services, Washington, DC. Provided cultural intelligence, tribal studies, and socio-economic political evaluations for the Middle East and North Africa.

2003-2009 **Marine Corps Officer, Aviation and Geospatial Intelligence**
Served as an Officer of Marines in combat, garrison, and training commands. Time includes two deployments in support of Operation Iraqi Freedom from 2005-2007. Last Active Duty assignment was as the Deputy Director of the Geospatial Intelligence Directorate of the Marine Corps Intelligence Activity (MCIA) directly leading more than 120 military and civilian personnel.

RESEARCH AND SCHOLARLY ACTIVITY

BOOK CONTRIBUTIONS

1. **Plummer Taylor, S**., Garcia, C., & Davey, L. (Under contract). Bulletproofing the psyche of women in military service. In Thomas, K.H & Albright, D.L. (Eds), *Bulletproofing the psyche: Preventing mental health problems in our military and veterans*. Santa Barbara, CA: Praeger Publishing.

2. DiEnno, C, & **Plummer Taylor, S.** (2016). Practicing what we teach, practitioner reflections: Understanding the impact of service learning on those who teach it. In Crosby, C. & Brockmeir, F. (Eds), *Handbook of research on community engagement in 21st century education* (1st ed.). Hershey, PA: IGI Global.

3. **Plummer Taylor, S.** (2015). *Just Roll With It: 7 Battle Tested Truths for Building a Resilient Life.* Collierville, TN: Innovo Publishing.

4. **Plummer Taylor, S**., & Hendricks Thomas, K. (2014). *Just roll with it wellness journal*. Tuscaloosa, AL: Resilience Press.

REFEREED PUBLICATIONS

1. Hendricks Thomas, K. & **Plummer Taylor, S**. (Under contract). Mindful living with HIV and AIDS: Behavioral medicine for patient resilience. In Stephens, T.M. & Phillips, K.D. (Eds), *Nursing Clinics of North America.*

2. Thomas, K.H., Albright, D.A., Phillips, D., Roosevelt, K., Crawley, R., & **Plummer Taylor, S.** (In press). Mental health status in service member and veteran students at four-year postsecondary institutions: A pilot needs assessment. *Best Practices in Mental Health, Special Issue: Military-Connected Populations.*

3. Hendricks Thomas, K., Albright, D., Shields, M., Kaufman, E., Michaud, C., **Plummer Taylor, S.**, Hamner, K. (2016). Predictors of depression diagnoses and symptoms in United States female veterans: Results from a national survey and implications for programming. *Journal of Military and Veterans' Health.*

4. Hendricks Thomas, K., & **Plummer Taylor, S.** (2016). Bulletproofing the psyche: Mindfulness interventions in the training environment to improve resilience in the military and veteran communities. *Advances in Social Work*, 16(2), 312-322.

5. Hendricks Thomas, K., **Plummer Taylor, S.**, Hamner, K., Glazer, J., & Kaufman, E. (2015). Multi-site programming offered to promote resilience in military veterans: A process evaluation of the Just Roll With It Bootcamps. *Californian Journal of Health Promotion*.

6. Hendricks, K., & **Plummer, S.** (2013). A feminist approach to wellness. *Gender Forum, Early Career Researchers Special Issue, 45*, from www.genderforum.org.

INVITED PRESENTATIONS

1. **Plummer Taylor, S.** (May 2017). *Mental fitness, resilience building, and leadership.* The Mission Continues, Her Mission Continues Annual Summit. San Francisco, CA. (keynote speaker).

2. **Plummer Taylor, S.** (May 2017). *Overcoming obstacles: A personal and professional perspective on mindfulness and mental health.* North Central Indiana Area Health Education Center (AHEC), Annual Veterans Mental Health Summit. Kokomo, IN. (keynote speaker).

3. **Plummer Taylor, S.** (November 2016). *Setbacks and successes as a health care professional.* Health Education and Promotion Department, Charleston Southern University. Charleston, SC (guest lecture).

4. **Plummer Taylor, S.** (November 2016). *Somatic therapies' impact for veterans.* Comeback Yoga Annual Fundraiser. Denver, CO (keynote speaker).

5. **Plummer Taylor, S.** (September 2016). *Authentic living and leading after trauma.* Real Life Book Club, Denver, CO (panelist).

6. **Plummer Taylor, S.** (August 2016). *Coffee and conversations.* Broomfield Veterans Memorial Museum. Broomfield, CO (keynote speaker).

7. **Plummer Taylor, S.,** & Hendricks Thomas, K. (July 2016). *Becoming a resilient leader: What the research shows us*. Women Marines Association Biennial Conference. Portland, OR (keynote speaker).

