

Lisa Napora, Ph.D.

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EDUCATION

Ph.D. in Educational Leadership

University at Buffalo, The State University of New York (SUNY)

B.A. in Psychology

Buffalo State College

ACADEMIC POSITIONS

Instructor & Co-creator, [*Mindful Leadership certificate program*](#), 2020 to Present

State University of NY SAIL Leadership Institute, Albany, NY

- Awareness-based professional development for faculty, staff & administrators across the State University of New York's 64 campuses

Instructor & Creator, *Quantum Leadership & Change program*, 2024

State University of NY SAIL Leadership Institute, Albany, NY

- Awareness-based professional development for faculty, staff & administrators across the State University of New York's 64 campuses

Visiting Scholar, Contemplative Education & Contemplative Leadership, University at Buffalo, Law School, Buffalo, NY, 2018 to 2024

Adjunct Professor, Executive Leadership & Change Master's program, Daemen University, Buffalo, NY, 2015 to 2018

Visiting Scholar, Contemplative Education & Contemplative Leadership, University at Buffalo, Graduate School of Education, Buffalo, NY, 2013 to 2018

Contemplative Studies Research Consultant, Brown University, Department of Religious Studies, Providence, Rhode Island, 2013

PUBLICATIONS

Napora, L., D'Abate, R., Providente, L., Cooper, A. (2022). Transformation literacy to transformative unity: A noble experiment from me to we. *The Journal of Contemplative Inquiry*, 9(2).

Napora, L. (2017). A contemplative look at social change: Awareness & community as foundations for leading, *The Journal of Contemplative Inquiry*, 4(1).

Napora, L. (2011). Meditation in higher education: The question of change, a current problem, and evidence toward a solution. *Biofeedback: Summer*, 39(2).

ACADEMIC PRESENTATIONS

- Napora, L. (2017, October). *Sustaining Radical Leadership: Exploring Contemplative Leadership Practices and Governance Structures*. Led roundtable discussion at the 9th Annual Association for Contemplative Mind in Higher Education Conference, Scotts Valley, CA.
- Napora, L. (2016, October). *Building Contemplative Communities from 30,000 feet*. Panel presented at the 8th Annual Association for Contemplative Mind in Higher Education Conference, Amherst, MA.
- Napora, L. (2015, March). *Learning Reconsidered: Mindfulness & Student Engagement in the 21st Century*. General interest session presented at the National Association of Student Personnel Administrators Conference, New Orleans, LA.
- Napora, L. (2014, May). *Research & Advocacy Efforts: Forwarding the Contemplative Education Movement*. Panel speaker, SUNY Contemplative Network Conference, New Paltz, NY.
- Napora, L. & Kelley, A. (2014, October). *Mindfulness in Clinical Legal Education: A Model and Preliminary Data*. Paper presented at the 6th Annual Association for Contemplative Mind in Higher Education Conference, Seattle, WA.

MINDFUL LEADERSHIP

Founding Director, [The Mindfulness Alliance](#), May 2018 to Present

- Guide non-profit strategic vision, uphold mission, facilitate meetings, develop programming
- **Director**, [Uplift Buffalo: Buffalo's First Mindfulness Festival](#), 2018 to 2019
 - Coordinated full day festival with **Sharon Salzburg** headliner including 50 vendors, learning center, kids corner, & book store; **1,200** attendees, September 2019

Chair, *Contemplative Community Building Initiatives*, March 2016 to 2018

- Coordinate and facilitate "Contemplative Community Building" across sectors (Higher education, K-12, Health care, Business), creating a united regional presence

Chair, [SUNY Contemplative Faculty & Staff Working Group](#), 2013 to 2016

- Initiated and lead interdisciplinary contemplative group to become an Inter-Institutional Collaborative of 18 campuses, under the auspices of the WNY Consortium of Higher Education

Project Director, [Launching SUNY Initiatives on Mindfulness & Health](#), SUNY Conversations in the Disciplines (\$5,000 grant awarded), June 2015 to March 2016

- Coordinated full-day SUNY-wide (64 campuses) contemplative conference on March 4th, 2016; **Sold out** event with **400** registrants from 50 higher ed institutions across NY State

Event Coordinator, *Making Mindful Citizens*, SUNY School of Law, April 2015

- Brought SUNY Trustee Joseph Belluck to speak on Mindfulness & the Liberal Arts Mission

Co-Founder, *The State University of New York (SUNY) Contemplative Network*, 2014 to 2016

- Created an online virtual space which connects faculty, staff and students across SUNY's 64 colleges and universities who are interested in contemplative practices

INVITED TALKS & WORKSHOPS

Speaker, *Mindful Leadership: Sustaining Ourselves & Our Teams*, Great Lakes

Leadership Symposium (7 states), **United States Coast Guard**, Buffalo, NY (2022, April).

