

CURRICULUM VITAE - GILLIAN MANDICH**PERSONAL INFORMATION**

Name: Gillian Elizabeth Mandich
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EDUCATION, DEGREES, AND AWARDS**EDUCATION**

PhD, Health and Rehabilitation Sciences May 2012 – December 2018
 University of Western Ontario, London, Ontario
 Health Promotion Field

Masters of Health and Rehabilitation Sciences September 2010 - April 2012
 University of Western Ontario, London, Ontario
 Child and Youth Health Field

Honours Specialization in Health Science with Health Promotion September 2003 - April 2007
 University of Western Ontario, London, Ontario
 Faculty of Health Science

HONOURS AND AWARDS

CanFitPro 2020 Canadian Presenter of the Year 2020
 This award is based on feedback and attendance from sessions at the 2019 CanFitPro World Fitness Expo in addition to the impact of the awardee's work on the Canadian Fitness Industry.

OptiMYz Top 100 Canadian Health and Fitness Influencer 2020

OptiMYz Top 100 Canadian Health and Fitness Influencer 2019

OptiMYz Top 100 Canadian Health and Fitness Influencer 2018

Student Innovation Scholar – Pierre L. Morrisette Institute for Entrepreneurship, Richard Ivey School of Business January 2017 – April 2017

Business London Magazine – Top 20 Under 40 November 2015
 The 20 Under 40 awards program recognizes accomplished industry leaders who are under the age of 40 and also give back to their community.

Canadian Obesity Network Student and New Professional Rising Star Award Winner May 2015

Western University 3 Minute Thesis Competition Finalist April 2015

Faculty of Health Sciences Recognition of Achievement June 2014

Exemplary contribution to teaching in the Faculty of Health Science (achieved a Western instructor and course evaluation ranking for overall effectiveness of 6.0 or greater).

Canadian Obesity Network Student/New Professional Rising Star Award Nominee

June 2014

Best Oral Presentation

March 2014

27th Annual Western Research Forum presented by the Society of Graduate Students (SOGS) at Western University

Best Oral Presentation

February 2014

Western University's Health and Rehabilitation Sciences Graduate Research Forum: Bringing Your Creativity to Life

Canadian Obesity Network Student and New Professional Dr. Jennifer Irwin Behavioural Aspects of Obesity

May 2013

Ontario Graduate Scholarship-Science & Technology

May 2013 - April 2014

Western University 3 Minute Thesis Competition Finalist

April 2013

Ontario Graduate Scholarship-Science & Technology

May 2012 - April 2013

Best Oral Presentation

February 2012

The University of Western Ontario's Health and Rehabilitation Sciences Graduate Research Forum: Brewing Research, Steeped in Ideas

Western University 3 Minute Thesis Competition Finalist

March 2012

Ontario Graduate Scholarship-Science & Technology

August 2011 - April 2012

ACADEMIC AND WORK EXPERIENCE

Marketing and Knowledge Translation, SickKids

October 2019 - current

Meant2Prevent: A Type 2 Diabetes Prevention Initiative for Children and Youth

Course Instructor, Western University

January 2016 - April 2016

Health and Social Media (HS4901b), School of Health Studies

Course Instructor, Western University

May 2015 - June 2015

Personal Determinants of Health (HS1001a), School of Health Studies

*Overall teaching effectiveness score: 6.1 (out of 7.0)

Teaching Assistant, Western University

Sept 2014 - December 2014

The Social Determinants of Health (HS1002A), School of Health Studies

Course Evaluator, Western University

April 2013 - May 2013

Functional Anatomy Health Practicum (HS2900E, HS4901G), School of Health Studies

Course Instructor, Western University November 2012 - December 2012

Personal Determinants of Health (HS1001a), School of Health Studies

*Course enrollment: 486 students

*Overall teaching effectiveness score: 6.2 (out of 7.0)

Project Coordinator, Brescia University College June 2010 - June 2013

A Community-Based Healthy Lifestyle Patient-Centered Education Program of Middle-Aged (30-59) and Older (60+) Adults With Prediabetes

Research Assistant, Diabetes Team – Report Author May 2012 - September 2012

Schulich School of Medicine and Dentistry, University of Western Ontario, London, Ontario

Teaching Assistant, Western University September 2010 - April 2012

Faculty of Health Science Systemic Approach to Functional Anatomy (Kin 2222A/HS2300A)

Research Assistant June 2007 - November 2011

Public Health Research, Education and Development (PHRED) Program, Middlesex-London Health Unit, London, Ontario

