

CURRICULUM VITA

Kelli A. Saginak, Ed.D., NBC-HWC
2872 Prairie Wood Dr.
Oshkosh, WI 54904

EDUCATION

Ed.D., Idaho State University, 1997, Counselor Education and Supervision
M.A., Rollins College, 1989, Counseling
B.S., University of Central Florida, 1986, Psychology

PREVIOUS LICENSES

Licensed Professional School Counselor – WI Department of Public Instruction, 2006 - 2011
Licensed Professional School Counselor – FL Department of Education, 2005 - 2015

CERTIFICATIONS/CERTIFICATES

Inclusive and Ethical Leadership Certificate (2021)
NBHWC Certified Health and Wellness Coach (2020)
ADAPT Certified Functional Health Coach (2019)
Choice Coaching Certificate (2019)
Certified Life Coach (2016)

EXPERIENCE

Academic/Teaching Experience

University of Iowa, Iowa City, IA - *Professor of Instruction, Co-Director Health Coach Pathway, Department of Health & Human Physiology*
January 2024 - Present

- Teaches undergraduate courses in cultural competence and health coaching.
- Meets with students to support their learning and development.
- Develops instructional materials for undergraduate courses, including online.
- Co-leads HHP's Health Coach Pathway.
- Collaborates on Health Coach Pathway programming and initiatives.
- Team member of HHP's Community Health Collaborative.

University of Wisconsin Oshkosh, Oshkosh, WI - *Professor, School Counseling Program*
Coordinator, Professor Emeritus
June 1997 - December 2023

- Taught part-time as faculty emeritus until December 2023.
- Prior to 2020, taught graduate counseling and school counseling courses, including online classes.
- Advised, supervised, and mentored graduate students.
- Developed instructional materials for graduate courses, including three online training courses for Wisconsin licensed school counselors.
- Led four travel abroad course experiences with graduate students.
- Authored, co-authored, and published multiple articles and textbooks (Pearson/Cengage)
- Delivered professional presentations and workshops locally, regionally, and nationally.
- Chaired university and college search and screen committees.
- Worked closely with K-12 school districts and the state education department, including serving on the local school board for three years.
- Designed, implemented, and supervised SEL after-school program for elementary students where school counseling graduate students volunteered.
- Collaborated on accreditation requirements, including data collection, strategic planning, self-studies, and site visits.

Walden University, School of Counseling - *Contributing Faculty, Subject Matter Expert*
November 2010 - October 2018

- Taught graduate online courses (e.g., lifespan development and school counseling courses).
- Served as SME for the school counseling program.
- Co-authored book chapters with Walden faculty.

Coaching Experience

Imagery Coaching, Remote - *Coach, Co-Director of Education and Outreach*
October 2022 - August 2023

- Developed continuing education curricula for online learning courses.
- Coordinated accreditation process.
- Collaborated on educational, outreach, marketing, and company projects.
- Provided 1:1 coaching.

Kresser Institute, Remote - *Health Coach Training Program Interim Manager, Curriculum Specialist, Enrollment Advisor*
February 2019 - December 2023

- Provided team and organizational leadership during company transitions.
- Increased employee loyalty and develops a culture of teamwork, transparency, and open feedback.
- Designed program curriculum and content, including ethical dilemma decision-making model.
- Developed program guidelines and internal policies.
- Managed accreditation renewal process, including gathering data and disseminating results.
- Facilitated live workshops and webinars with up to 120 attendees.
- Through online communications and direct calls, drives sales, revenue growth, and customer loyalty.
- Completed project management processes and deliverables using Asana.
- Partnered with cross-functional teams and leaders through Asana, Traction Tools, and Slack.

Kelli Saginak LLC/Life, Health & Wellness Coaching - Owner

November 2015 - Present

- Provides 1:1 and group coaching for women.
- Teaches online workshops on health-related topics such as weight loss, emotional health, mental health, and well-being.
- Uses Zoom technology to deliver coaching.
- Creates topic-related content for clients.

KRI, Remote - Community, Connection, Accountability Coach

March 2020 - Present (Contract)

- Delivers bi-weekly group coaching with clients.
- Measures and reports coaching metrics and outcomes.
- Develops digital programs and social media content.
- Assists company CEO with hiring processes, and training and development.

PROFESSIONAL PUBLICATIONS

2020

Saginak, K. A., (2020, June 19). *Sleep and health: How support from a health coach can help you get the rest you need.* Kresser Institute.

<https://kresserinstitute.com/sleeping-and-health/>

Saginak, K. A. (2020, May 8). *What is health coaching? The four pillars that define it.* Kresser Institute. <https://kresserinstitute.com/what-is-health-coaching-the-4-pillars-that-define-it/>

Saginak, K. A. (2020, March 6). *Health coaching vs. counseling: What's the difference?* Kresser

Institute.

