Guadalupe Mendoza, MA,

1004 Durham Dr.| Austin, TX 78753 | 512.529.1626 | lupitie@gmail.com

Meditation Instructor |Professor|Counselor
Assistant Dean of SEM Faculty Advising
Athletics Race Director

- √ Mental Agility, LLC – Casa de Lupe Meditation Instructor, Founder
- √ Effective Learning Strategies – The Meditating Student, Professor
- √ Assistant Dean of Faculty Advising - Science-Engineering-Mathematics
- √ ACC Fairway 5K Race Director
- √ **Languages:** English and Spanish

Core Competencies

- Primordial Sound Meditation Instructor
- Athletics Race Director
- Service Dog Trainer
- Trained in Athletic Counseling Techniques
- Ordained Minister
- Fundraising Strategist
- Mental Health Expert
- Crisis Interventionalist
- Group Therapy Expert
- Website developer
- Staff Training and Development
- Community Partnerships
- Podcast developer
- Podcast audio editor
- Course Developer
- Instagram Content Developer

Professional Experience

Mental Agility, LLC, - Casa de Lupe |Founder|2018 to Present
casadelupe.com
Experienced Meditation Instructor and successful business owner with a proven ability to create serene and transformative meditation experiences. Skilled in developing customized meditation programs for individuals, groups, and corporations. Passionate about using meditation to reduce stress, improve focus, and enhance overall well-being.

- Founded and successfully operated a thriving meditation business, offering a variety of meditation classes, workshops, and retreats.
- Developed and delivered meticulously customized meditation programs for individuals, groups, and corporations, ensuring each session was tailored to meet specific needs and goals.
- Taught mantra meditation to grief groups, providing a supportive space for emotional healing.
- Led meditation retreats and workshops, guiding participants toward more profound relaxation and self-awareness.
- Curated plant therapy groups that combined meditation's power with nature's healing properties.
- Successfully marketed the business through social media, online platforms, and community outreach.
- Taught meditation classes to diverse students, including beginners and experienced practitioners.
- Guided students through various meditation techniques, including mindfulness, mantra meditation, and visualization. Created a welcoming and supportive environment for students to practice meditation and connect with others.
- Created, recorded, and edited online audio meditation tracks for online distribution.

Assistant Dean of Faculty Advising, Science, Engineering, Mathematics | Associate Professor, Counselor | ACC Fairway 5K Race Director
Austin Community College, Austin, TX | 2003 to Present

Faculty Advising

- Oversee the daily operations of the Science Engineering and Mathematics Faculty Advising team, ensuring efficient workflows and high-quality student support.
- Manage employee performance, including hiring, training, coaching, and addressing disciplinary issues.
- Ensure compliance with organizational human resources policies, procedures, and relevant employment laws.

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- Provide faculty personalized academic advising and counseling consultations, including customized case consultations regarding academic difficulties.
- Develop and implement comprehensive case management strategies to address student challenges and promote success.
- Collaborate with the Office of Institutional Research and Analytics to analyze student retention data and implement effective retention programs.
- Develop, implement, and maintain efficient advising processes and procedures.
- Provide ongoing training and updates to staff on advising policies, procedures, and best practices.
- Work with college-wide departments to ensure seamless student transitions and access to necessary resources.
- Identify and address the needs of at-risk students through early intervention and targeted support.
- Assist students and Faculty in developing essential skills such as problem-solving, self-advocacy, and decision-making.
- Empower students to overcome barriers and achieve academic success.

COUNSELING

- Provide guidance and support for a diverse population of students focused on SMART academic choices, educational success, and crisis intervention. This includes assessing at-risk students, determining whether hospitalization is needed, or connecting them with local treatment programs.
- Deliver Psychoeducational support for faculty, staff, and students for identifying/referring students in distress and bystander behavior training.
- Fulfill a vital role in supporting distressed students, violence safety planning, and as a crisis interventionist consultant.
- Serve as a faculty dispute mediator.
- Ally for LGTBQ community

RACE DIRECTOR

- Served as the primary organizer and leader of the ACC Fairway 5K race, overseeing all aspects of the event, from planning and execution to fundraising and scholarship distribution.
- Developed and implemented comprehensive event plans, including course design, logistics, and scheduling.
- Recruited, trained, and coordinated volunteers to ensure a successful event.
- Developed and implemented safety protocols to protect participants, spectators, and staff.
- Contracted with vendors for race timing, medical support, and food and beverage services.
- Created and implemented marketing and promotional campaigns to attract participants and sponsors.
- Overseed all aspects of race day operations, including registration, course setup, and post-race activities.

