MEG HANSHAW, PhD, NB-HWC, BCC

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EDUCATION

KANSAS STATE UNIVERSITY

Ph.D. May 2002
College of Education - Curriculum and Instruction
Dissertation - "Exploring [the Most Effective] Coaching Process in Football Practice"
(Concentration in Teaching/Coaching Effectiveness, Sport Psychology & Peak Performance, Curriculum Development, Supervision, Health and Physical Education)

THE UNIVERSITY OF AKRON

M.A., May 1989
College of Education
Physical Education/Exercise Science
Concentration in Motor Learning (skill development) and Sport Psychology (peak performance)

MARSHALL UNIVERSITY

B.A., May 1987
College of Education
Physical Education and Health Education K-12

PROFESSIONAL EXPERIENCE

Credentialed Master Empowerment Coach, Speaker, Researcher & Systems Architect
2011-Current

1) **Master Empowerment Coach**: Facilitate "inside-out" transformation for leaders, employees, couples, educators, and students as a credentialed, professional, Health, Wellness, and Life Coach. By deepening connection to self and and beyond, I empower "clients" to enhance emotional intelligence, self-worth, and resilience. This specialized approach provides a vital pathway for breaking through developmental trauma, emotional triggers, and toxic stress to provide the best chance of experiencing healthy, empowered relationships, enhanced mental, physical, and spiritual health, and fulfilling lives. meghanshawphd.com

2) **Systems Architect & Researcher**: Created the Empowerment Education® System of W.E.L.L.-Being and Empowerment Coaching & Learning pedagogy through 35 years of research to provide a global framework and set of principles for transformative, person-centered educational change. https://empowermenteducation.coach/

3) **Trainer, Speaker, & Consultant:** Train and certify educators, schools, organizations, and professionals in the *Empowerment Education® System of*

W.E.L.L.-Being and the *Empowerment Coaching & Learning* pedagogy. I consult with diverse stakeholders to implement high-level communication skills, fostering collaborative and high-functioning relationships and community learning cultures. I speak about the new-paradigm of learning and how it relates to authentic fulfillment and well-being.

i.b.mee. ENTERPRISES
Founder and Strategic Operations - Asheville NC - https://ibmee.org/
2011 – Current

1) Manage strategic operations for International Body-Mind Empowerment Enterprises (i.b.mee. - I Be Me), an educational nonprofit with the mission to help accelerate the evolution of education towards a new-paradigm of well-being through a "movement" called The Alliance for Transforming Education (TATE). We serve as a collaborative learning hub who highlight and support the early-adopter visionaries and practitioners to create impact for generations to come.

2) Facilitate comprehensive Empowerment Education®/Empowerment Coaching & Learning program training and Coaching for Educators (C4E), school administrators and staff, or anyone who works with children and youth in an educational setting.

BUNCOMBE COUNTY EARLY COLLEGE
Youth and Staff Empowerment Coach, Consultant and Trainer - Asheville NC
Designed and executed high-impact intervention programs to elevate student achievement and provide targeted support for at-risk populations. Partnered with faculty and administration as a strategic consultant to embed empowerment-based pedagogies that optimize student outcomes across academic, professional, and personal domains.
Fall 2017-2020 – Part Time

LIVE YOUR LEGACY LEADERSHIP SUMMIT
Founder and Director
Developed and launched an immersive residential camp at Western Carolina University, specifically designed to equip high school girls with core competencies in leadership, emotional wellness, and career readiness. Curated a holistic curriculum that integrated Empowerment Coaching, wellness practices, with professional development to foster long-term academic and personal success.
Summers 2017-2019

JOHNSTON ELEMENTARY
Longitudinal Education Research Project – i.b.mee. Asheville NC
Initiated and led an informal longitudinal impact study tracking a cohort of 15 students and their educators from Kindergarten through Grade 4. Evaluating the long-term efficacy of the Empowerment Education® System on student resilience, current states of mental and physical health, referrals, and yearly academic achievement.
Fall 2015-2020

ASHEVILLE MIDDLE SCHOOL
Health and PE Teacher 6th-8th Grade
8-Week Full-Time
Fall 2015

LIGHT OF WISDOM SCHOOL
Part-time Teacher Coach and PE and Wellness Teacher
Asheville NC
1st grade-8th grade
November 2011-2015

MAHEC HEALTH CAREERS AND LEADERSHIP CAMP
Director
7th and 8th grades
Summer 2012 through Summer 2017

MOUNTAIN AREA HEALTH EDUCATION CENTER – MAHEC
Employee Wellness and Safety Director
(1) Created, developed, and implemented a comprehensive organizational safety and wellness program for all MAHEC employees (350) in six facilities.
(2) Worked with key stakeholders to obtain top down support for wellness programming, participation and sustainability.
(3) Worked with employees to help empower an intrinsic approach to positive behavior changes in health.
(4) Worked with teams to create a culture of safety and wellness.
Represented MAHEC in developing partnerships with local wellness groups to partnership and promote wellness in the workplace.
March 2005-January 2011