Research Assistant January 2006 - June 2007

Kids Skills Clinic, School of Occupational Therapy, University of Western Ontario, London, Ontario

RESEARCH AND PUBLICATIONS

Published Refereed Papers

Mandich, G., Burke, S., Gaston, A., & Tucker, P. (2015). The Physical Activity Levels and Sedentary Behaviours of Latino Children in Canada. *International Journal of Environmental Research and Public Health*, 12(5), 5528-5539. doi: 10.3390/ijerph120505528

Vanderloo, L.*, & **Mandich, G***. (2013). Battling Bullying: Not All Children Face the Same Fight. *The Canadian Journal of Community Mental Health*, 32(4): 85-88. doi: 10.7870/cjcmh-2013-032

*Authors contributed equally to this work

*This work was submitted as overall winner of the Health Science Inquiry “Economic, and Environmental Determinants of Mental Health and Addiction” writing contest

Vanderloo, L.*, & **Mandich, G***. (2013). Battling Bullying: Not All Children Face the Same Fight. *Health Science Inquiry***, 4(1), 71-72.

*Authors contributed equally to this work

**Health Science Inquiry is a peer-reviewed journal for students

Mandich, G*., & Vanderloo, L*. (2012). Obesity and Diabetes Among Children: Nutrition-Related Barriers and Future Opportunities. *Health Science Inquiry*, 2(1), 75-76.

*Authors contributed equally to this work

- Callaghan, C., **Mandich, G.**, & He, M. (2010). Healthy Vending Machine Pilot Project in Four Ontario Secondary Schools. *Canadian Journal of Dietetic Practice and Research*, 71(4), 186-191.
- Kurtz, J., Battram, D. S., Killough, G., Francis, L., **Mandich, G.**, & He, M. (2010) "Pause-2-Play": A Pilot School-Based Obesity Prevention Program. *The Brazilian Journal of Mother and Child Health*, 10(3), 303-311.
- He, M., Callaghan, C., Evans, A., & **Mandich, G.** (2009). Healthy Eating Champions Award for Elementary Schools: Findings From a Process Evaluation. *Canadian Journal of Dietetic Practice and Research*, 70(2), 101-4.

Submitted Refereed Papers

- Mandich, G.** & Miller, L. (2020). Healthy and Happy: Creating and Evaluating a Catalyst to Improve the Health of University Students via an Online Training System. *Journal of Happiness Studies*. Manuscript in progress for publication.

Technical Reports and Online Courses

- Billan, R. & **Mandich, G.** (2020) Happy & Resilient: Cultivating Confidence, Redefining Relationships, and Generating Joy. www.happyandresilient.com
- Aim Healthy You. (2018) Clean Eating Magazine. Go Clean 45 Health and Happiness Course. <https://www.aimhealthyu.com/courses/goclean45-the-health-happiness-challenge>
- Examine.com Monthly Research Digest. Toronto, Ontario. (Published Monthly). <http://store.examine.com/store/erd/>
- Joanne, S. & **Mandich, G.** (2014). #FITFUTURES Manual. Toronto, Ontario: The Treadmill Factory. http://stephaniejoanne.com/wp-content/uploads/2014/02/FitFutures_MANUAL-opt.pdf
- Mandich, G.** (2009) *Families in Action: A community-based obesity prevention program*. PHRED Focus (Volume 17, Issue 2). London, Ontario: Middlesex-London Health Unit.
- Mandich, G.** (2008). *Fast facts: Focus groups with children*. London, Ontario: Middlesex-London Health Unit.
- Sangster Bouck, M., & **Mandich, G.** (2008). *Evaluation of tools and guide to managing the data for the evaluation of promoting cancer screening in Chinese communities*. London, Ontario: Middlesex-London Health Unit.

Published Abstracts

- Mandich, G.** & Miller, L. (2015). *Healthy and Happy: Creating and Evaluating a Catalyst to Improve the Health of University Students via an Online Training System*. [Abstract]. *Canadian Journal of Diabetes*, 39(1), S43. doi: <http://dx.doi.org/10.1016/j.jcjd.2015.01.164>

Shier, A., Colby, P., **Mandich, G.**, Battram, D.S., Dworatzek, P.D.N., Hramiak, I., Mathysen, J., Giroux, I. (2013). Impact of a Community Lifestyle Intervention Program (PREPARE) for Adults Diagnosed with Prediabetes in London, Ontario. [abstract]. *Canadian Journal of Diabetes* 37(4), S69.

