

**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)

**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 President of the Board of Directors*

-Oversee the development and implementation of the nonprofit  
company.

- i.b.mee. Enterprise is a nonprofit organization (501C3) that is the  
central HUB of leading the Empowerment Education revolution.  
We advocate for a healthy educational framework and teaching  
methodologies for the classroom and for teacher education. We are  
moving toward developing a model that will serve as a complete  
and innovative methodology of positively educating students while  
providing a culture of wellness that infiltrates all aspects of their  
development.

January 2011 - Current

**W.A.V.E. Institute**

*Owner and COO*

-Personal Coaching Business that is researching, teaching and  
using a new communication tool and curriculum that leads to  
resiliency, positive health and asset development.

January 2012-Current

**MEG HANSHAW PH.D.**

*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-Current

**MAHEC HEALTH CAREERS AND LEADERSHIP CAMP**

*Director*  
7th and 8th grades  
Summer 2012 and Summer 2013

**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-Current

## **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-9<sup>th</sup> 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 and contributed to other sections of the magazine.

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**

**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 an 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

**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 Coach  
Phoenix, AZ  
February 2007

**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

## **ACADEMIC AND ATHLETIC ACHIEVEMENTS**

Board Certified Life & Wellness Coach – February 2012  
Developed the Living Systems Wellness Education 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.  
2<sup>nd</sup> Place, 100 meter hurdles, 1<sup>st</sup> 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, AND HOBBIES**

Recipient of the "Outstanding Teaching Award" Texas State  
University Health Education Department May 2004  
Annual Presenter for High School Students at MAHEC's *Health  
Careers Conference*. Presentation Title: “Are you FIT to be  
an American Idol”, 2006-2013

Monthly *Parent Empowerment* Support Group  
June-December 2013  
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.