



Dr.yaninagomez

A. Yanina Gomez, Ph.D.

Mindset & Emotional Wellness Strategist
Leadership Development Consultant

CURRICULUM VITAE



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Thank you for your interest in my services. Please allow me to introduce myself. I am a psychologist (by trade), Mindset & Emotional Wellness Strategist/Coach, Leadership Development Consultant and Speaker. In 2009, I obtained my Ph.D. in Educational Psychology and now focus on educating and inspiring individuals to maintain a healthier, stronger and fulfilling life.

I am dedicated to develop and teach practical strategies to help individuals become more confident about themselves, adopt a stronger and healthier mindset and nurture their emotional wellness as they move toward greater personal and professional growth and inner-strength.

Through my “*5-Steps to Clearing Mindset Blocks and Refocus*” Program, I provide individual coaching for career and professional women to help them overcome mindset blocks (i.e., limiting beliefs, negative thoughts, fears, insecurities, etc.) that prevent them from optimizing their full potential. I also offers this program as a workshop geared toward audiences wanting to cultivate a stronger and successful mindset.

Lastly, I am also dedicated to help those in management positions become intentional influential leaders in their workplace so they can cultivate a healthier workplace that fosters stronger relationships, wellness, authenticity, loyalty and productivity.

Yours,
A. Yanina Gomez, PhD



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EDUCATION

WALDEN UNIVERSITY

Ph.D., Psychology November, 2009

Educational Psychology

Dissertation: Effective Teaching Strategies According to Fifth Grade Students: A Qualitative Study

GOVERNORS STATE UNIVERSITY

M.A., School Psychology, 2000

Internship in School Psychology, Chicago Public Schools, 1999 - 2000

TRINITY CHRISTIAN COLLEGE

B.A., Psychology, 1995

Minor in Communications/Public Speaking

PROFESSIONAL LICENSES / CERTIFICATIONS

School Service Personnel

- i. Certificate endorsed for School Psychology State of Illinois Certificate, Type 73, 2000
- ii. State of Indiana License, 2003
- iii. Illinois Bilingual Special Education Approval for School Psychology (Spanish/English), 2002

EXPERIENCE HISTORY

Speaker, Consultant and Coach

January 2016 - Present

- Develop and facilitate various wellness talks in the areas of emotional wellness, mindset and influential leadership.
- Create and develop preventive curricula in the area of emotional wellness.
- Facilitate individual *Wellness Strategic Sessions* to address mindset blocks and emotional pitfalls preventing women from experiencing self-confidence and greater success in life (*coaching*).
- Develop and facilitate leadership development trainings for organizations and institutions.
- Develop supplemental materials for trainings and selected talks.

Art NXT Level, Chicago, IL

Co-Founder

January 2015 to Present

- Create and develop curriculum related to the emotional wellness component of the program.
- Lead, provide preventive education, support and facilitate discussions related to emotional wellness within the online membership-based platform.
- Develop accountability programs that supplement our courses.
- Produce content for the Art NXT Level blog.
- Produce content for social media outlets.
- Provide individual strategic coaching to creative entrepreneurs (i.e., career management/development, emotional wellness, etc.).
- Write proposals for the program.
- Co-manage the production and scheduling of webinars.
- Co-develop and manage organizational, financial and operational strategies.

33 Contemporary Gallery LLC, Chicago, IL

Co-Owner & Gallerist (*Presently: Co-Owner role only*)

July 2014 to Present

- Manage organizational, financial and operational strategies and execution.
- Manage gallery inventory and sales.
- Manage client relations.
- Plan and organize gallery's shows for international art fairs
- Attend to gallery's booth at international art fairs (organization, planning, installation, sales, and client relations)
- Coordinate special events and art exhibitions.
- Promote events via social media outlets.
- Art Consultant – Residential and Commercial

Valparaiso University, Valparaiso, IN
University Lecturer, Master's Program

August 2013 to August 2014

- Design and teach courses for the School Psychology and School Counseling programs as assigned.
- Provide academic advise to students to ensure a successful educational experience.

3c Wear LLC, Chicago, IL
Principal

July 2012 to February 2015

- Create and develop the business from start up.
- Develop and manage organizational, financial and operational strategies.
- Administrate the different areas of the business.
- Manage all aspects of the customer ordering process from start to finish.
- Organize and execute philanthropic efforts including recruitment of organizations to serve as Giving Partners.
- Assist in the creation and execution of marketing/ social media efforts (including facebook, twitter, instagram) to promote the business, recruit new customers and maintain present ones.
- Blog producer and writer.

School City of Hammond, Indiana
Psychologist

August 2003 to August 2013

- Conduct comprehensive psycho-educational and neuropsychological evaluations to determine diagnosis.
- Evaluate academic skills and aptitude including executive functioning.
- Evaluate and analyze learning environment and its impact in the student's educational functioning.
- Evaluate and analyze social, emotional and behavioral functioning and their impact on the student's learning process.
- Collaborate in determining the appropriateness for eligibility and support in special education.
- Collaborate with other specialists and school staff to develop effective individualized education programs for students with disabilities.
- Facilitate initial and individualized education plan conferences.
- Collaborate with school building teams in designing, implementing and

- monitoring effective interventions.
- Collaborate with Kindergarten teachers in the implementation of Rtl in their classrooms.
- Collaborate with school staff and teams in designing effective plans and programs for children at risk of failing.
- Collaborate with school staff in collecting relevant data for Functional Behavior Assessments (FBA) and designing effective Behavior Intervention Plans (BIP).
- Facilitate professional development sessions as assigned by district administrators and school principals.
- Design, organize and co-lead district-wide professional development training in new special education practices focusing on the understanding and implementation of Responsiveness to Intervention (Rtl).
- Promote tolerance, understanding, and appreciation of diversity and disabilities within the school community.
- Provide group psychological counseling to address issues that interfere with school performance and academic achievement.
- Help families and schools manage crisis such as death, illness, or community trauma.
- Consult with parents, teachers and administrators in the understanding of child development and its influence in learning and behavior.
- Collaborate with decision-making teams in determining student movement across the continuum of building services.
- Supervise interns and practicum students from The Chicago School of Professional Psychology and Valparaiso University's school psychology graduate programs.