Mandich, G. & Burke, S. M. (2013). *C.H.A.M.P. Families: A Qualitative Investigation of Health Professionals' Views of and Suggestions for the Development of a Caregiver-Focused Childhood Obesity Intervention*. [Abstract]. *Canadian Journal of Diabetes*, 37(2), S273.

Giroux, I., Broxterman, J. N., Battram, D., S., Dworatzek, P. D. N., **Mandich, G. E.**, Colby, P., Mathysen, J., & Hramiak, I. (2012) *Impact of a Pilot Group Lifestyle Behaviour Change Program (PREPARE) on Nutritional and Health Characteristics in Adults with Prediabetes*. [Abstract]. *Canadian Journal of Diabetes*, 36(5) (Suppl): PS6.

Burke, S. M., & **Mandich, G. E.** (2012). *Physical Activity Among Latino Children: A Qualitative Examination of Barriers and Facilitators*. [Abstract]. *Journal of Sport and Exercise Psychology*, 34(Suppl.), S209.

He, M., Harvey, E., Battram, D. S., **Mandich, G.**, Clarson, C.; & Harris, S. B. (2009, October). *A Culturally Sensitive Community-Based Obesity Prevention Program Targeting Latino-Canadian Children: A Pilot Study*. [Abstract]. *Canadian Journal of Diabetes*, 33(3) (Suppl): P-1287, 280-281.

Professional Conference Presentations and Posters

Mandich, G. (2020, August). *Women's Health, Hormones, Happiness*. Online presentation presented at the Canadian Fitness Professionals Virtual Summit, Toronto, Ontario.

Mandich, G. (2020, May 30). *Unlocking Happiness*. Oral presentation presented at the Central Ontario Weight Loss Society Spring Fling Conference, Toronto, Ontario.

Mandich, G. (2019, August). *Exercise and Happiness*. Oral presentation presented at the Canadian Fitness Professionals World Fitness Expo, Toronto, Ontario.

Mandich, G. (2019, April). *Happiness, Self-care and Mental Health*. Oral presentation presented at the 6th Obesity Canada Public Workshop, Ottawa, Ontario.

Mandich, G. & Miller, L. (2019, April). *Healthy and Happy: Creating and Evaluating a Catalyst to Improve the Health of University Students via an Online Training System*. Poster presented at the 6th National Obesity Summit, Ottawa, Ontario.

Mandich, G. (2018, October). *Happiness, Self-care and Mental Health*. Oral presentation presented at the George Brown Leadership Conference, Toronto, Ontario.

Mandich, G. (2018, August). *Happiness, Exercise, and Emotions*. Oral presentation presented at the Canadian Fitness Professionals World Fitness Expo, Toronto, Ontario.

Mandich, G. (2017, November). *The Science of Happiness*. Oral presentation at The Canadian Fitness Professionals Toronto Summit, Toronto, Ontario.

- Mandich, G.** (2017, August). Yes, We Really Do Eat Our Feelings. Oral presentation at The Canadian Fitness Professionals World Fitness Summit, Toronto, Ontario.
- Mandich, G.** (2017, August). The Science Behind Foods and Practices for Happiness. Workshop presentation at The Canadian Fitness Professionals World Fitness Summit, Toronto, Ontario.
- Mandich, G.** (2017, August). Just Eat Real Food. Panel presentation at The Canadian Fitness Professionals World Fitness Summit, Toronto, Ontario.
- Mandich, G. & Miller, L.** (2017, May). *An Online Training System to Improve the Health of University Students: Rationale and Description*. Poster presented at the 5th National Obesity Summit, Banff, Alberta.
- Mandich, G.** (2016, August). Five Nutrition Myths You Need to Know. Oral presentation at The Canadian Fitness Professionals World Fitness Summit, Toronto, Ontario.
- Mandich, G.** (2016, August). What Every Woman Needs to Know About Her Health. Oral presentation at The Canadian Fitness Professionals World Fitness Summit, Toronto, Ontario.
- Mandich, G.** (2016, June). *Happiness Keynote*. Oral presentation presented at the Canadian Centre For Activity and Aging at Research to Action: Getting Fitter with Age Conference, London, Ontario.
- Mandich, G.** (2015, August). Research 101: How to Read and Understand Scientific Papers and Research. Oral presentation at The Canadian Fitness Professionals World Fitness Summit, Toronto, Ontario.
- Mandich, G.** (2015, June). Nutrition and Sport: A Winning Pair. Oral presentation at Girl Power in Play Symposium, Ottawa, Ontario.
- Mandich, G. & Miller, L.** (2015, May). *Healthy and Happy: Creating and Evaluating a Catalyst to Improve the Health of University Students via an Online Training System*. Poster presented at the 4th National Obesity Summit, Toronto, Ontario.
- Shier, A., Colby, P., **Mandich, G.**, Battram, D.S., Dworatzek, P., Hramiak, I., Mathyssen, J., & Giroux, I. (2014, November). *Impact of a Community Lifestyle Intervention Pilot Program (PREPARE) for Adults Diagnosed with Prediabetes in London, Ontario*. Poster presented at 5th Annual Diabetes Research Day, London, Ontario.
- Mandich, G.** (2014, February). Family Yoga. Oral presentation at the Karen Dean Memorial Family Literacy Conference, London, Ontario.
- Shier, A., Colby, P., **Mandich, G.**, Battram, D.S., Dworatzek, P.D.N., Hramiak, I., Mathyssen, J., Giroux, I. (2013, October). *Impact of a Community Lifestyle Intervention Program (PREPARE) for Adults Diagnosed with Prediabetes in London, Ontario*. Poster presented at the annual Canadian Diabetes Association Conference, Montréal, Quebec.
- Mandich, G. & Burke, S. M.** (2013, May). *C.H.A.M.P. Families: A qualitative investigation of health professionals' views of and suggestions for the development of a caregiver-focused childhood*