8. Hendricks Thomas, K., & **Plummer Taylor, S.** (June 2016). *Battling for balance: Yoga and mindfulness programming for military veterans*. Annual College of Charleston Conference on Suicide Prevention, Charleston, SC (oral presentation).

9. **Plummer Taylor, S.** (May 2016). *Just breathe: Align and shine in battle and beyond.* Promoting Our Women Warriors of Wyoming annual conference. Casper, WY (keynote speaker).

10. **Plummer Taylor, S.** (May 2016). *Tactics, techniques, and procedures for resilience, health, and wellness.* Promoting Our Women Warriors of Wyoming annual conference. Casper, WY (oral presentation).

11. **Plummer Taylor, S.** (April 2016). *Women Veterans Leadership Summit*. The Mission Continues. New Orleans, LA (panelist).

12. Hendricks Thomas, K., **Plummer Taylor, S.**, & Shields, M. (Mar 2016) *Predictors of depression diagnoses and symptoms in female veterans: Results from a national survey and implications for*

programming. Annual Conference for the Society of Public Health Education, Charlotte, NC (oral presentation).

13. **Plummer Taylor, S.** (December 2015). *Social entrepreneurism, mental health, and veteran issues: How they intersect.* School of psychology doctoral class, University of North Carolina, Chapel Hill, NC (guest lecture).

14. Hendricks Thomas, K., **Plummer Taylor, S.**, Hamner, K., Glazer, J., & Kaufman, E. (June 2015). *Combatting suicide rates through programming offered to promote resilience in military veterans: A process evaluation of the Just Roll With it Bootcamps*. Annual College of Charleston Conference on Suicide Prevention, Charleston, SC (oral presentation).

15. **Plummer Taylor, S.** (April 2015). *Community and campus*. University of Denver's Annual Sexual Assault Awareness Summit. Denver, CO (panelist).

16. Hendricks Thomas, K., Turner, L., & **Plummer Taylor, S.** (April 2015). *Predictors of depression diagnoses and symptoms in veterans: Results from a national survey.* Annual Conference for the Society of Public Health Education. Portland, OR (oral presentation).

17. **Plummer Taylor, S**. (April 2015). *Resilience and post-traumatic growth: Moving beyond military sexual trauma*. University of Alabama's Service Member to Civilian Health and Reintegration Conference. Tuscaloosa, AL (keynote speaker).

18. DiEnno, C., & **Plummer Taylor, S.** (April 2015). *The impact of service learning on practitioners: Instructor reflections of inquiry and engagement*. Washington Campus Compact's Annual Conference for Continuums of Service. Long Beach, CA (oral presentation).

19. **Plummer Taylor, S.**, DiEnno, C. & Sommers, C. (March 2015). *The power to make an impact: exploring the possibilities to live a life of conviction, purpose, & meaning*. University of Denver Women's Conference. Denver, CO (oral presentation).

20. **Plummer Taylor, S.** (February 2015). *Writing in the real world*. University of Denver's Writing Center student event. Denver, CO (oral presentation).

21. **Plummer, S.** (September 2014). *Just breathe: Align and shine in battle and beyond.* Women Veterans Summit: Dare to Dream – A Celebration of the Warrior Within. Spokane, WA (keynote speech and workshop instruction).

22. **Plummer, S.** (July 2014). *Just breathe: Align and shine in battle and beyond.* Biennial Women Marines Association Conference. Kansas City, MO (keynote speaker).

23. **Plummer, S.** (June 2014). *Just breathe: Align and shine in battle and beyond.* Urban Campfire. Denver, CO (keynote speaker).

24. **Plummer, S.** (May 2014). *Feeding your mind, body, and spirit: The SEMPER strategy to optimal wellness.* Promoting Our Women Warriors of Wyoming. Casper, WY (oral presentations).

25. **Plummer, S**. (April 2014). *Growing health; Sustaining wellness*. Go Green Meridian. Meridian, MI (keynote speaker).

26. **Plummer, S.** (April 2014). *Valuing generational differences: A leadership roundtable*. Talent, inclusion, engagement, diversity leadership roundtable. Xcel Energy. Denver, CO (panelist).

27. **Plummer, S.** (December 2013). *Yoga and resiliency for veterans*. Marine360. Jacksonville, NC (oral presentations, classroom instruction, and consulting).

28. **Plummer, S.** (November 2013). *Weighing in on military justice reform*. Katie Couric Show. New York, NY (oral presentation).

