



## Dena Samuels, PhD.

### Author

My new book, *The Mindfulness Effect: an unexpected path to healing, connection, & social justice* (Night River Press, 2018) offers 25 mindfulness practices and activities for healing, self-empowerment, cultural inclusion, social and environmental justice. Implementing these practices allows us to live our lives fully and freely, with intention, connection, excellence, innovation, and meaning. It provides strategies for peaceful self-reflection, and for building authentic relationships across cultural differences to ensure our own, and others', sense of belonging so we can all reach our unlimited potential and soar!

My last book, *The Culturally Inclusive Educator: Preparing for a Multicultural World* (Columbia University's Teachers College Press, 2014), sold out its first printing in its first nine months, and after its second printing has been used in organizations and campuses around the U.S. as an all-organization/all-campus read. It provides 8 transformative steps for becoming a culturally inclusive educator and leader.

Among a long list of publications (a few of which are available on the [Resources page](#)), I also co-edited the anthology, *The Matrix Reader: Examining the Dynamics of Oppression and Privilege* (McGraw-Hill, 2009) with three of my esteemed

esteemed colleagues: Drs. Abby Ferber, Christina Jiménez, and Andrea O'Reilly Herrera. And I authored the online teaching guide that accompanies this anthology: *Teaching Race, Gender, Class, and Sexuality* (McGraw-Hill, 2009).

### Educator

As an award-winning tenured professor in Women's & Ethnic Studies at University of Colorado – Colorado Springs (UCCS), I also served as Director of UCCS' *Matrix Center for the Advancement of Social Equity and Inclusion*. Of the Matrix Center's many programs, I also supervised and co-facilitated our annual award-winning *Knapsack Institute: Transforming Teaching and Learning*. This 3-day national institute, invites participants from across the U.S. to roll up their sleeves and engage in the challenging work of developing culturally inclusive excellence in the classroom or workplace. The institute caps enrollment at 50 participants each year to ensure that we are building deep relationships throughout the three transformative days.

I am pleased to bring 20 years of teaching experience to full-time consulting!

I provide engaging, interactive keynotes, workshops, and seminars to organizations, and campuses, both, nationally and internationally. I focus on building cultural inclusiveness within any workplace: office, campus, classroom, meeting, etc. No two clients are the same; so, I tailor my presentations and executive coaching to each client's needs.

I also serve as a culturally inclusive, trauma-sensitive yoga instructor. Depending on the needs and desires of my consulting clients, I incorporate mindfulness practices in my keynotes and workshops about cultural inclusiveness.

## Coach

As my own mindfulness practice has flourished,, my personalized coaching practice continues to expand and grow. All of my coaching is trauma-sensitive (as a trauma survivor myself), and culturally inclusive. When I am coaching a client, I provide whatever guidance is needed in that moment, tailored to the client to assist them in their own healing and growth.

Recently, one of my clients asked after a session, "Is that mindfulness practice online somewhere? I want to do it again and again!" Stay tuned for downloadable guided meditations for self-empowerment, healing, and of course, to take your life to the Next Level!

## Volunteer

Since its founding in 2014, I served as co-Chair of The Privilege Institute which, houses the annual national award-winning White Privilege Conference: a social justice conference that focuses on challenging social inequalities based not only on race, but gender, sexuality, and other social identities. I volunteered on the national planning team of the conference from 2005 to 2018.

I am also grateful for the opportunity to serve as co-facilitator of Denver's Second Tuesday Race Forum. This monthly gathering provides a bravespace for cross-cultural dialogue around current and historical issues of racism, sexism, heterosexism, etc., and the ways our identities can, often unintentionally, serve to benefit some at the expense of others. This forum started in 1999, and no one wanted the conversation to stop... so here we are!