obesity intervention. Poster presented at the 3rd National Obesity Summit, Vancouver, British Columbia.

Broxterman J, Giroux I, Battram D, Dworatzek P, **Mandich G**, Colby P, Mathysen J, Hramiak I. (2012, October). *Impact of a pilot group lifestyle behaviour change program (PREPARE) on nutritional and health characteristics in adults with prediabetes*. Oral presentation at the Canadian Diabetes Association Professional Conference, Vancouver, British Columbia.

Giroux I, Broxterman J, Dworatzek P, Battram D, **Mandich G**, Colby P, Mathysen J, Hramiak I. (2012, September). *The PREPARE program: Initial perceptions of program acceptability*. Poster presentation at the International Congress of Dietetics, Sydney, Australia.

Burke, S. M., & **Mandich, G.** (June, 2012). *Physical activity among Latino children: A qualitative examination of barriers and facilitators*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity Conference, Honolulu, Hawaii.

Mandich, G., Gaston, A., & Burke, S. M. (May, 2012). *An objective assessment of physical activity levels among Latino children in London, Canada*. Poster presented at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, San Antonio, Texas.

Mandich, G. & Harvey, B. (2011, October). *Families in action dissemination project*. Invited lecture presented at the Lawson Foundation 10th Annual Program Workshop, Toronto, Ontario.

Giroux, I., Dworatzek, P., Battram, D., Colby, P., Mathysen, J., Broxterman, J., **Mandich, G.**, & Hramiak, I. (2011, June). *Genesis of the “prediabetes initiative and partnership”*. Poster presented at The Canadian Foundation for Dietetic Research Dietetic Research Conference, Edmonton, Alberta.

Battram, D., Harvey, B., **Mandich, G.**, Beynon, C., & He, M. (2011, May). *A culturally and linguistically sensitive community-based obesity prevention program for Latin-Canadian children and their families: Preliminary findings*. Poster presented at the 2nd National Obesity Summit, Montréal, Quebec.

Mandich, G., Battram, D. (2010, October). *Families in action dissemination project*. Invited lecture presented at the Lawson Foundation 7th Annual Program Workshop, Edmonton, Alberta.

Pearson, E., **Mandich, G.**, & Burke, S. (2010, October). *Children’s health and activity modification program (C.H.A.M.P.): A lifestyle intervention for obese children at risk for type 2 diabetes*. Invited lecture presented at the Lawson Foundation 7th Annual Program Workshop, Edmonton, Alberta.

Giroux, I., Dworatzek, P., Battram, D., Colby, P., Mathysen, J., Broxterman, J., **Mandich, G.**, & Hramiak, I. (2010, October). *A community-based healthy lifestyle patient-centred education program for middle (30-59) and older (60+) adults with prediabetes*. Invited lecture presented at the Lawson Foundation 7th Annual Program Workshop, Edmonton, Alberta.