29. **Plummer, S.** (November 2013). *A Marine veteran's perspective on historic military justice reforms*. Senator Gillibrand. Washington, DC (oral presentation).

30. **Plummer, S.** (November 2013). Congressional testimony in regards to amendments to the National Defense Authorization Act. Washington, DC (key panelist).

31. **Plummer, S.** (November 2013). *A veteran's take on resiliency, health, and leadership*. Xcel Energy. Denver, CO (keynote speaker).

32. **Plummer, S.** (October 2013). *How to achieve work-life balance.* The Leadership Investment. Denver, CO (oral presentation).

33. **Plummer, S.** (September 2013). *The seeds of service: healthy mind, body, and spirit to overcome obstacles*. The Give Back Yoga Foundation. Boulder, CO (keynote speaker).

34. **Plummer, S.** (August 2013). *Holistic leadership and resiliency tactics for veteran business success.* Veteran Women Igniting the Spirit of Entrepreneurship. Seattle, WA (keynote speaker).

35. **Plummer, S.** (June 2013). *Resilient leadership tactics*. State Women's Veterans Coordinators Conference. Columbus, OH.(key note speaker and panelist).

36. **Plummer, S.** (June 2013). *Serving our country: A decade in review.* Reunions Weekend at the University of Virginia. Charlottesville, VA (panelist).

37. **Plummer, S**. (June 2013). *Hanumission inspirational talks: What do you serve?* Hanuman Festival. Boulder, CO (oral presentation on panel).

38. **Plummer, S**. (May 2013). *Holistic leadership tactics for business success*. Fitness Entrepreneur Bootcamp, Jon LeToc Leadership Consulting, Manchester, UK (keynote speaker).

39. **Plummer, S**. (February 2013). *The 12 steps to better health now*. Denver Stapleton Rotary Club. Denver, CO (oral presentation).

40. **Plummer, S.** (February 2013). *Yoga saved my life.* NBC Morning Show. Washington, DC (oral presentation).

41. **Plummer, S**. (January 2013). *12 steps to better health now*. Denver Mile High Rotary Club. Denver, CO (oral presentation).

42. **Plummer, S.** (May 2012). *How being authentic empowers good decision-making*. Columbus School for Girls. Columbus, OH (keynote speaker).

TEACHING

RESILIENT LEADERSHIP RETREATS, JUST ROLL WITH IT WELLNESS LLC

Three-day retreat including instruction on self-care, social support, and spiritual practices including leadership traits, resilience traits, yoga, meditation, personal growth, professional development, integrative nutrition, trauma recovery, and stress management instruction for veterans.

Year	Term	City	Enrollment

2016	Spring	Charleston, SC	48
2016	Fall	Charleston, SC	35

PROJECT ODYSSEY, COMBAT STRESS RECOVERY PROGRAM, WOUNDED WARRIOR PROJECT®

Instructed veterans during a week-long adventure-based counseling and education setting. Planned and implemented events focusing on veterans and their families who were adjusting to living with combat stress, PTSD, and other injuries. Holistic health and psychosocial education, resources, support, and networking opportunities were provided.

Conducted highly physical adventure-based counseling to challenge veterans physically and mentally while in a supportive environment. Ran process groups and provided individual counseling. Collaborated with veterans to set achievable goals, provided support and resources, and accessed progress in pursuit of goals for ninety days. Collaborated with veterans, their families, and other professionals to facilitate post-traumatic growth and adjustment during transition into civilian life.

Year	Term	City	Enrollment
2017	Spring	Camp Eagle, TX	20
2016	Winter	Camp Eagle, TX	12
2016	Fall	Camp Eagle, TX	16
2016	Summer	Mustang Island, TX	14
2016	Spring	Jordan Ranch, TX	22
2015	Summer	Mustang Island, TX	16
2015	Spring	Camp Eagle, TX	14

YOGAPOD, THE FREYJA PROJECT YOGA AND DANCE CENTER, KARMA YOGA CENTER, BURN STUDIOS, 2012-CURRENT
ERYT500 Yoga, meditation, group fitness, spinning, and lifestyle instructor.

STRESS MANAGEMENT, HOLISTIC LEADERSHIP DEVELOPMENT, AND RESILIENCY BUILDING WORKSHOPS
25 August 2016. The Firm of Doctors Bassett Wallace Sellner. Denver, CO
4 April 2015, The Freyja Project Yoga and Dance Center, Denver, CO.
17 November 2013, Karma Yoga Center, Denver, CO.

