

CONTACT INFORMATION

Phone Number: (760) 969-3216
E-mail Address: sarah@sempersarah.com and sarah@mymindfulfamily.com
Web Site: www.SemperSarah.com and www.MyMindfulFamily.com

SUMMARY BIOGRAPHY

Sarah Plummer Taylor, MSW, ERYT-500 is an established leader in the field of resilience-building, somatic-based stress management courses, military veteran reintegration, and neurocognitive-based leadership development, guiding leaders and top organizations domestically and internationally to improve the quality of their professional and personal lives, including the US Department of Defense, banks, law firms, universities, sports teams, and FORTUNE500 companies.

A former U.S. Marine Intelligence Officer who deployed twice to Iraq and served as the Deputy Director of the Geospatial Intelligence Directorate at the Marine Corps Intelligence Activity, Sarah is the author of [Stopping Military Suicides: Veteran Voices to Help Prevent Deaths](#) and [Just Roll With It: 7 Battle Tested Truths for Building a Resilient Life](#). Sarah's writing has been featured in *Best Practices for Yoga with Veterans*, popular holistic wellness blogs, and in the anthologies *Bulletproofing the Psyche: Preventing Mental Health Problems in Our Military and Veterans* and *Invisible Veterans: What Happens When Military Women Become Civilians Again*. Sarah also played for and captained the US Military Olympic Women's Soccer Team. Sarah completed her Bachelor's at the University of Virginia, her Master's at the University of Denver, certification in holistic health counseling at the Institute for Integrative Nutrition, and is a certified pediatric sleep consultant. Sarah's passion for post-traumatic growth, behavioral health, and social science is also reflected in her years as an adjunct professor of Health Sciences at Charleston Southern University until 2018, as well as via her activity as an advisory board member to UCSF's Stress, Resilience, and Post-Traumatic Growth course for Active Duty and Military Veterans, and the Military Council board of Service Women's Action Network.

Sarah's current research focuses effective time-management and goal-setting, retention of and resilience-building for mothers who work outside the home, reintegration for military veterans, family wellness, and evidence-based mindfulness-based practices across populations; she is involved with numerous collaborative research projects and program designs in these areas. Sarah frequently travels North America, Central America, and Europe, speaking, consulting, and teaching the integration of mindfulness and leadership. Her work has been featured on Capitol Hill and in news outlets like the Katie Couric Show, NBC Nightly News, NPR, MSNBC, NY Times, and many others.

Sarah is an in-demand public speaker, mother of two, and volunteers through board membership, advocacy, and service work for a variety of organizations. She lives in North Carolina with her husband, 2 young daughters, and dog.

EDUCATION

2019	Certified Pediatric Sleep Consultant The Cradle Coach Academy, Miami, FL
2016	Master of Science in Social Work University of Denver, Denver, CO Concentrations: Mental Health and Health & Wellness

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

2019 – current **Consultant, Coach, Speaker, and Author, My Mindful Family LLC.** Owner and operator of small business that serves families who seek improved resilience through stress reduction for parents and caregivers, as well as high quality safe sleep for their children, prenatal and postnatal yoga, and holistic wellness coaching for parents. The empirically-validated plans and practices integrate components of mental and behavioral health, social science, and cognitive neuroscience.

2012 – current **Resilience, Integrative Wellness, and Leadership Author, Speaker, Consultant, Instructor, and Advocate, Semper Sarah® LLC.** Owner of small business that combines core components of empirically-validated mindfulness based practices, behavioral health, holistic wellness, and cognitive neuroscience in order to empower women, entrepreneurs, executives, and veterans to make relevant, yet often seemingly small, choices that create huge positive impacts on the quality of their life and leadership. Provide keynote speeches, team workshops, coaching, cultural competency consulting, and continuing training & education. Clients include leadership teams, conference groups, individuals, business owners, members of diversity and inclusion departments, parents, active duty military, and veterans. Conduct program evaluation, development, and delivery in aforementioned topics. Services can be delivered both in-person or remotely. Semper Sarah® also offers mindfulness-based stress management and resiliency retreats, held domestically and internationally, as well as both peer-reviewed academically and popularly published written materials on the aforementioned topics. Work has been collaboratively conducted across North America, Central America, and Europe with FORTUNE 500 companies, esteemed universities, the Department of Defense, non-profits, individuals, and small businesses.