Speaker, *Mindful Leadership: Take Care of Yourself in order to Lead Others*, annual NY state-wide

- (64 campuses) CIO Leadership Academy training, SUNY Albany, NY (2021, 2022, 2023, 2024).
- Speaker**, *Sustaining Our Leadership: Mindful Leadership*, annual NY state-wide Summer Leadership Institute, SUNY CPD, Hamilton, NY (2023, 2024)
- Speaker**, *Mindfulness for Personal & Professional Wellbeing*, Professional Nursing Association of WNY, Buffalo, NY (2020, September).
- Speaker**, *First Steps on the Path to Improved Personal Wellbeing & Community Connections*, Medaille College, Buffalo, NY (2017, October).
- Speaker**, *Mindful Leadership: A Path to Personal and Professional Flourishing*. Leadership Summit, State University of New York at Buffalo, NY (2017, May).
- Speaker**, *Mindfulness, Student Engagement & Your Role in Student Success*. Genesee Community College 13th annual professional development conference, Batavia, NY (2016).
- Speaker**, *The Role of Contemplation in Teaching & Learning*. Post-doctoral Teaching Training for Academic Careers, State University of New York, Buffalo, NY (2014, April).
- Keynote speaker**, *Awareness: Foundations for a More Resilient You*, NY state-wide (64 campuses) Benefits Administrators keynote, SUNY, New York, NY (2021, June).
- Keynote speaker**, *Building a Resilient Community: Mindfulness, Leadership and You*, at the Training Program Administrator Development Day, SUNY Office of Graduate Medical Education, Buffalo, NY (2019, January).
- Keynote speaker**, *The Mindfulness Movement & Your Role in Fostering Wellbeing*. CTLE conference for K-12 educators, Olean, NY (2017, October).
- Workshop facilitator**, Four-part series: *Intro to Mindfulness, Navigating Empathy Fatigue, Navigating Change, Awareness & Self-care*. SUNY Cobleskill, NY (2021 to 2022).
- Workshop facilitator**, *Navigating Change with Awareness*, Career Services All Staff Day, State University of NY at Buffalo (2021, May).
- Workshop facilitator**, *Mindful Leadership*, part of annual leadership cohort training, Try-It Distributing, Depew, NY (2019, 2021, 2022, 2023).
- Workshop facilitator**, *Mindfulness, Leadership & You* (part 1), *Give Yourself the Present of Presence* (part 2). Healthy Communities Collaborative, Buffalo, NY (2019, August & November).
- Workshop facilitator**, *Faculty Success & Wellbeing: A Mindfulness Approach*. Faculty retreat at the University of Florida College of Journalism & Communications. Gainesville, FL (2018, September).
- Workshop facilitator**, *Mindfulness a Path to Improved Self-care and Wellbeing: A Workshop for Philanthropy & Alumni Engagement Professionals*. State University of New York at Buffalo (2016, October).
- Consultant**, *Building a System-wide Mindfulness Initiative*, Support the development, implementation, and sustainability of a system-wide mindfulness initiative, Roswell Park Cancer Institute, Buffalo, NY (2019 to 2021).
- Consultant**, *Incorporating Mindfulness into Corporate Wellness Programs*, Bank of America, New York, NY (2020, January).
- Consultant**, *Building a Mindfulness Initiative*, multiple presentations and year-long initiative building guidance, Medaille College, Buffalo, NY (2017 to 2018).
- Consultant**, *Empathy, Mindfulness, & Social Justice Grounded in Compassion: From Campus cross-talk to Building Sustainable Community*, presentation and 2-day contemplative community building consultation, Quinnipiac University, CT (2017, March).

