

Tiara A Cash, MS

Curriculum Vitae

PROFILE

A practitioner and educator in wellness focused on contemplative practices, with a vision to develop inclusive communities and personal growth through social identity changes and life transitions.

EDUCATION

MS | Western Illinois University, Macomb, IL | 2015
Kinesiology; Concentration: Sport Psychology

BS | Arizona State University, Phoenix, AZ | 2013
Exercise & Wellness

CURRENT POSITION

Culture & Equity Specialist, Center for Mindfulness, Compassion, & Resilience | Aug. 2020 – Present

- *Program Manager, Center for Mindfulness, Compassion, & Resilience* | Oct. 2018 – Aug. 2020
 - *Senior Program Coordinator, Center for Mindfulness, Compassion, & Resilience* | Nov. 2017 – Oct. 2018
- Arizona State University | Phoenix, AZ

- Manage program logistics including budget, planning, speaker and guest relations, event implementation, and evaluation of programs.
- Recruit, interview, hire, train and supervise professional and student employees for Center.
- Create, curate, and facilitate the Equitable Mindfulness (EM) Initiative and its programs, including: EM Gatherings, EM Workshops, and EM Presentations to break down barriers to inclusive practices and for normalization of mindful programming in all demographics.
- Build trauma informed communities through mindful curriculum (workshop, speaker engagements, presentations, and practice sessions) within two specialty areas: Student-Athletics and Social Justice/Equity.
- Recruit program participants, members, and volunteers by utilizing the development and production of marketing and communication materials that are inclusive and accessible.
- Interact with and maintain relationships students, faculty, staff, and outside/community.
- Serve as an advocate for ASU on committees and advisory boards including the Social Justice Council and Staff Council.
- Develop academic and career potential by mentoring and advising student interns and function as a sought-after expert in the field.

HONORS AND AWARDS

2020	Scholarship Awardee Simon Fraser University – SGES, Burnaby, BC Canada
2019	Awardee Sun Devil Award – volunteering for College of Health Solutions, ASU
2019	Scholarship Awardee Othering and Belonging Conference, Oakland, CA
2018	Awardee Sun Devil Award – coordinating volunteers for Open House, ASU
2018	Scholarship Awardee Garrison Institute Mindfulness for Social Justice, Garrison, N
2018	Awardee Healthy Worksite Gold Level Award, Phoenix, AZ
2015	Graduate Assistant of the Year Western Illinois University, Student Services
2015	Graduate Assistant of the Month Western Illinois University, Campus Recreation
2014	Award Finalist Gary Siles Graduate Diversity Scholarship, NASSS, Portland, OR
2013	Awardee Outstanding Senior Award - ASU, Phoenix, AZ

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PROFESSIONAL MEMBERSHIP AND SOCIETIES

2020 – Present	Member, Society for Personality and Social Psychology (SPSP)
2019 – Present	Member, Sport & Society Research Network
2019 – Present	Member, National Association of Diversity Officers in Higher Education (NADOHE)
2019 – Present	Certified Instructor, KORU Mindfulness
2014 – Present	Member, North American Society for the Sociology of Sport (NASSS) - Gary Sails Diversity Committee
2013 – 2016	Professional Member, National Intramural and Recreational Sports Association (NIRSA)

INSTITUTIONAL/ADMINISTRATIVE MEMBERSHIP:

2020 – Present	Member, Solidarity & Social Justice Committee; TSSU - SFU
2018 – Present	Chair, Social Justice Council; Center for Mindfulness, Compassion, & Resilience
2018 – Present	Member, CounterAct University Advisory Council; Arizona State University

GRANTS AWARDED

Funding Agency	Period:	Grant Title:	Role:	Budget:
CounterAct Research Grant	Summer 2019	CounterActivism Volume	Second Author/Investigator	\$400
CounterAct Seed Grant	Fall 2018	CounterAct 880	Principal Creative Director	\$200
Western Illinois University	Fall 2014	Graduate Student Research and Professional Development Grant	Principal Investigator	\$500

SCHOLARSHIP

CURRENT RESEARCH/SCHOLARLY WORK:

Cash T.A., Gueci, N., Pipe, T. (in press). Equitable Mindfulness: A Framework for Transformative Conversations in Higher Education. *Building Healthy Academic Communities Journal*, 5(1).

Cash T., Duckworth., A. Kreiger, J. (2020). "You may kiss your bride" – The Curious Amateur Rules Violation of Double Olympic Champion Lee Quincy Calhoun. *Journal of Olympic History*, 28(3), 30.

Thornton, E. M., **Cash, T. A.**, Proulx, J. P., Helliwell, J. F., Albert, K., & Akin, L. B. (Accepted). *The Intergenerational Classroom (iGen): Can cross-generational interactions enrich social capital, well-being, and prosociality in youth?* Poster accepted at the 2021 Virtual Annual Convention of the Society for Personality and Social Psychology.