Aug 2018 – Aug 2019 **Advisor to the Service Leadership Corps, The Mission Continues.** Provided coaching, support, and mentorship to ensure Corps members successfully completed both the in-person and virtual components of the 6-month cohort-based program in order to successfully graduate. Developed, delivered, and facilitated core program content both for in-person as well as on-line sessions. Presented learning goals and managed the learning experience for Corps members; delivered training content and curriculum to Corps members to support their learning and development; tracked participation and progress of Corps members; collaborated with events staff on logistics for the program; and collaborated across staffs to improve the program. Over the course of the 6-month program, Corps members came together for progressive learning and development and practical experience as asset-based community leaders, as well as being required to complete online curriculum in core capabilities such as advocacy, cultural competency, effective communication, and self-care. The modules I developed and delivered were consistently ranked highest in impact and relevancy by the Corps members.

- Dec 2017 – Aug 2018 **City Impact Manager, The Mission Continues.** Built lasting and mutually beneficial relationships with area non-profits, educational institutions, and government organizations focused on tackling important social issues in Denver, Aurora, and Colorado Springs. Researched community needs in conjunction with local civic leaders, neighborhood associations, community development organizations, and other key community stakeholders. Stewarded and strengthen relationships with local corporate partners, foundations and individual donors. Recruited, trained, and mentored multiple volunteer leaders who plan and execute service projects that create lasting community impact on local communities. Provided guidance, resource, and accountability to enable volunteer leaders to grow in both professional capabilities and personal lives. Leveraged volunteer groups to positively impact challenging community issues, maximizing the impact of our programs in local communities.
- Aug 2017 – Dec 2018 **Adjunct Professor of Public Health and Education, Charleston Southern University.** Instructor for HEAL 305: Social Marketing for Public Health and HEAL 399: Health and Wellness Coaching. An instructor of classes delivered in-person, in hybrid format, and asynchronously online. Designed and delivered my Health Education and Promotion curriculum in a creative, responsive, student-focused manner. Emphasis placed on practicality, experiential learning, and real-world application, seeking to maintain pedagogical excellence in all of the mentioned formats while doing so. Was instrumental in creating outreach opportunities on the CSU campus, in my local community, and nationally. My curriculum design, teaching, and event management skills resulted in several grant-funded events held on the CSU campus.
- 2017 – current **Advisory Board Member, Kurdistan Women’s Global Alliance.** The mission of the Kurdistan Women's Global Alliance is to combat violence against women and promote micro level peace-building in the Kurdistan region of Iraq by empowering women and girls through the establishment of global and local mentorship networks, community change workshops, classroom opportunity, and government lobbying.
- 2014 – 2016 **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 was on the implementation of evidence-based psychosocial education utilizing neuroscience and mental health principles grounded in resilience theory. Advisory role was focused specifically on development and implementation of a course for women service members and veterans.
- 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 entrepreneurship 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. Worked collaboratively with a variety of operators and intelligence agencies.

2003-2009 **Deputy Director of Geospatial Intelligence at the Marine Corps Intelligence Activity (MCIA) Agency.** VA, FL, and CA. Served as an Officer of Marines in combat, garrison, and training commands as an aviation and geospatial intelligence officer, and protocol officer. Time includes two deployments in support of Operation Iraqi Freedom from 2005-2007, as well as captaining and playing for the US Military Olympic Women's Soccer Team from 2007-2011. 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. Previous billets included but are not limited to Intelligence Officer for Unmanned Aerial Vehicle Squadron VMU-1, Economic Political and Cultural (EPIC) Intelligence Officer for the 3rd Marine Air Wing (MAW), and Protocol and Planning Officer for multiple squadrons at the aviation training command at Marine Air Training Support Group (MATSG)-21. Earned private pilot license through the Marine Corps' Initial Flight School (IFS) program 2003-2004.

