

Meg Hanshaw, Ph.D.

16 Audubon Drive
Asheville NC 28804
828-242-9067 - cell

EDUCATION

KANSAS STATE UNIVERSITY

Ph.D. May 2002
College of Education
Curriculum and Instruction
“Exploring the Coaching Process in Football Practice”
(Concentration in Teaching/Coaching Effectiveness, Sport
Psychology, Curriculum Development and Supervision, Health and
Physical Education)

THE UNIVERSITY OF AKRON

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

MARSHALL UNIVERSITY

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

**PROFFESIONAL
EXPERIENCE**

i.b.mee. ENTERPRISES

Founder and Executive Director

- Oversee the development and implementation of the nonprofit company.
- Train and Coach Staff
- Deliver programs and services in the community
- Created a personalized resiliency and learning process (SEL) to support challenged youth and researched it for 6 years.
- i.b.mee. or International Body-Mind Empowerment Enterprises is an educational nonprofit organization (501(c)3 that is the central HUB of leading the Empowerment Education revolution. I work with teachers and students (and their parents) of all ages and different levels of trauma to empower them in their career and life.

January 2011 - Current

W.A.V.E. Institute

Consultant, Coach and Trainer

- Coaching Business mainly with parents and adults who work with children.
- Design, research, teach and use a new communication and coaching tool called the WAVE Process® that is the natural

blueprint for moving through emotional triggers and mastering CONNECTION. (Resilience)
January 2012-Current

MEG HANSHAW PH.D.

Certified Wellness & Life Coach, Consultant, Educator, Speaker and Author
January 2011-Current

LIGHT OF WISDOM SCHOOL

Visiting Teacher Coach and PE and Wellness Teacher
1st grade-8th grade
Asheville NC
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
-Created, developed, and implemented a comprehensive organizational safety and wellness program for all MAHEC employees (350) in six facilities.
-Worked with key stakeholders to obtain top down support for wellness programming, participation and sustainability.
-Worked with employees to help empower an intrinsic approach to positive behavior changes in health.
-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 to eliminate pain and prevent injury through postural alignment exercise therapy.

June 2004-July 2005

Affiliate Postural Alignment Specialist 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

Coached athletes in taking their sports performance to the next level 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)

(Wrote the curriculum for this program.)

Spring 2000 – Spring 2004

TRIPLE SHOOT BASKETBALL CAMP

Owner and Director

Creator and implementer of 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)

PT Physical Education Teacher and Girl's Athletic Director

Wrote and implemented the Pre-School-9th Grade Physical Education and Fitness/Wellness 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, Book-Keeper and Subscriptions Manager

Co-Creator of the magazine's contents, design, and organization.
1995-1997

AMERICAN FOOTBALL QUARTERLY MAGAZINE

Contributing Writer

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

Adjunct Physical Education Faculty (Full-Time)

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**

COMMUNITY RESILIENCY TRAINING-CRM

2-day workshop focusing on the neurobiology of health and how to be more resilient

MAHEC & The Adverse Childhood Experience Collaborative of Asheville

Fall 2016

TRAUMA TRAINING

“Caring for Children Who Have Experienced Trauma: A Workshop for Those who Work with Kids”

The National Child Traumatic Stress Network

Fall 2014

MASTER BUSINESS TRAINING

Success Business Leadership Club

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

San Diego, CA

May 2014

DEVELOPMENTAL ASSETS TRAINING

3 Hour Workshop, Asheville NC

April 2013

MOORE MASTER COACH TRAINING

Monthly One Hour Tele-Classes -2012-2016

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

Attended in Orlando FL
September 2008

NATIONAL WELLNESS CONFERENCE

Attended in Wisconsin
July 2007

NON-VIOLENT COMMUNICATION 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**

Attended in 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

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

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

ACHIEVEMENTS

WAVE PROCESS® Certified – Coaching and communication tool that is the natural blueprint for CONNECTION -2016
Board Certified Life & Wellness Coach-February 2012 to Current
Developed the Empowerment Education/Wellness Model-2011
Certified Wellness Inventory Coach - Spring 2009
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 (3.929) – The University of Akron.
Graduated Cum Laude (3.46) – Marshall University.
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.

**PRESENTATIONS &
ORGANIZATIONAL
MEMBERSHIPS
& CURRICULUM
DEVELOPMENT**

School Health Advisory Council- Asheville-Buncombe SHAC-
CHAIR - Implements the Whole School, Whole
Community, Whole Child health model (CDC) into all 52
schools. I serve as a liaison between the schools and the
community. 2012-2017.
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.
MedCaT Annual Presenter for High School Students in 8 WNC
Counties - at Western Carolina University: “*Stress
Reduction by Redefining Success and Health*” - 2016-2018.
Annual Presenter for High School Students - MAHEC’s *Health
Careers Conference*: “4 Keys to a Healthy and Successful
Career”, 2006-2018.
Empowerment Curriculum Development and Implementation for
Parents, Teachers and Students. 2011-Current.
MAHEC Employee Wellness and Safety Curriculum and Program
Development and Implementation, 2005-2011.
Recipient of the "Outstanding Teaching Award" Texas State
University Health Education Department May 2004
Monthly *Parent Empowerment* Support Group
June 2013-Current
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
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
Moderator of the Odyssey Community School Community Council
(PTO), 2010
Co-creator and member of the Intrinsic Coaching Club of
Asheville beginning March 2010
Head Youth Basketball Coach – San Marcos, Texas 2004.
Head Youth Soccer Coach – Lubbock/San Marcos TX 2001-03.

I enjoy wellness coaching, personal interior decorating, creating house plans, taking part in fitness activities, hiking, biking, camping, learning about and taking part in integrative and holistic health practices, playing recreational indoor and outdoor sports, traveling, meeting new people, creating new health and wellness programs and ball-room dancing. I have two children that have gone through the Asheville City School District and are now adults in the world.