Meyerhoefer, T., Bautista, T., **Cash, T.**, Pipe, T. (2020, Oct.). *Equitable Mindfulness: The Practice of Mindfulness for All*. Conference conducted at the meeting of the Association of Medicine and Psychiatry online and in Fresno, CA.

Cash, T. (2019, Nov.). *Athlete Narratives and Intersectionality: Stories of Activism for Bridging Communities*. Conference conducted at the meeting of the North American Society for the Sociology of Sport (NASSS) in Virginia Beach, VA.

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Bautista, T. G., **Cash, T.**, Dunis, J., Smith, P. G., Young, M., Meyerhoefer, T., & Pipe, T. B. (2019, Nov). *Equitable Mindfulness for Social Changes: A Mixed Methods Analysis*. Poster presented at the American Public Health Association Conference, Philadelphia, PA.

Cash, T., Suh, B., Dunis, J. (2019, July). *Athlete Activism & Intersectionality: Using narrative as a lens for perceptions of division and community*. Tenth International Conference on Sport & Society. Conference conducted at the meeting of Common Ground Research Networks Toronto, ON, CA.

Cash, T. (2018, June). *PAAST (Post-Athletic Assimilation STress): Making a Case for Mindfulness*. Conference conducted at the meeting of the International Conference on Mindfulness (ICM) in Amsterdam, NE.

Cash, T. (2015) "Retirement Sucks: Translating the Division 1 Student Athlete Experience of Retirement From Sport." Western Illinois University, ProQuest, pp. 1-113.

PAPERS IN PROGRESS:

Cash T.A., Hart, A., Villegas-Gold, M. (2021). *Translating the Phenomena of Student-Athlete Retirement and Quality of Wellbeing Post-Play: An Exploratory Study*. Manuscript in review for Publication.

Bautista, T.G., **Cash, T.A.**, Meyerhoefer, T., Pipe, T.B. (2021). *Equitable Mindfulness: The Practice of Mindfulness for All*. Manuscript in review for Publication.

CONFERENCE PRESENTATIONS:

- March 2019 | Presenter; Second Annual Center for Mindfulness Conference. Presentation topic: Athlete Activism and Intersectionality (qualitative data collected) at Arizona State University in Tempe, AZ
- January 2019 | Trauma Responsive Mantra Presenter within the session titled "Neurobiology on the Trauma of Rape" at the 4th Annual Sexual Violence Symposium, Arizona State University in Tempe, AZ
- January 2019 | Art Poster Presenter; Forth Annual Sexual Violence Symposium. Presentation topic: Trauma Responsive Mantra at Arizona State University in Tempe, AZ
- October 2018 | Presentation speaker for the Commission on the Status of Women (CSW) conference. Presentation topic: Mindfulness, Leadership, & Self-Care for the Busy Professional in Tempe, AZ
- November 2016 | Accepted paper presenter at the North American Society for the Sociology of Sport in Houston, TX
- November 2014 | Workshop Presenter; 2014 NASSS Conference Presentation Topic: Scholar-Advocate: The Role of Scholar Advocacy in Black Student-Athlete Matriculation in Portland, OR

SCHOLARLY BLOG POSTS:

Cash, T. (2020, August). "What is an academic to a BIPOC? Late night thoughts of a young Black scholar" Retrieved from <https://citeblackauthors.com/what-is-an-academic-to-a-bipoc-late-night-thoughts-of-a-young-black-scholar/>

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SPEAKING ENGAGEMENTS:

- October 2020 | Identifying and Dismantling Systematic Barriers in Health Care, College of Health Solutions, ASU, Phoenix, AZ
- October 2020 | Behavioral Health Panel, BAF Workshop, ASU, Tempe, AZ
- October 2020 | Empathy from the Inside Out: Navigating Difficult Times with Mindfulness, ASU, Phoenix, AZ
- August 2020 | Equitable Mindfulness & Health Justice, ASU, Midday Mindfulness, Phoenix, AZ
- August 2020 | Get in the Zone: Mindfulness & Athletics, ASU, Midday Mindfulness, Phoenix, AZ
- June 2020 | I am a Black Woman, Yes I matter - Black Women and the State of Education, TEC, New York, NY
- June 2020 | #SayHerName: Black Women and the Police State, Baltimore, MD
- June 2020 | Hiatus to Healing, ASU, Midday Mindfulness, Phoenix, AZ
- May 2020 | Redefining Your Neighbor: What Does an Ally Look Like, ASU, Midday Mindfulness, Phoenix, AZ
- May 2020 | Q&A expert featured on Parentpiphany's Webinar Series on Mindfulness and Self-care for Busy Parents, Phoenix, AZ
- May 2020 | Me, You, and Us, ASU, Midday Mindfulness, Phoenix, AZ
- April 2020 | Uncertainty & Transitions, ASU, Midday Mindfulness, Phoenix, AZ
- April 2020 | Q&A expert featured on Perform4's Fearlessly Authentic: Conscious Coping during the Covid-19 pandemic, Sioux Falls, SD
- April 2020 | Just Like Me, ASU, Midday Mindfulness, Phoenix, AZ
- March 2020 | Creating a Clearing for Your Purpose, ASU, Midday Mindfulness, Phoenix, AZ
- March 2020 | The Power of Community, ASU, Midday Mindfulness, Phoenix, AZ
- January 2020 | Recruited expert on Equitable Mindfulness for *NPR* (National Public Radio) on show involving mindfulness in schools, USA
- December 2019 | Recruited Keynote speaker on mindfulness for Head Start Teachers and Parents (CSO) in Hot Springs, AR
- October 2019 | Recruited Keynote speaker on mindfulness for Community Services Offices (CSO) in Dallas, TX
- September 2019 | Presentation speaker for SAAC (Student-Athlete Advisory Committee) in Tempe, AZ

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- August 2019 | Presentation speaker for the City of Phoenix Parks & Recreation Retreat on Mind, Body, and Spirit for Creativity and Wellbeing in Phoenix, AZ
- August 2019 | Presentation speaker for Cronkite school of journalism on Mindfulness and Leadership in Phoenix, AZ
- June 2019 | Presentation speaker for the Fulton Engineering Academic Advisors and the leadership team in Phoenix, AZ
- June 2019 | Keynote speaker for the Future for Kids Lunch and Learn on Mindfulness and Leadership in Scottsdale, AZ
- February 2019 | Presentation speaker for the Arizona State University's TRiO staff in Phoenix, AZ
- January 2019 | Webinar speaker on Self-care for the busy professional for Maricopa County Health in Phoenix, AZ
- October 2018 | Keynote for First things first retreat to 150 activists in school welfare and wellbeing in Phoenix, AZ
- August 2018 | Presentation speaker for Engineering & Innovation team retreat at Arizona State University in Tempe, AZ
- July 2018 | Presentation speaker for the Tempe Coalition's "Be the Change" event of Mindfulness and Self-Care in Tempe, AZ
- April 2018 | Keynote speaker for health and wellness workshop for Vestar in Scottsdale, AZ
- April 2018 | Speaker in workshop at the 2018 CounterAct Convening at Arizona State University in Tempe, AZ
- February 2018 | Presentation speaker on Mindfulness, Leadership, & Self-sustainability for Sexual Violence Prevention Symposium in Tempe, AZ

TEACHING AND TRAINING

ACADEMIC CURRICULUM / COURSES DEVELOPED

Health & Wellness: Mind and Body 1 -5 | Mayo Medical & Arizona State University EdPlus

Invited to develop, write and present curricula as a content expert for a 5-part Health and Wellness: Mind and Body online series, an institutional-priority initiative for distribution across national and global markets. Curriculum Lead for course 4 on Physical Activity. (5 - 10 hour online courses)

University Seminar (ASU 19) | Arizona State University, University College

Once credit course created and taught to incoming students to ASU. (1 semester hour)

CONTINUING EDUCATION TAUGHT

Continuing Education (CEUs) for Nursing, Psychology, & Social Work Personnel | 2018 - Present

Center for Mindfulness, Compassion, & Resilience, Arizona State University, AZ | *Including:*

"Mindfulness Leadership Certificate" presented: January 2018, March 2018, September 2018, March 2019, pending: November 2019

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ADDITIONAL EDUCATIONAL ACHIEVEMENTS AND INVOLVEMENT

Teaching Assistant, Introduction to Social Psychology | 2019 – Present

Instructor, Equitable Mindfulness Workshops | 2019 – Present

Creator and curator of the equitable mindfulness gatherings and presentations; instructor – equitable mindfulness workshops including the culture of human connection and bridging and breaking in today's society.

Creator and Curator, Water & Stone: The Power of Mindfulness for Social Change | 2019

Sole creator and curator of the 2019 Second Annual Conference – Water and Stone. Responsible for securing sponsorships, keynote speakers, all workshop speakers, location, food, and completing all logistics for the conference including keynote travel, food and location logistics on site, and delegation to volunteers.

Instructor/Facilitator, ASU Student-Athlete Mindfulness Sessions | 2018 - present

Creation of mindfulness curriculum geared toward student-athlete development, performance, matriculation and retirement. Sessions include teams, coaches, cohorts (freshman – senior), SAAC (Student-Athlete Advisory Committee), and EmpowHER (female Student-Athletes).