He, M., Harvey, E., Battram, D. S., **Mandich, G.**, Clarkson, C.; & Harris, S. B. (2009, October). *A culturally sensitive community-based obesity prevention program targeting Latino-Canadian children: a pilot study*. Poster presented at the 20th World Diabetes Congress, Montréal, Quebec.

He, M., Harvey, E., Battram, D. S., **Mandich, G.**, Clarkson, C., & Harris, S. B. (2009, June). *Latino Families in Action (LFIA): Implementing and evaluating a community-based obesity prevention program for a high-risk paediatric population*. Lecture presented at Strengthening Connections: The Canadian Public Health Association 2009 Annual Conference, Winnipeg, Manitoba.

Killough, G., He, M., Battram, D., Kurtz, J., & **Mandich, G.** (2009, May). *Pause-2-Play*. Poster presented at the 1st National Obesity Summit, Kananaskis, Alberta.

Mandich, G. (2008, November). *Families in action: A community-based obesity prevention program*. Invited lecture presented at the Public Health in Action Symposium: An Ounce of Prevention...Healthy Eating Active Living, Middlesex-London Health Unit, London, Ontario.

Harvey, B., **Mandich, G.**, & Salomon, D. (2008, October). *Latino families in action - A community-based obesity prevention program for a high-risk ethnocultural paediatric population*. Invited lecture presented at the Lawson Foundation 6th Annual Program Workshop, Montréal, Quebec.

Student Conference Presentations and Posters

Mandich, G. (2018, November). Healthy and Happy: Creating and Evaluating a Catalyst to Improve the Health of University Students via an Online Training System. Public Lecture at Western University, London, Ontario.

Mandich, G. (2016, March). Words of Wisdom. Oral presentation presented at the Health Studies Student Association Graduate Event, London, Ontario.

Mandich, G. (2015, September). The Faculty of Health Sciences Orientation Week Welcome Sample Lecture presented at Western University, London, Ontario.

Mandich, G. & Miller, L. (2015, April). Healthy and Happy: Creating and Evaluating a Catalyst to Improve the Health of University Students. Oral presentation presented at the 2015 Robert Macmillan Graduate Research in Education Symposium: Research Innovations in Education, Implications for Practice and Learning presented by Western University's Faculty of Education, London, Ontario.

Mandich, G. (2014, June). Interdisciplinary Interventions to Address Childhood Obesity: A scoping review. Oral presentation presented at the 4th Canadian Obesity Student Meeting presented by The Canadian Obesity Network, Waterloo, Ontario.

Mandich, G. & Burke, S. M. (2014, March). *C.H.A.M.P. Families: A qualitative investigation of health professionals' views of and suggestions for the development of a caregiver-focused childhood obesity intervention*. Oral presentation presented at the 27th Annual Western Research Forum presented by the Society of Graduate Students (SOGS), London, Ontario.

Mandich, G. & Burke, S. M. (2014, February). *C.H.A.M.P. Families: A Qualitative Investigation of Health Professionals' Views of and Suggestions for the Development of a Caregiver-Focused Childhood Obesity Intervention*. Oral presentation presented at Western University's Health and Rehabilitation Sciences Graduate Research Forum: Bringing Your Creativity to Life, London, Ontario.

Mandich, G. & Fleet, A. (2013, November). *Healthy Food Prepared by Youth for Youth*. Oral presentation presented at the Bring Food Home Conference, Windsor, Ontario.

Mandich, G. & Burke, S. M. (2013, February). *Physical activity and sedentary behaviours among Latino children: Attitudes, barriers, and facilitators*. Oral presentation presented at The University of Western Ontario's Health and Rehabilitation Sciences Graduate Research Forum: Sowing Seeds of Ideas for Fruitful Trees, London, Ontario.

Burke, S. & **Mandich, G.** (2012, March). *Physical activity among Latino children: A qualitative examination of barriers and facilitators*. Poster presented at the Faculty of Health Sciences Research Day 2012: Connecting our health research community, London, Ontario.

Mandich, G. & Burke, S. (2012, March). *An assessment of physical activity levels and sedentary behaviours of Latino children in London, Ontario*. Oral presentation at the 16th Annual Eastern Canadian Sport & Exercise Psychology Symposium, London, Ontario.

Mandich, G. & Burke, S. (2012, February). *Physical activity among Latino children in London, Ontario: An assessment of physical activity levels, sedentary behaviours, and physical activity-related barriers and facilitators*. Oral Presentation presented at The University of Western Ontario's Health and Rehabilitation Sciences Graduate Research Forum: Brewing Research, Steeped in Ideas, London, Ontario.