UNIVERSITY OF NORTH CAROLINA- ASHEVILLE
Adjunct Professor
Health and Wellness Department
Teach HWP 153 - Health and Wellness Promotion
August 2009-2010

THE EGOSCUE METHOD
Certified Postural Alignment Specialist
Austin Texas Egoscue Clinic
Worked with clients and athletes to eliminate pain and prevent injury through postural alignment exercise therapy.
June 2004-July 2005
Affiliate Postural Alignment Specialist Asheville NC 2005-2015

TEXAS STATE UNIVERSITY
Full-Time Faculty
Department of Health, Physical Education and Dance
Taught: Community Health, Elementary Health Content, Secondary Health Methods, Basic Health. (Developed the curriculum and textbook for the Health Methods course.)
Fall 2003-Spring 2004

SPORTS MASTERY Inc.
Peak Performance Coach
Developed curriculum, coached and trained athletes in peak sports performance through psychological skills training, proper sports nutrition, structural alignment and conditioning techniques to decrease pain and injury, accelerated learning techniques and organizational skills to keep all aspects of their life in balance. (camps, 1 on 1 training, group sessions)
Spring 2000 – Spring 2004

TRIPLE SHOOT BASKETBALL CAMP
Owner and Director - Lubbock TX
Created and implemented the program, teaching techniques, drills, and plays. Oversaw a staff of six individuals.
Summers 1999-2002

TEXAS TECH UNIVERSITY
Part-Time Faculty
Department of Exercise Science
Taught: Coaching Methods, Sport and Exercise Psychology, and Fitness and Wellness Promotions.
Fall 1999-Spring 2002

ALL SAINTS EPISCOPAL SCHOOL (K-9)
Physical Education Teacher and Girl's Athletic Director
Developed & implemented the PreSchool-9th Physical Education/Wellness/Fitness Curriculum.
2000-2001

STING AND SHOOT ENTERPRISES
Accountant and Subscriptions Manager
Developed and implemented a program that raised over $25,000 the first year for the Emporia State University Football Program.
1996-1999

AMERICAN FOOTBALL QUARTERLY MAGAZINE
Co-Founder, Contributing Writer, Bookkeeper and Subscriptions Manager
Co-Creator of the magazine's contents, design, and organization. Wrote a monthly column.
1995-1999

SUFFOLK COMMUNITY COLLEGE-WESTERN CAMPUS
Full-Time Physical Education and Wellness Faculty
Physical Education and Wellness Department
Taught: Wellness and CPR courses
1993-1994

HOFSTRA UNIVERSITY
Full-Time Adjunct Physical Education Faculty
Department of Physical Education and Health
Taught: Movement Physical Education in Elementary, Sport Psychology, Secondary Physical Education Methods, P.E. Major's courses in Basketball, Track and Field, Gymnastics, Fitness, Tennis, Badminton and Softball and supervised student teachers in physical education
1991-1993

KANSAS STATE UNIVERSITY
Graduate Teaching Assistant
Department of Physical Education and Leisure Studies
Taught: Physical Education Major's courses in Volleyball, Basketball, and Concepts of Physical Fitness, Motor Learning Lab, and assisted in the development of the Motor Learning Lab Manual
1989-1991

BUNCOMBE COUNTY SCHOOL SYSTEM
Teacher of Physical Education and Health 9-12
T.C. Roberson High School -Skyland, North Carolina
1988-1989

THE UNIVERSITY OF AKRON
Graduate Teaching Assistant
Department of Physical Education
Taught: Fitness, Tennis, Badminton and set up and developed the Motor Learning Lab.
1987-1988

GROWTH AND DEVELOPMENT

"INTRINSIC SOLUTIONS" MASTER COACH TRAINING
Intrinsic Wellness Coaching and Value Science
May 2021 and May 2026

RACIAL EQUITY TRAINING
REI Trainers – Greensboro NC
Level 1
3-day workshop focusing on race relations and collaborations
Fall 2018

COMMUNITY RESILIENCY TRAINING - CRM
MAHEC & The Adverse Childhood Experience Collaborative of Asheville 2-day workshop
Focused on the neurobiology of health and how to be more resilient.
Fall 2016

TRAUMA TRAINING
The National Child Traumatic Stress Network
"Caring for Children Who Have Experienced Trauma: A Workshop for Those who Work with Kids"
Fall 2014

MASTER BUSINESS TRAINING
Success Business Leadership Club
Pamela Bruner - Make Your Success Real
August 2013- June 2014

PERSONAL STORY POWER EVENT
3-day intensive workshop to learn how to build rapport, and make a community impact with your personal story with Bo Eason.
San Diego, CA
May 2014

DEVELOPMENTAL ASSETS TRAINING
3 Hour Workshop, Asheville NC
April 2013

MOORE MASTER COACH TRAINING
Monthly One Hour Tele-Classes
2012-2017

HEALTHWORLD ONLINE
Wellness Inventory Coach Training
Fall 2008 – Spring 2009

GALLUP-HEALTHWAYS INC.
Well-being Index Seminar
April 2009

OSHA COMPLIANCE SEMINAR
Asheville NC
2005, 2006, 2008, 2009

WELLSOURCE REGIONAL CONFERENCE
Corporate Wellness
Orlando FL
September 2008

NATIONAL WELLNESS CONFERENCE
Stephens Point, Wisconsin
July 2007

NON-VIOLENT COMMUNICATION & INNER EMPATHY TRAINING
Level I, II and III - NVC Asheville NC
Spring-Fall 2006 & Fall 2011