SEMPER SARAH® ALIGN & SHINE AND JUST ROLL WITH IT RESILIENCY BUILDING RETREATS
20-26 JUNE 2015 NOSARA, COSTA RICA
20-26 MAY 2014 SAN PANCHO, MEXICO
4-10 JANUARY & 11-17 JANUARY 2014 NOSARA, COSTA RICA
24-30 JULY 2013 NOSARA, COSTA RICA

Social Entrepreneurship Series: Health, Wellness, and Leadership with "Semper Sarah®"
5 October 2013 – Veteran Network Google Hangout Teleseminar

JUST ROLL WITH IT BOOTCAMP SEMINARS
Models for personal resilience and stress management: A one-day seminar including instruction on yoga, meditation, personal growth, professional development, integrative nutrition, suicide prevention, and stress management instruction for veterans.

Year	Term	City	Enrollment

2012	Winter	San Diego, CA	35
2013	Spring	Washington, DC	45
2013	Summer	Houston, TX	25
2013	Fall	Hermosa Beach, CA	50

MENTORING

PROFESSIONAL BUSINESS MENTORING

Mentee: Jessica Hall, small business owner
Location: Denver, CO
Project: *Building a Healthy Business from the Ground Up*
Year: 2012-2014

Mentee: Larry Broughton, Ernst & Young's Entrepreneur of the Year, owner of Broughton Hospitality
Location: Irvine, CA
Project: *Healthy Mind, Healthy Body, Healthy Spirit: Healthy Business*
Year: 2012-2013

Mentee: Phil Dyer, Co-Owner of Broughton Consulting
Location: Baltimore, MD
Project: *Healthy Mind, Healthy Body, Healthy Spirit: Healthy Business*
Year: 2012-2013

STUDENT MENTORING ROLES

Student: Lindsey Hardman
Department: Virginia Commonwealth University, College of Arts and Sciences
Role: *Military Service Mentor*
Year: 2012-present

PROFESSIONAL AND ACADEMIC SERVICE

NATIONAL / INTERNATIONAL SERVICE

2016 **Contributing author**, *51%: Women and the Future of Politics,* Terri Spahr Neson, Sugati Publications, Oxford

2016 **Contributing author**, *Best Practices for Yoga for Veterans,* Omega Books

2016 **Health and Wellness Coordinator and Program Developer**, Service Member to Civilian Summit. www.servicetocivilian.ua.edu

2014 **Creator of the Free Community Yoga Program** offered at the Veterans of Foreign Wars Post-1, Denver CO, in collaboration with VFW Post-1, Team Red White and Blue, and Comeback Yoga

2013 - Present **Council Member**, Military Advisory Council, Service Women's Action Network

November 2013	**Provided Professional Testimony**, Congressional Panel: Response Systems to Adult Sexual Assault Crimes
April 2013	**Attendee**, Summit for Truth and Justice, Service Women's Action Network
2012 – Present	**Member & Volunteer**, Yoga Instructor & Health Coach for Veterans, Team Red, White, and Blue – Washington DC, Denver CO, and Southern CA. (www.teamrwb.org)
2012	**Member**, United States Women's National Team, Australian Rules Football
March 2012	**Attendee**, Summit for Truth and Justice, Service Women's Action Network
2007-2011	**Member**, United States Women's Soccer Team, Conseil International du Sport Militaire (CISM)
2009	**Captain**, United States Women's Soccer Team, CISM
2009	**Volunteer**, Volunteers For Peace, Évora, Portugal

NATIONAL AND STATE PROFESSIONAL ORGANIZATIONS

2016	**Member**, National Association of Social Workers
2015 – Present	**Member**, Yoga Service Council
2014 –2016	**Member**, The Society for Public Health Education
2014 –2016	**Member**, Colorado Service-Learning Council
2013 - Present	**Member**, International Association for Health Coaches
2012 – Present	**Member**, Women Marines Association

STATE, LOCAL, AND COMMUNITY SERVICE

2014 – Present	**Volunteer Teacher**, Comeback Yoga and Veterans of Foreign Wars Post-1, weekly classes
2012	**Media Sponsor** – Ms. Veteran America Pageant. Washington, DC
2010 - 2012	**Director of Yoga for Combat Athletes**, Semper Fidelis Health and Wellness.

REGISTRATION AND LICENSURE

2017- Present	**Yoga Continuing Education Provider**, Certified via Yoga Alliance
2016 - Present	**Registered Psychotherapist**, Department of Regulatory Agencies Colorado
2012 - Present	**Mindful Yoga Therapy Teacher Training**, Level 1, The Veterans Yoga Project
2012 - Present	**ERYT-500,** Expert Registered Yoga Teacher with over 500 hours in teacher training, Yoga Alliance