Giroux, I., Dworatzek, P., Battram, D., Colby, P., Mathyssen, J., Broxterman, J., **Mandich, G.**, & Hramiak, I. (2010, October). *A community-based healthy lifestyle patient-centred education program for middle (30-59) and older (60+) adults with prediabetes*. Poster presented at 1st Annual Diabetes Research Day, London, Ontario.

Invited Public Presentations (In-Person and Online)

Are Canadians Happy at Work? (2020, June 29). The Canadian Happiness at Work Study. Online, Toronto, Ontario.

How to Build Resilience, Boost Happiness, and Thrive (Even During Uncertain Times). (2020, June 24). National Bank Webinar. Online, London, Ontario.

Happy & Resilient. (Scheduled for April 2020, rescheduled due to COVID – new date TBD). DeGroot School of Business. Hamilton, Ontario. <https://execed.degrootemcmaster.ca/executive-management/happy-resilient/>

Pause for Positivity. (2020, May 27). The Sunshine Foundation of Canada. Online, London, Ontario. <http://sunshine.ca/events/pause-positivity-happiness>

A Conversation About Happiness. (2020, May 16). The Collective by Eva Redpath. Online, Toronto, Ontario.

- Beyond the Pandemic: What you Need to Know. (2020, May 12). CSPN - Customer Service Professionals Network. Online, Toronto, Ontario. <https://mycspn.com/webinar-series-mental-health-and-wellness-with-dr-gillian-mandich/>
- Happiness Masterclass (2020, May 9). The Academy of Culinary Nutrition. Online, Toronto, Ontario.
- Pandemic-Proofing Your Mental Health: How to Be Happy, Even During Difficult Times. (2020, May 7). The Allied Beauty Association. Online, Toronto, Ontario.
- Redefining Resilience. (2020, May 6). Canadian Fitness Professionals Inc. (canfitpro). Online, Toronto, Ontario.
- Building Resilience & Boosting Happiness. (2020, May 5). CSPN - Customer Service Professionals Network. Online, Toronto, Ontario. <https://mycspn.com/webinar-series-mental-health-and-wellness-with-dr-gillian-mandich/>
- How to Build Resilience, Boost Happiness, and Thrive (Even During Uncertain Times). (2020, April 30). Western University. Online, London, Ontario. <https://www.westernconnect.ca/site/Calendar?view=Detail&id=138369>
- How to Manage Fear, Curb Anxiety, & Cope in The Face of Uncertainty. (2020, April 28). CSPN - Customer Service Professionals Network. Online, Toronto, Ontario. <https://mycspn.com/webinar-series-mental-health-and-wellness-with-dr-gillian-mandich/>
- Happy and Resilient. (2020, April 27). OISE Alumni & Friends Leadership Series. Online, Toronto, Ontario. https://www.oise.utoronto.ca/oise/News/2020/Happy_and_Resilient_Webinar.html
- Happiness Q&A. (2020, April 16). InfluenceU. Online, Montreal, Quebec.
- Women's Empowerment and Happiness. (2020, April 12). Lioness Women's Club. Online, Toronto, Ontario.
- How to Curb Fear and Anxiety. (2020, April 10). The Body Project. Online, Toronto, Ontario.
- Happiness, Mental Health, And Resilience. (2020, April 10). Lug Life. Online, Springfield, Massachusetts.
- Tips to Boost Happiness During COVID. (2020, March 23). Masters of Fitness Awesomeness. Online, Tulum, Mexico.
- Happiness During Uncertain Times. (2020, March 19). Blushing Babes Society. Online, London, Ontario.
- Happy and Resilient Panel. (2020, January 21). The Canadian Mental Health Association. Oakville, Ontario.
- Does Money Buy Happiness. (2019, November 23). Females in Real Estate (F.I.R.E) Conference. Westin Harbour Castle, Toronto, Ontario.