RESEARCH AND SCHOLARLY ACTIVITY

BOOK CONTRIBUTIONS

1. Benas, N., Bryan, R., Yassenka, K., & **Plummer Taylor, S.** (March 2022). *The resilient warrior: Battle-tested life hacks for military men and women.* Hobart, NY: Hatherleigh Press.
2. Hendricks Thomas, K. & **Plummer Taylor, S.** (2020). *Stopping military suicides: Veteran voices to help prevent deaths.* Santa Barbara, CA: Praeger Publishing.
3. **Plummer Taylor, S.** (2019). Survivor: Resilience after military sexual trauma. In Thomas, K.H, Hunter, K., & Alford, C.A. (Eds), *Invisible veterans: What happens when military women become civilians again.* Santa Barbara, CA: Praeger Publishing.
4. Godfrey, K., McDaniel, J.T., Davey, L., **Plummer Taylor, S.**, & Garcia, C. (2018). 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.
5. 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.
6. **Plummer Taylor, S.** (2015). *Just roll with it: 7 battle tested truths for building a resilient life.* Collierville, TN: Innovo Publishing.

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

REFEREED PUBLICATIONS

1. Thomas, K.H., Albright, D.A., Phillips, D., Roosevelt, K., Crawley, R., & **Plummer Taylor, S.** (2018). 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*, 14(1), 1-14.
2. 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*, 24(3), 6-16.
3. 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.
4. 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*.
5. 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.** (March 2022). *Women veterans are assets: The science and practical application of personal resilience practices in order for anyone to bring their best self forward*. Bank of Montreal Harris Bank. To be delivered virtually. (keynote speaker).
2. **Plummer Taylor, S.** (March 2022). *Navigating change with resilience: From the battlefield to the bank*. Truist Financial. Atlanta, GA. To be delivered virtually. (keynote speaker).
3. **Plummer Taylor, S.** (December 2021). *Resilience-building in the "battle zone" and beyond*. Annual Retreat: Campus Health faculty and staff, University of North Carolina. Chapel Hill, NC. (keynote speaker).
4. **Plummer Taylor, S.** (November 2021). *Resilience-building during and after times of transition*. Bank of Montreal Harris Bank, Veteran's Day Event. Delivered virtually. (keynote speaker).
5. **Plummer Taylor, S.** (September 2021). *Women veterans are assets: The science and practical application of personal resilience practices in order to bring your best self forward*. The American Red Cross, Women Who Serve Summit. Delivered virtually. (keynote speaker).
6. **Plummer Taylor, S.** (April 2021). *Equality lounge briefing with YourNextStage*. Washington, DC. Delivered remotely. (panelist)
7. **Plummer Taylor, S.** (January 2021). *An evidence-based mindfulness-based reset for the modern professional*. Georgetown University Alumni, NC Research Triangle Chapter, Detroit Chapter. Delivered remotely. (keynote speaker)

8. **Plummer Taylor, S.** (November 2020). *The science of resilience-building: On the front lines as a veteran and a medical professional.* Veteran's Day Summit: University of Colorado, Anschutz Medical Campus. Aurora, CO. (keynote speaker).
9. **Plummer Taylor, S.** (November 2020). *Resilience-building for the modern student veteran: How to navigate stressful times in order to do the work you feel called to do.* Veteran's Day Summit: University of Colorado, Denver. Denver, CO. (keynote speaker).
10. **Plummer Taylor, S.** (April 2020). *Women veterans are assets: Resilience for self and community.* The American Red Cross, Women Who Serve Summit. Charlotte, NC. (keynote speaker). Cancelled due to COVID.
11. **Plummer Taylor, S.** (March 2020). *Resilience-building for veterans transitioning from active duty to civilian life.* American Veterans AMVETS Department of Hawaii, HEAL Summit at the University of Hawaii. West-Oahu, HI. (keynote speaker). Cancelled due to COVID travel restrictions.
12. **Plummer Taylor, S.** (March 2020). *Feeding your mind, body, and spirit: The SEMPER strategy to optimal wellness.* Special event for Chapelgate Christian Academy. Marriottsville, MD (keynote speaker).
13. **Plummer Taylor, S., & Thomas, K.H.** (March 2020). *Reckoning with resilience: Performance optimization for the modern woman veteran.* The Mission Continues, Women Veterans Leadership Program. Washington, DC. (keynote speaker).
14. **Plummer Taylor, S.** (February 2020). *Your brain on yoga: The neurobiology, endocrine system, and nervous system impacts of yoga, meditation, and mindfulness.* Carolina Yoga Company's Your Brain On Yoga workshop series. Carrboro, NC. (oral presentation).
15. **Plummer Taylor, S.** (December 2019). *Mindful leadership and communication during times of stress.* Global Team at the University of North Carolina Chapel Hill Kenan-Flagler Business School. Chapel Hill, NC. (core facilitator).
16. **Plummer Taylor, S.** (September 2019). *Resilience-building and the woman veteran experience.* VETLANTA quarter 3 summit: Highlighting Atlanta's Women Veterans, hosted by the Coca-Cola® company. Atlanta, GA. (keynote speaker).
17. **Plummer Taylor, S.** (April 2019). *Utilizing mindfulness-based practices in asset-based community development.* Service Leadership Corps Summit, The Mission Continues. Atlanta, GA. (keynote speaker & core facilitator).
18. **Plummer Taylor, S.** (March 2019). *Self-care as the foundation: peak performance and leadership.* The Mission Continues, Women Veterans Leadership Summit. Washington, DC. (keynote speaker).
19. **Plummer Taylor, S., & Parravani, J.** (Feb 2019). *Public speaking skills for advocacy work and asset-based community development.* Service Leadership Corps Summit, The Mission Continues. Washington, DC. (oral presentations).
20. **Plummer Taylor, S.** (Feb 2019). *Utilizing neuroscience and mindfulness-based skills for effective decision-making, advocacy work, and asset-based community development.* Service Leadership Corps Summit, The Mission Continues. Washington, DC. (keynote speaker & core facilitator).
21. **Plummer Taylor, S.** (Dec 2018). *Utilizing neuroscience for a strengths-based approach to emotional regulation, resilience, total wellness, and stress management for veterans.* Service Leadership Corps Summit, The Mission Continues. Chicago, IL. (keynote speaker).