CONTEMPLATIVE EDUCATION & TRAINING

Association for Contemplative Mind in Higher Education Annual Conferences, 2010, 2011, 2012, 2013, 2014, 2016, 2017, 2018, 2019

Mind and Life Institute, *International Symposia for Contemplative Studies*, San Diego, CA, November 2016

Clarification of Consciousness, 1-week annual retreat, Spirit Fire School of Conscious Living, Boulder, CO, 2008, 2009, 2010, 2014, 2015, 2016, 2017

Mind and Life Institute, *Academy for Contemplative & Ethical Leadership*, Stowe, VT, August 2015

Continuity of Consciousness, 1-week retreat, Spirit Fire School of Conscious Living, Leyden, MA, July 2015

Mind and Life Institute, *International Symposia for Contemplative Studies*, Boston, MA, October 2014

SUNY Contemplative Network, Annual Conference, 2012, 2013, 2014

Mindfulness in Education Network, 7th Annual Conference, *Mindfulness: Foundation for Teaching and Learning*, American University, Washington D.C., March 2014

Courageous Schools, *Teaching & Leading in Tough Times*, Washington, D.C., March 2014

Garrison Institute, Contemplative Teaching & Learning Initiative, *Mindfulness in Education: Cultivating the Social and Emotional Competencies of Educators*, Garrison, NY, November 2013

Mindfulness in Education Network, 6th Annual Conference, *Mindfulness: Foundation for Teaching and Learning*, Cambridge, MA, March 2013

Quantum Mechanics of Consciousness, 6-week course, Spirit Fire School of Conscious Living, Leyden, MA, Spring 2013

Mind and Life Institute inaugural event, *International Symposia for Contemplative Studies*, Denver, CO, April 2012

Subtle Anatomy & Meditative States, 9-month course, Spirit Fire School of Conscious Living, Leyden, MA, 2012

Understanding Tantra, 6-week course, Spirit Fire School of Conscious Living, Leyden, MA, 2012

Kalachakra for World Peace with H.H. the XIV Dalai Lama, 11 day event, Washington D.C., 2011

Spiritual Path & World Religions, 1-year course, Spirit Fire School of Conscious Living, Leyden, MA, 2010 to 2011

The Teachings of the Buddha, 6-month course, Spirit Fire School of Conscious Living, Leyden, MA, 2010

COACHING

Coach, *Private Practice*, 2011 to Present

Providing guided individualized life and leadership coaching services utilizing evidence-based tailored strategies for a robust coaching experience

- Increase self-awareness & perspective taking skills
- Grow awareness of interpersonal dynamics & default patterns within the interpersonal communication domain
- Learn how to lead with compassion, build empathy & trust, listen across differences, and cultivate nonviolent communication skills
- Unlearn limiting beliefs & behaviors that derail progress

- Cultivate more peace and equity in personal and professional life
- Create deep and sustainable transformative changes through supported practice in action

CONTEMPLATIVE ADVISING

Board of Directors, *The Center for Contemplative Mind in Society*, 2018 to Present

- National hub for contemplative teaching and learning in higher education

Editorial Board of Advisors, *Journal of Contemplative Inquiry*, 2018 to 2022

Invited Reviewer, *Journal of Contemplative Inquiry*, 2015 to 2022

Invited Reviewer, *Mindfulness Journal*, 2012 to Present

Steering Committee, *Genteel's Excellence in Teaching Symposium*, Innovative Pedagogy Lecture Series on Contemplative Pedagogy, University at Buffalo, 2013 to 2014

Board of Advisors, Spirit Fire School of Conscious Living, 2012 to 2018

FELLOWSHIPS

Invited Fellow, Contemplative Community Building in Higher Education, national Center for Contemplative Mind in Society meeting, Fetzer Institute, Kalamazoo, MI, 2016

Invited Fellow, How to Assess & Evaluate Contemplative Practices in Higher Education, national Center for Contemplative Mind in Society meeting, Fetzer Institute, Kalamazoo, MI, 2016

Research Fellow, Mind and Life Europe Summer Research Institute, Chiemsee, Germany, 2016

Fellow, Mind and Life Academy for Contemplative & Ethical Leadership, Stowe, VT, 2015

Research Fellow, Mind and Life Summer Research Institute, Garrison, NY, 2013, 2014, 2015

REFERENCES

Furnished upon request