LOVING COMMUNICATION TRAINING
Asheville NC
Fall 2006

INTERNATIONAL HEALTH AND PRODUCTIVITY MANAGEMENT CONFERENCE
Corporate Wellness
Las Vegas, NV
September 2006

"TOTALLY COACHED" COACH TRAINING
Intrinsic Wellness Coaching and Value Science
Phoenix, AZ
February 2007 and May 2016

LEADERSHIP ACADEMY
Anthony Robbins Enterprises
Leadership Training
San Diego, CA
May 2003

WORLDWORKS INC.
Leadership Training Program
Orange County, CA
Summer 2002-Summer 2003

POSTURAL ALIGNMENT SPECIALIST TRAINING
Egoscue Method
San Diego, CA
Summer 2003 and Summer 2004

MASTERY UNIVERSITY
Anthony Robbins Enterprises
Leadership Training Program
San Diego, CA
Spring 1998, Fall 1999, Spring 2000

TONY BUZAN CENTRE
Accelerated Learning Technique Training
Lake Park, FL
Spring 1998

LIVING HEALTH
Nutritional Training for Energy and Health
Life Mastery
Kona, Hawaii
Fall 1999

BASKETBALL COACHING EXPERIENCE

HEAD BASKETBALL COACHING EXPERIENCE
Lady Pacer AAU 16U – Lubbock TX, Spring 2000
Lindenhurst High School – Lindenhurst, NY, 1993-1994
T.C. Roberson High School – Skyland, NC, 1998-1999
Symmes Valley High School – Willowood, OH 1986-1987
Huntington WV 18U and 16U AAU Teams, 1984-1986
Head Youth Basketball Coach – San Marcos, Texas 2004
Head Youth Soccer Coach – Lubbock/San Marcos TX 2001-2003

ASSISTANT BASKETBALL COACHING EXPERIENCE
Emporia State University – Emporia, KS 1995-1996
Hofstra University – Hempstead, NY 1991-1992
Kansas State University – Manhattan, KS 1990-1991
The University of Akron, Graduate Assistant 1987-1988
Marshall University Student Coach, Huntington WV 1985-1986

ORGANIZATIONAL MEMBERSHIPS & PRESENTATIONS

Annual Presenter for High School Students. MAHEC's *Health Careers Conference*: "4 Keys to a Healthy and Successful Career." 2006-2012
MedCaT Annual Presenter for High School Students in 8 WNC Counties - at Western Carolina University: *"Stress Reduction by Redefining Success and Health."* 2016-Current
ACE Collaborative of Asheville Member (Adverse Childhood Experiences) 2014-Current
MAHEC Regional Advisory Board Member - RAC
Supporting health and diversity for high school students
2011-Current.
School Health Advisory Council- Asheville-Buncombe SHAC- CHAIR
Helped to implement the Whole School, Whole Community, Whole Child health model (CDC) into all 52 schools. Served as a liaison between the schools and the community. 2012-2017
Presenter at the *Kanuga Leadership Conference*. Presentation Title: "What is Wellness and How Do You Implement a Corporate Wellness Program for your Employees?" Spring 2008
Moderator of the Odyssey Community School Community Council (PTO) 2010
Co-creator & member of the Intrinsic Coaching Club of Asheville March 2010
Former Member: of Health Partners WNC, Asheville NC, Worked on the CHLE Project
Former Member of WELCOA: Wellness Councils of America
Former Member of Healthcare Pro: Medical Safety (OSHA) Education and Compliance Company
WAVE PROCESS® Certified Trainer - Coaching and communication tool that is the natural blueprint for connection and resilience - 2016

ACHIEVEMENTS

National Board - Health and Wellness Coach Credentialing - January 2021 - Current
Board Certified Life & Wellness Coach - February 2012 - Current
Certified Wellness Inventory Certified and Coach - Spring 2009
Recipient of the "Outstanding Teaching Award" Texas State
University Health Education Department May 2004
Wrote and Published: "Exploring the Coaching Process in Football Practice." - Spring 2002
Co-Founder of "The American Football Quarterly Magazine"

Co-presented Educational Research as KAAHPERD on "Giving Feedback to Students in Physical Education" (Oct. 1990)
KAAHPERD Journal publication -Fall 1992
Graduated with honors – The University of Akron (3.929)
Graduated Cum Laude - Marshall University (3.46)
Basketball Coach of the Year, Southern Valley Athletic Conference, Symmes Valley, H.S. 1987

Most Dedicated Player Award, Lady Herd Basketball, Marshall University, 1986
2nd Place, 100 meter hurdles, 1st Place, 400 meter relay, WV AAA State Track Meet, High School, Huntington WV, 1982
Honorable Mention WV All-State AAA Basketball Team, Huntington High School, Huntington WV, 1981