Instructor, Mayo Clinic Medical School Selective | 2018 - Present

Proposal accepted to develop and teach 20-hour elective mindfulness course for 2nd year Mayo medical students focusing on stress, resilience, leadership, and mindfulness. Developed and taught the Equitable Mindfulness portion of this course.

Facilitator, Silent Retreat | 2018 - Present

Assisted in creation and facilitation of Silent Retreats held by Center for Mindfulness.

Facilitator, Koru Mindfulness Teacher Training | 2018 – present

Instrumental in initiating the inaugural Koru Mindfulness teacher training to ASU in 2018 by the founders of Koru Mindfulness for Emerging Adults. Guided cohorts of Koru teachers through scaling efforts of subsequent courses taught at ASU and the Phoenix community.

Instructor, The Collective | 2018 – Present

Instructor for program that uses creativity to activate leadership skills and enhance innovation across sectors. The Collective brings creativity to the forefront of the conversation by intentionally weaving it into every lesson on leadership, collaboration, failure, problem-solving, and mindfulness. Developed and taught the Equitable Mindfulness portion of this course.

Author, Toolkit for When the Cheering Stops | 2014

Creator and author of a retirement manuscript for graduating athletes within Sun Devil Athletics at Arizona State University under the leadership of Jean Boyd.

PREVIOUS ACADEMIC POSITIONS AND APPOINTMENTS

Supplemental Instruction Coordinator | Arizona State University | Tempe, AZ Nov. 2016 – Nov. 2017

Membership & Business Services Manager | ASI @ Cal State Fullerton | Fullerton, CA July 2015 – Oct. 2016

PREVIOUS ATHLETIC POSITIONS

Head Track and Field Coach | Cicero Preparatory Academy (MS/HS) | Scottsdale, AZ | 2018 Season

Assistant Track and Field Coach | Western Illinois University | Macomb, IL | 2014 - 2015 Season

Athletic Life Skills & Facility Management Graduate Volunteer | Western Illinois University | Macomb, IL | 2014 - 2015 Season

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VOLUNTEER LEADERSHIP POSITIONS:

Cite Black Authors, Founding Member | Nation Wide | 2020 – Present

We seek to enhance recognition and citation of black academic voices. Our approach requires a shift from traditional citation practices that are passive and white-centric to active citation practices that both quantify and equilibrate racial representation. To achieve our long-term goal of equitable representation of black voices in cited work, we will create and maintain a searchable, dynamically grown database of work authored by black academics.

Leadership and Innovation EdD Program, Mentor | Georgetown, Guyana | 2020 – Present

The Leadership and Innovation EdD (Doctorate of Education) program at ASU has created a cohort of leadership mentors for doctoral students in an international cohort from University of Guyana. All students in the UG cohort have the common goal of learning more about leadership and conducting action research that will benefit the University of Guyana and the country overall.

Future for KIDS, Associate Board - Vice Chair | Tempe, AZ | 2018 – Present

Future for Kids provides mentor driven out-of-school time programs and camps that focus on academics, athletics, and ethics to improve the lives of youth facing adversity.

- *Former Seasonal Volunteer 2014 – 2018*
- *Former Academic Intern 2013*
- *Former Mentor 2012 – 2013*

Central Arizona Shelter Services, Lead Volunteer | Phoenix, AZ | 2009 – 2016

CASS' mission is to prevent and end homelessness among individuals and families while advancing compassionate community solutions.

ADDITIONAL VOLUNTEER ACTIVITIES

- Solidarity and Social Justice Committee | September 2020 – Present
- Staff Council, ASU | May 2017 – Present
- DREAMzone Ally, ASU | January 2017 – Present
- LGBTQ(IA+) Safe Space Ally, ASU | October 2016 – Present
- Committee Member – Barrett Honor's Thesis, ASU | January 2020 – April 2020
- College of Nursing and Health Solutions "Giving Day" Volunteer | January 2019 – April 2019
- UASP Dissertation Camp Volunteer, ASU | June – July 2017
- Director's Roundtable Advisor, Titan Recreation | April 2016 – October 2016
- ASI Fun Committee Chair, ASI CSUF | April 2016 – October 2016
- LGBTQ Safe Space Ally, ASI CSUF | October 2015 – October 2016
- Vista Colina Family and Children's Shelter Volunteer | January 2009 – June 2016

UNDERGRADUATE/GRADUATE VOLUNTEER ACTIVITIES

- Program Ambassador, WIU Kinesiology Department | December 2013 – May 2015
- Alumni Relations Officer, WIU Kinesiology Association | December 2013 – May 2015
- Emergency Management Action Team Chair, WIU SRC | August 2013 – May 2014
- Exercise and Wellness Organization, ASU | September 2012 – May 2013
- Advisory Board, The YMCA at ASU | August 2012 – May 2013