22. **Plummer Taylor, S.** (November 2018). *Start where you're strong; veterans are assets*. Veteran's Day Summit: Metropolitan State University. Denver, CO. (keynote speaker).
23. **Plummer Taylor, S.** (October 2018). *The science of healthy choices*. Service Leadership Corps Summit, The Mission Continues. Newark, NJ. (keynote speaker).
24. **Plummer Taylor, S.** (October 2017). *Your brain on yoga: The neurobiology, endocrine system, and nervous system impacts of yoga, meditation, and mindfulness*. My Area Yoga. Fairfax, VA. (keynote speaker).
25. **Plummer Taylor, S.** (September 2017). *Suicide awareness and prevention: Resilience-building for US military service members, civilian employees, veterans, and caregivers*. United States Southern Command, Annual Training. Miami, FL. (keynote speaker).
26. **Plummer Taylor, S., & Thomas, K.H.** (May 2017). *Mental fitness, resilience building, and leadership*. The Mission Continues, Her Mission Continues Annual Summit. San Francisco, CA. (keynote speaker).
27. **Plummer Taylor, S.** (May 2017). *Our patients' brains on yoga: Utilizing neuroscience for a strengths-based approach to emotional regulation, resilience, and stress management for veterans*. North Central Indiana Area Health Education Center (AHEC), Annual Veterans Mental Health Summit. Kokomo, IN. (oral presentations).
28. **Plummer Taylor, S., Thomas, K.H., & Albright, D.L.** (March 2017). *The concerns of student veterans at four-year institutions: A pilot needs assessment*. Annual Conference for the Society of Public Health Education, Denver, CO (oral presentation).
29. **Plummer Taylor, S.** (March 2017). *Tactics, techniques, and procedures for resilience, brain health, and holistic wellness*. The Freyja Project's Your Brain On Yoga workshop series. Denver, CO. (oral presentation).
30. **Plummer Taylor, S.** (February 2017). *Tactics, techniques, and procedures for resilience, brain health, and holistic wellness*. The Freyja Project's Your Brain On Yoga workshop series. Denver, CO. (oral presentation).
31. **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).
32. **Plummer Taylor, S.** (November 2016). *Somatic therapies' impact for veterans*. Comeback Yoga Annual Fundraiser. Denver, CO (keynote speaker).
33. **Plummer Taylor, S.** (September 2016). *Authentic living and leading after trauma*. Real Life Book Club, Denver, CO (panelist).
34. **Plummer Taylor, S.** (August 2016). *Coffee and conversations*. Broomfield Veterans Memorial Museum. Broomfield, CO (keynote speaker).
35. **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).