Valparaiso University, Valparaiso, IN

Adjunct Faculty

May to July 2012

- Design and teach an online course for the School Psychology program.

Calumet College of St. Joseph, Whiting, IN

Adjunct Faculty

January – May 2010

- Design and teach courses for the Psychology Program.

Trinity Christian College, Palos Heights, IL

Adjunct Faculty

January to May 2005

- Design and teach courses for the Psychology Program.

Independent Psychologist

August 2002 - August 2003

- Conduct psychological and psycho-educational assessments and determine diagnosis.

Hoover-Schrum District 157, Calumet City, IL

Psychologist

August 2000 - 2002

- Conduct psychological and psycho-educational assessments and determine diagnosis.
- Facilitate individual and group counseling.
- Work with other specialists to provide effective individualized education programs for students with disabilities.
- Consult and collaborate with teachers and parents to discuss students of concern.
- Facilitate informational workshops for staff and parents.
- Facilitate IEP meetings, annual reviews, and Building Team meetings per Special Education Director's request

RELEVANT SKILLS

- Emotional Wellness Educator
- Public Speaker
- Creative and Emotional Wellness Strategist
- Counseling
- Communication
- Teaching
- Content Writer
- Qualitative Research
- Leadership Development
- Analytical and Conceptual Skills
- Administration
- Organization and Planning
- Bilingual (English and Spanish)

GUEST SPEAKER FOR THE FOLLOWING CONFERENCES:

Illinois Association for College Admission Counseling (IACAC), Illinois Council for College Attendance (ICCA), Family Day Workshops, Parent Institute Day, Indiana Department of Education's Perspective on Response to Intervention and Trinity Christian College's Fourth Annual Psychology Alumni Conference.

Presenter for the following community organizations and institutions:

Prairie State College (GED/ESL programs), St. James Hospital and Health Centers, ASPIRA, Inc., Mentoring Development and Parent Workshops in South Suburban College, New Community Fellowship Dinner Conferences, New Hope Church's Women Conference Series, Valparaiso University, Trinity Christian College, School City of Hammond, Oh Art Foundation, CIVA Biennial Conference, guest of Moody Radio in Chicago, Westminster Presbyterian Church, Area Artists Association, and University of Evansville among others.

GUEST CONTRIBUTOR

2015

- **SEEN Journal** (XV:1) – *The Sustainable Life - A Journey Toward Good*: Article (<http://civa.org/resources/civa-publications/seen-journal/seen-journal-xv-2-the-sustainable-life/>)
- **Artwork Archive** – *How Artists Can Build Self-Confidence that Lasts*: Guest Blog (<https://www.artworkarchive.com/blog/how-artists-can-build-self-confidence-that-lasts>)
- **Psychology Today** - *Exploring the Psychology of Fine Artists in the Digital Age*: Interview (<https://www.psychologytoday.com/blog/reinvent-yourself/201508/exploring-the-psychology-fine-artists-in-the-digital-age-0>)
- **ACS Magazine** (September/October, 2015) - *Filtering Feedback*: Article (<http://joom.ag/fpKQ/p60> or <http://www.acs-mag.com/acs-magazine-septoct-2015>)

HONORS

- Listed, List of Minority Undergraduate Students of Excellence (MUSE), APA
- Recipient, Latino Leadership Achievement Scholarship (Rey B. Gonzalez Scholarship), Governors State University, 1995 – 1999
- Recipient, Latino Leadership Award, ALAS and Governors State University, 1996
- Recipient, National Collegiate Minority Leadership Award, 1997
- Earned a 4.0 GPA in Doctorate Program, 2005-2009

LEADERSHIP IN PROFESSIONAL / SOCIAL ORGANIZATIONS

- Member, Alumni Advisory, Master's Program in Counseling Psychology at Trinity Christian College, 2010 to present
- Board Member, The Light and Leadership Initiative, 2010 to 2012
- President, The Association of Latin American Students, Governors State University, 1996-1998
- Hall Council Member, Trinity Christian College, 1994-1995

PROFESSIONAL ORGANIZATIONS MEMBERSHIPS

- Member, American Psychological Association (APA), 2010 to present
- Member, The Worldwide Association of Female Professionals, 2016 to present

COURSES TAUGHT IN HIGHER EDUCATION INSTITUTIONS

Test and Measurements	(3 cr.)	(U)
Psychological Testing	(3 cr.)	(U)
Instruction and Evaluation of English Learners	(3 cr.)	(G)
Testing and Appraisal (Counseling)	(3 cr.)	(G)
Introduction to School Services and Educational Systems	(3 cr.)	(G)
Statistical Interpretation for School Program Evaluation	(3 cr.)	(G)
Advanced Topic: Advanced Statistical Interpretation	(3 cr.)	(G)
Social & Cultural Bases of Behavior (Counseling)	(3 cr.)	(G)
Academic Achievement: Assessment for Intervention	(3 cr.)	(G)

CONTACT



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