- Unlocking the Secrets of Happiness Keynote. (2019, September). RBC Private Wealth Management Conference. The London Club, London, Ontario
- Two Things You Need To Know To Be Happier Today. (2019, June). TEDx Windsor. Chrysler Theatre, Windsor, Ontario.
- Preserve Your Happiness So You Can Share It (With Your Clients). (2019, June). Professional Organizers In Canada. Toronto, Ontario.
- Happiness, Exercise, and Endorphins. (2019, June). The Strong Summit. The Metro Toronto Convention Center, Toronto, Ontario.
- Evidence-Based Practices That will Make You Happier Today. (2019, May). The Sunshine Foundation. London, Ontario.
- How to be Happier Today. (2019, May). Share, Love, Celebrate. Peter Gilgan Centre for Research and Learning, Toronto, Ontario.
- Highschool Happiness. (2019, May). Holy Cross Highschool, Grimbsy, Ontario.
- Highschool Happiness. (2019, May). St. Michael's Secondary School, Niagara Falls, Ontario.
- Spotted 2019. (2019, May). London Music Hall. London, Ontario. Unlocking the Secrets of Happiness. (2019, April). Exercise Nutrition Symposium. Western University Labatt Health Sciences Building, London, Ontario.
- The Surprising Truth About Happiness. (2019, April). Revel In Beauty. The Metro Toronto Convention Center, Toronto, Ontario.
- 50 Shades of Pink. (2019, April). London Convention Center, London, Ontario.
- Happiness and Obesity: The Latest Research. (2019, March). The University of Toronto (HLT/SOCC51H3). Toronto, Ontario.
- Western Women In Leadership Keynote (2019, March). Sunningdale Golf and Country Club. London, Ontario.
- Happy Environments, Inside and Out. (2019, March). The Green Living Show. The Metro Toronto Convention Center. Toronto, Ontario.
- The Blushing Babes Society. (2019, March). Sunningdale Golf and Country Club. London, Ontario.
- Purple Party Keynote. (2019, March). Lioness Success Academy and Private Women's Club. Cambria Gallery, Toronto, Ontario.
- Happiness, Babies, and Motherhood. (2019, February). The Total Mom Show. The Symes, Toronto, Ontario,

Global Changemakers Series. (2018, December). Mindvalley Toronto. Toronto, Ontario.

Highschool Happiness. (2018, December). Lucas Secondary School. London, Ontario.

The Science of Happiness. (2018, December). George Brown St. James Campus. Toronto, Ontario

Health Hustlers Keynote. (2018, November). Dave & Busters Vaughn, Vaughn, Ontario.

How to be Happier, According to Science. (2018, October). ManTalks Toronto. Hilton Downtown Toronto, Toronto, Ontario.

Women Who Influence. (2018, August). The Metro Toronto Convention Center, Toronto, Ontario.

Females In Real Estate Keynote. (2018, August). Bisha Hotel, Toronto, Ontario.

Unlocking The Secrets of Happiness. (2018, August). 6th Annual Women in Rental Housing Luncheon. The Old Mill, Toronto, Ontario.

Happiness: Emotion Is Created By Motion. (2018, June). The Simplicity Project Annual Event. Newmarket Community Center, Newmarket, Ontario.

Peak Performance: Productivity, Resiliency, Success, and The Science of Happiness. (2018, June). Great West Life. London, Ontario

Unlocking The Secrets of Happiness Keynote. (2018, March). RBC Dominion Securities. The Hunt Club, London, Ontario.

Unlocking The Secrets of Happiness Keynote. (2018, March). RBC Private Wealth Management. London, Ontario.

Western University. Western Wellness Symposium. (2018, March). University Community Center, London, Ontario.

There is No Way to Happiness; Happiness is the Way. (2017, December). The Society of Public Insurance Administrators of Ontario. Lionhead Golf Course & Conference Centre, Brampton, Ontario.

The Archangel Show. (2017, November). Shopify, Toronto, Ontario.

The Science of Happiness. (2017, September). Diply Headquarters, Toronto, Ontario.

Unlocking the Secrets of Happiness. (2017, May). The Strong Women Summit at The Metro Toronto Convention Center, Toronto, Ontario.

Happiness: Unlocking The Mystery of Psychological Health. (2017, May). Adidas Group, Toronto, Ontario.

Special Events Consultant Social: The Happiness Project. Happiness. (2017, April). Pearle Weddings and Events, Ancaster, Ontario.