ACTING DEAN

- Served as Intermittent Student Services Dean at two campus locations
- Overseeing curriculum development, program evaluation, and meeting academic standards.
- Mentoring, evaluating, and supporting faculty members in teaching and research endeavors.
- Promoting student success, addressing student concerns, and ensuring a positive learning environment.
- Developing and managing budgets for academic programs and operations.
- Ensuring that resources are allocated effectively to support academic goals.
- Contributing to developing and implementing the college or school's strategic plan.
- Representing the college or school to external stakeholders, such as alumni, donors, and community partners.

PAL FACILITATOR | Baptist Child & Family Services Preparation for Adult Living, San Antonio, TX | 2004 to 2006

Provided comprehensive training to foster youth, enabling them to make informed decisions and successfully transition into independent living. Topics included financial literacy, housing options, transportation planning, and personal development.

- Served as an on-call counselor during Hurricane Katrina, delivered crisis intervention training, and assessed client progress through individual and group therapy sessions.
- Assisted foster care youth in navigating the emancipation process, including gathering evidence and preparing for a course hearing.
- Provided legal and emotional support to foster care youth during course hearings.
- Provided academic and emotional support to youth and collaborated with various agencies to facilitate their transition into independent living.
- Developed and delivered assertive and at-risk awareness training programs.

- Conducted individual and group therapy sessions to assess client progress and provide emotional and academic support.
- Utilized Spanish translation services to communicate with foster parents effectively.
- Collaborated with independent living agencies, foster care organizations, and the Texas Department of Protective Services to secure suitable placements for youth in independent living settings.
- Provided specialized support to juvenile offenders, preparing them for independent living through partnerships with key agencies and tailored training programs.

Pregnancy Related Services | San Elizario ISD, San Elizario, TX | 1998 to 2004

Managed grant-funded program for at-risk youth and directed daily operations, including planning, budgeting, and implementation, that continued to provide program success. Created program documentation and completed quarterly audits focused on contracted services.

- Recognized for exceeding grant audit standards and demonstrating exceptional oversight, guidance, and management skills.
- Supervised and mentored adult probation-appointed volunteers, ensuring their understanding and adherence to program procedures.
- Developed an effective HIV awareness curriculum to promote health education and prevention.
- Served as a skilled English/Spanish interpreter, translating documents and facilitating communication.
- Cultivated strong relationships with healthcare providers, including physicians, nurses, and childcare teams, to support pregnant clients comprehensively.
- Provided tutoring services to adult education, bilingual students, multiage summer sessions, and distance learning classes for migrant families.
- Delivered essential life skills training, including parenting classes, financial aid workshops, sex education, and job readiness preparation.

Education | Certifications | Affiliations

M.A. Counseling, Emphasis on Professional Mental Health - Cum Laude/GPA: 3.7 - Webster University

B.S., Social Psychology, Cum Laude/GPA 3.6 - Park University

Primordial Sound Meditation Teacher Certification, Chopra Center, February 2019

Adult/Pediatric CPR Certification - American Heart Association | Healthcare Providers Service - Liability Insured

Member - Texas Association Concerned with School Age Parenthood
Member - Alamo Children's Advocacy Center
Member - National Association of Housing & Redevelopment Officials (NAHRO)
Member - LGBTQ at Austin Community College Ally Committee - Ally trained
Member - Austin Community College Financial Aid Review Committee

Professional Training

Certified Primordial Sound Mediation Instructor 2019 to Present – Deepak Chopra
Nabita Threat Assessment - 2017
Advising Documentation 101 | What's YOUR Dash | ADA Awareness | Datatel UI | Puente/Catch the Next Partnership Training | How Does FERPA (Family Educational Rights and Privacy Act) Apply to Me
Social and Emotional Intelligence - It's Good For You | Sexual Harassment Prevention
HIPAA (Health Insurance Portability and Accountability Act) Basics
Supervisor Series: Express Training for New Supervisors | Counseling Students in Academic Difficulty
Workforce Education Fall 2007 Advising Update | Supervisor Series: Servant-Leadership at ACC
Academic Programs Advising Update | Medical Institute: Medical and education training
Texas Office of the Attorney General: Parenting and Paternity Awareness
San Antonio Council on Alcohol and Drug Abuse: Dual Diagnosis and Suicide Risk Assessment
Region XI Family Planning Training Center: Enhancing Family Planning Services for Males
Texas Department of Protective & Regulatory Services: Child Care Licensing training
Mainstream Federal/State Provider Resources & Referral Network training
Time & Task Management for Busy People | Adult Peer Mediation: Alternative Dispute Resolution

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References

David Fonken
Dean, Science, Engineering & Math | Austin Community College | fonken@austincc.edu | 512 -223-7346
Current Supervisor

Carol Townsend
Distance Learning Associate Professor & Counselor | Austin Community College
austin_towncar@yahoo.com | 512-826-1635
Mentor | Colleague

Vanessa Tausiani
Math Interventionist |Uplift Williams Middle School | vtausiani@uplifteducation.org | 915 - 307- 1157
Former Colleague | Friend