36. 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).
37. **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).
38. **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).
39. **Plummer Taylor, S.** (April 2016). *Women Veterans Leadership Summit*. The Mission Continues. New Orleans, LA (panelist).
40. 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).
41. **Plummer Taylor, S.** (December 2015). *Social entrepreneurship, mental health, and veteran issues: How they intersect*. School of psychology doctoral class, University of North Carolina, Chapel Hill, NC (guest lecture).
42. 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).
43. **Plummer Taylor, S.** (April 2015). *Community and campus*. University of Denver's Annual Sexual Assault Awareness Summit. Denver, CO (panelist).
44. 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).
45. **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).
46. 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).
47. **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).
48. **Plummer Taylor, S.** (February 2015). *Writing in the real world*. University of Denver's Writing Center student event. Denver, CO (oral presentation).
49. **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 oral presentation).

50. **Plummer, S.** (July 2014). *Just breathe: Align and shine in battle and beyond*. Biennial Women Marines Association Conference. Kansas City, MO (keynote speaker).
51. **Plummer, S.** (June 2014). *Just breathe: Align and shine in battle and beyond*. Urban Campfire. Denver, CO (keynote speaker).
52. **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).
53. **Plummer, S.** (April 2014). *Growing health; Sustaining wellness*. Go Green Meridian. Meridian, MI (keynote speaker).
54. **Plummer, S.** (April 2014). *Valuing generational differences: A leadership roundtable*. Talent, inclusion, engagement, diversity leadership roundtable. Xcel Energy. Denver, CO (panelist).
55. **Plummer, S.** (December 2013). *Yoga and resiliency for veterans*. Marine360. Jacksonville, NC (oral presentations, classroom instruction, and consulting).
56. **Plummer, S.** (November 2013). *Weighing in on military justice reform*. Katie Couric Show. New York, NY (oral presentation).
57. **Plummer, S.** (November 2013). *A Marine veteran's perspective on historic military justice reforms*. Senator Gillibrand. Washington, DC (oral presentation).
58. **Plummer, S.** (November 2013). Congressional testimony in regard to amendments to the National Defense Authorization Act. Washington, DC (key panelist).
59. **Plummer, S.** (November 2013). *A veteran's take on resiliency, health, and leadership*. Xcel Energy. Denver, CO (keynote speaker).
60. **Plummer, S.** (October 2013). *How to achieve work-life balance*. The Leadership Investment. Denver, CO (oral presentation).
61. **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).
62. **Plummer, S.** (August 2013). *Holistic leadership and resiliency tactics for veteran business success*. Veteran Women Igniting the Spirit of Entrepreneurship. Seattle, WA (keynote speaker).
63. **Plummer, S.** (June 2013). *Resilient leadership tactics*. State Women's Veterans Coordinators Conference. Columbus, OH. (keynote speaker and panelist).
64. **Plummer, S.** (June 2013). *Serving our country: A decade in review*. Reunions Weekend at the University of Virginia. Charlottesville, VA (panelist).
65. **Plummer, S.** (June 2013). *Hanumission inspirational talks: What do you serve?* Hanuman Festival. Boulder, CO (oral presentation on panel).
66. **Plummer, S.** (May 2013). *Holistic leadership tactics for business success*. Fitness Entrepreneur Bootcamp, Jon LeToc Leadership Consulting, Manchester, UK (keynote speaker).
67. **Plummer, S.** (February 2013). *The 12 steps to better health now*. Denver Stapleton Rotary Club. Denver, CO (oral presentation).

68. **Plummer, S.** (January 2013). *12 steps to better health now*. Denver Mile High Rotary Club. Denver, CO (oral presentation).
69. **Plummer, S.** (May 2012). *How being authentic empowers good decision-making*. Columbus School for Girls. Columbus, OH (keynote speaker).

TEACHING

HEAL 399 – HEALTH AND WELLNESS COACHING SKILLS – CHARLESTON SOUTHERN UNIVERSITY
Semester-long undergraduate course on holistic health coaching theory, principles, practice, skills, and application.

Year	Term	City	Enrollment
2018	Fall	Charleston, SC	11
2017	Fall	Charleston, SC	18

HEAL 305 – SOCIAL MARKETING FOR PUBLIC HEALTH – CHARLESTON SOUTHERN UNIVERSITY
Semester-long undergraduate course for building online marketing presence, principles, and skills.