<https://kresserinstitutione.com/health-coaching-vs-counseling-whats-the-difference/>.

2018

Saginak, K. (2018). *Empower yourself: How to take back your life*. Sivana East, Encinitas, CA.

Saginak, K. (2018). 3 simple steps to a successful New Year: How to finally achieve your resolutions and intentions. Thrive Global. NY: New York.

2017

Saginak, K. (2017). *3 do's and 3 don't for anxiety: What I wish I'd known about anxiety years ago*. Thrive Global. NY: New York.

Saginak, K. (2017). *Why managing anxiety doesn't work: How to start making peace with anxiety today*. Thrive Global. NY: New York.

2016

Dollarhide, C. T., & Saginak, K. A. (2016) *Comprehensive school counseling programs: K-12 delivery systems in action (3rd ed.)*. Boston: Pearson.

Scott, S. K., & Saginak, K. A. (2016). Adolescence: Physical and Cognitive Development. In M. D. Stauffer & D. Capuzzi (Eds.). *Human growth and development across the lifespan: Applications for counselors*. Wiley.

Scott, S. K., & Saginak, K. A. (2016). Adolescence: Social and Emotional Development. In M. D. Stauffer & D. Capuzzi (Eds.). *Human growth and development across the lifespan: Applications for counselors*. Wiley.

2013

Saginak, K. A., Scofield, T., & Foege, A., Reljic, R., & Saginak, A. (2013). Differences between faculty and students' perceptions of critical thinking and the effects of instructional strategies on the development of critical thinking skills. *Professional Issues in Counseling (Winter)* pp. 1-20.

2012

Dollarhide, C. T., & Saginak, K. A. (2012) *Comprehensive school counseling programs: K-12 delivery systems in action (2nd ed.)*. Boston: Pearson.

Saginak, K. A. *Using grounded theory to understand the development of group leadership*. Manuscript in process.

Saginak, K. A. *Service-learning in counselor education: An innovative method for developing school counselor competencies*. Manuscript in revision.

2009

Saginak, K. (2009). Group work? Are we? *The Wisconsin Counseling Association (WCA) Newsletter*, Fall 2009, p. 5.

Scofield, T., Saginak, K. A., Reljic, R., & Harper, A. (2009). *Transformative practices in counselor education: Creating transparent connections*. Professional Counseling Digest, Spring 2009. (ACAPCD-29). Alexandria, VA: American Counseling Association.

2008

Dollarhide, C. T., & Saginak, K. A. (2008). *Comprehensive school counseling programs: K-12 delivery systems in action*. Boston: Allyn & Bacon.

Dollarhide, C. T., Gibson, D. M. & Saginak, K. A. (2008). New counselors' leadership efforts in school counseling: Themes from a year-long qualitative study. *Professional School Counseling, 11(4)*, 262-271.

2007

Saginak, K., & Gillen, M. (2007, Spring). The counselor's toolbox – program evaluation: The proof is in the pudding. *WSCA Counselink*, p. 7.

2006

Saginak, K. A., & Dollarhide, C. T. (2006). Leadership with administration: Securing administrative support for transforming your program. *Journal of School Counseling, 4(10)*, <http://www.jsc.montana.edu/articles/v4n10.pdf>.

Saginak, K., & Gillen, M. (2006, Winter). The counselor's toolbox – program evaluation: What are you doing now? *WSCA Counselink*, p. 7.

Gillen, M., & Saginak, K. (2006, Fall). The counselor's toolbox – program evaluation. *WSCA Counselink*, p. 7.

Saginak, K. A., Priester, P. (2006, Spring). Service-learning and school counseling: Meeting the needs of schools, school counselors, and school counselors in training. *WSCA Counselink*, p. 7.

2005

Saginak, K., A., & M. A., Saginak (2005). Balancing work and family: Equity, gender, and marital satisfaction. *The Family Journal, 11(X)*, April, 2005.

2004

Saginak, K. A., & Allen, V. (2004). Comparison study of multicultural training approaches on counselors' level of multicultural competence. *The Wisconsin Counselor, 20*, 29-35.

2003

Dollarhide, C., & Saginak, K. (2003). *School counseling in the secondary school: A comprehensive process and program*. New York, NY: Allyn & Bacon.

2000

Saginak, K., & Morrison, K. (2000). Professional development: An act of encounter. *The Wisconsin Counselor, 19(1)*, 39-42.

Peebles, K. A. (2000). Interview with Charles R. Figley: Burnout in families and implications for the profession. *The Family Journal, 8(2)*, 203-206.