- Archangel 126 Talk: Why I Study Happiness. (2017, February). Archangel Academy. The Hyatt, San Diego, California.
- The Surprising Truth About Happiness. (2017, February). TEDxYorkville. Toronto, Ontario.
- SheWarrior Women's Empowerment Event. (2016, October). Adrenaline Training Center, London, Ontario.
- MoMonday: Real People. Real Stories. Real Inspiration. (2016, October). The Western Fair District, London, Ontario.
- The Ontario Ministry of Children and Youth Services: Encouraging Professional Development and Supporting Personal Growth. (2016, October). Child and Parent Resource Institute, London, Ontario.
- STRONG Fitness Camp. (2016, September). Forest City CrossFit, London, Ontario.
- Women Who Influence Event. (2016, August). Metro Toronto Convention Centre, Toronto, Ontario.
- Rocking Vibe Soul Sparkle: Ignite Your Passion, Creativity, and Excitement. (2016, July). Hi-Ignition Fit Lab, London, Ontario.
- Women's Empowerment Night. (2016, June). UnLondon, London, Ontario.
- Social Media and Health. (2016, April). Western University's Community Exercise Nutrition Symposium, London, Ontario.
- Toronto Entrepreneurs of Passion and Purpose: Nutrition Is More Than What You Eat. (2016, March). Harlem, Toronto, Ontario.
- Western University's Founder's Day: Happiness and Health. (2016, March). Freshii, London, Ontario.
- Archangel 126 Talk: Happiness is the Way. (2016, February). Archangel Academy, Los Angeles, California.
- Western University's Student Success Centre's Life After Western U Conference. (2016, January). Western University, London, Ontario.
- Toronto Entrepreneurs of Passion and Purpose TEPP Talks: Happiness and Health. (2016, January). Ivey Tangerine Leadership Centre, Toronto, Ontario.
- The Presence of Yes Charity Fashion Show for The Sexual Assault Centre London and Connect for Mental Health. (2015, November). Goodwill Industries, London, Ontario.
- Fitness Jam: Dream it. Live it. Teach it. (2015, November). The YMCA, London, Ontario.
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SERVICES AND ADMINISTRATION

Western University Special Projects COVID-19 Response Committee
Western University

March 2020 – July 2020

Canadian Obesity Network – Toronto Chapter Member	August 2019 - present
Member Canadian Fitness Professionals Association	August 2015 - present
Member Archangel Academy (Entrepreneurship)	January 2015 - present
Reviewer Nursing and Health Sciences Journal	September 2014 – September 2017
Community Relations Committee People’s Right to Integrative Medicine (PRIM)	March 2014 - present
Member Toronto Entrepreneurs of Passion and Purpose (TEPP)	February 2014 - present
Member Ontario Edible Education Network	September 2013 – September 2016
Student Field Leader, Health Promotion Field, Health and Rehabilitation Sciences, Western University	May 2012 - 2015
Student Field Leader, Child and Youth Health Field, Health and Rehabilitation Sciences, Western University	September 2011 - April 2012
Chapter President The Canadian Obesity Network, University of Western Ontario Chapter	May 2011 - September 2015
Member The Canadian Obesity Network	August 2010 - present
Member The Canadian Diabetes Association	August 2010 – August 2016
Vice President The Canadian Obesity Network, University of Western Ontario Chapter	May 2010 - May 2011
Member The Ontario Public Health Association	January 2008 - January 2011
Member The Canadian Public Health Association	January 2008 - January 2011

RELATED WORK EXPERIENCE

Happy, Healthy You! Health Expert TSC	June 2018 - present
Micas Skills of Communication Certification Western University	January 2017
The Science Advisory Board Member	April 2016 - present
Host and Community Producer Gillian Mandich Cooking Adventures Rogers TV	September 2015 - April 2016
The Huffington Post Canada Writer	February 2015 - October 2017
Reebok Canada Ambassador	September 2014 - present
Co-host and Community Producer The Holistic Health Diary TV Show Rogers TV	September 2014 - May 2015
Advisory Board Member and Reviewer Examine.com	May 2014 - present
Radio Show Host, Health Science Radio CHRW 94.7FM	October 2013 - December 2018
Ambassador, Canada's Greatest Fitness Challenge	August 2013 – August 2014
Certified Yoga Tune Up® Teacher Yoga Alliance	July 2013 – July 2018
Contributing Writer and Dietetic Consultant Inside Fitness Magazine	June 2013 – June 2016
Contributing Writer Sweat Equity Lifestyle Media Group	June 2013 - present
Total Health Columnist Mom and Caregiver Magazine	May 2013 - November 2013
Health and Wellness Columnist Chatelaine Magazine	April 2013 – April 2015

Co-Host, The Holistic Health Diary Podcast iTunes Podcast Network	February 2013 – February 2015
Member Emerging Leaders	September 2012 - September 2018
Contributing Writer and Recipe Developer Oxygen Magazine	July 2012 - June 2013
Canadian Obesity Network Obesity Summer Bootcamper 2012	July 2012
Registered Yoga Teacher Yoga Alliance	April 2012 – April 2018