Year	Term	City	Enrollment
2017	Fall	Charleston, SC	17

SERVICE LEADERSHIP CORPS, THE MISSION CONTINUES®

The Mission Continues Service Leadership Corps empowers veterans of all eras from across the country to be community-based leaders, learning to tackle some of our nation's toughest challenges as advocates for change. During a 6-month program, Corps members build their leadership skills alongside a national network of veterans with shared goals, both through in-person sessions and through a virtual cohort. Veterans engage in group project-based learning through a partnership with a nonprofit organization to tackle a challenge and provide recommended solutions that lead to organizational change. Corps members complete the program with an elevated awareness and appreciation for the challenges that our country is facing in cities and communities nationwide, and this awareness will result in an increased desire to continue in their pursuit of community-based leadership opportunities and impact.

Year	Term	City	Enrollment
2018	Fall	Newark, NJ	55
2018	Winter	Chicago, IL	50
2019	Spring	Washington, DC	48
2019	Summer	Atlanta, GA	43

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	Summer	Mustang Island, TX	9
2017	Spring	Camp Eagle, TX	13
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

**CAROLINA YOGA COMPANY, CARBORO, NORTH CAROLINA
OCTOBER 2019 – CURRENT**

RYT500 Yoga, meditation, workshop, and wellness instructor.

**THE FREYJA PROJECT YOGA AND DANCE CENTER, DENVER, COLORADO
OCTOBER 2018 – JUNE 2019**

RYT500 Yoga, meditation, workshop, and lifestyle instructor.

**EAST MEETS WEST YOGA CENTER, THE SOURCE YOGA, SPARK YOGA, AND EQUINOX GYM,
MCCLEAN AND VIENNA VIRGINIA**

JUNE– OCTOBER 2017

ERYT-200/RYT500 Yoga and meditation instructor; workshop leader.

**YOGAPOD, THE FREYJA PROJECT YOGA AND DANCE CENTER, KARMA YOGA
CENTER, DENVER, COLORADO**

2013-APRIL 2017

RYT500 Yoga, meditation, workshop, and lifestyle instructor.

**BURN STUDIOS, COLUMBUS, OHIO
2012-2013**

RYT-200 Yoga, meditation, and group fitness spinning classes instructor.

**STRESS MANAGEMENT, HOLISTIC LEADERSHIP DEVELOPMENT, AND
RESILIENCY BUILDING WORKSHOPS**

February 2022. Carolina Yoga Company. Carrboro, NC.

January 2020. Carolina Yoga Company. Carrboro, NC.

March 2017. The Freyja Project Yoga and Dance Center, Denver, CO.

February 2017. The Freyja Project Yoga and Dance Center, Denver, CO.

August 2016. The Firm of Doctors Bassett Wallace Sellner. Denver, CO

April 2015. The Freyja Project Yoga and Dance Center, Denver, CO.
November 2013. Karma Yoga Center, Denver, CO.

SEMPER SARAH® 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 - 2015 **Council Member**, Military Advisory Council, Service Women's Action Network
- November 2013 **Provided Professional Testimony**, Congressional Panel: Response Systems to Adult Sexual Assault Crimes
- 2012 – 2019 **Member & Volunteer**, Yoga Instructor & Health Coach for Veterans, Team Red, White, and Blue – Washington DC, Denver CO, and Southern CA. (www.teamrwb.org)
- 2012 – 2017 **Member**, United States Women's National Team, Australian Rules Football
- 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
- 2009 **Volunteer**, community engagement for young adults, Turkish Republic of Northern Cyprus

NATIONAL AND STATE PROFESSIONAL ORGANIZATIONS

- 2016 – 2019 **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 – 2019 **Volunteer Instructor**, 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

- 2022 **Guided Imagery Coach**, Certified via the University of Minnesota.
- 2019 **Pediatric Holistic Sleep Coach**, Certified via The Cradle Coach LLC.
- 2019 – 2020 **Pre&Postnatal Yoga Teacher Training**, Certified via Whole Mama Yoga LLC
- 2017 - Present **Yoga Continuing Education Provider**, Certified via Yoga Alliance
- 2016 - 2018 **Registered Psychotherapist**, Department of Regulatory Agencies, Colorado
- 2012 - Present **Mindful Yoga Therapy Teacher Training**, Level 1, The Veterans Yoga Project
- 2012 - Present **ERYT-200/RYT500**, Expert Registered Yoga Teacher with over 500 hours completed in teacher training and more than 1,500 hours in teaching experience, Yoga Alliance.