1997

Schliebner, C. T., Peregoy, J. J., & Gompertz, K. A. (1997). Behind closed doors: Realities, issues, and interventions for school counselor working with gay, lesbian, and bisexual youth. *The Journal for the Professional Counselor*, 12(1), 33-46.

Kleist, D., and Gompertz, K. (1997). Qualitative research in family therapy: A literature review. *The Family Journal*, 5(2), 137-144.

Gompertz, K.A., (1997). *Comparison of multicultural training models on counselors' level of multicultural competence*. Dissertation Abstracts International. (University Microfilms).

PROFESSIONAL PRESENTATIONS/TRAININGS**2017**

Saginak, K. (August, 2017). *Mindful Educators, Mindful Students*. Mind, Heart, and Teaching: Developing Awareness and Balance, UW Oshkosh, Oshkosh, WI.

2016

Saginak, K. (February, 2016). *Rewriting our story: Cultivating clarity and compassion*. Words Hurt Week, Appleton, WI.

2015

Saginak, K. (January, 2015). *Interviewing children, adults, and families*. Post Graduate Certificate in Clinical Mental Health Counseling Training, Kuala Lumpur, Malaysia.

Singarajah, T., & Saginak, K. (January, 2015). *Addressing difficult behaviors: Reinforcement, discipline, and setting limits and boundaries*. Post Graduate Certificate in Clinical Mental Health Counseling Training, Kuala Lumpur, Malaysia.

Saginak, K. (January, 2015). *Mindfulness, stress reduction, and relaxation practices for NGO staff and professionals: Preventing stress and burnout through self-care protocols*. Post Graduate Certificate in Clinical Mental Health Counseling Training, Kuala Lumpur, Malaysia.

2014

Lindsay, C., & Saginak, K. (2014). *Embracing Failure: Preparing Courageous and Mindful Practitioners*. North Central ACES Conference, October 16-17, 2014. Proposal Accepted.

O'Beirne, B., Woodbridge, L., & Saginak, K., (2014). *Journaling: An Effective Tool for Developing Reflective Thinking?* North Central ACES Conference, October 16-17, 2014. Proposal Accepted.

2013

Saginak, K., Ford, B., Sebera, K., & Wachter-Morris, C. (2013). *Group Facilitators for Participant Strands Dialogue Groups*. Evidence-Based School Counseling Conference, March 18-19, 2013, Erlanger, KY.

Carey, J., Saginak, K., Hatch, T., Poynton, T., Dahir, C., et. al. (2013). *Counselor Educator Panel: Developing A Course In School Counseling Research and Data Use*. Evidence-Based School Counseling Conference, March 18-19, 2013, Erlanger, KY.

2012

Reljic, R., Harper, A., Saginak, A., Lindsey, C., Saginak, K., & Scofield, T. (2013). *Site Supervisor Training*, UW Oshkosh, October 16, 2012, Oshkosh, WI.

Schoofs, K., & Saginak, K. A. (2012). *School Counselors: What Do They Do and How Do They Assist and Support Teachers?* Student WEA Conference, UW Oshkosh, March 30, 2012, Oshkosh, WI.

Reljic, R., Saginak, A., Lindsey, C., Saginak, K., & Scofield, T. (2012). *School Counselor Site Supervisor Training*, UW Oshkosh, March 13, 2012, Oshkosh, WI.

Shea, N., & Saginak, K. A. (2012). *Play With Them: Using Theraplay in Schools*. Opening the School Gates Conference, March 6, 2012. Kimberly, WI.

Saginak, K.A., (2012). *Introduction to Theraplay*, A Commitment to Our Children, Disted College, January 11, 2012, Penang, Malaysia.

Saginak, K. A. (2012). *Introduction to Theraplay*. Help College, January 5, 2012, Kuala Lumpur, Malaysia.

Saginak, K. A. (2012). *Introduction to Child-Centered Play Therapy*, Help College, January 3-4, 2012, Kuala Lumpur, Malaysia.

2011

Lindsey, C. V., & Saginak, K. (2011). *Oh the Places We May Go: The Case for Infusing Short-Term Study-Abroad Programs into Counselor Education Curricula*. ACES National Conference, Oct. 26-30, 2011, Nashville, TN.

2010

Lindsey, C. V., & Saginak, K. (2010). *A Qualitative Study of Counselor Development*. NCACES Conference, Oct. 14-18, 2010, Chicago, IL.

2009

Lindsey, C., Saginak, A., Saginak, K., & Reljic, R., (2009). *The Transformative Power of Practicing What We Teach: Modeling Care and Connection as a Department*. ACES Conference, Oct. 14-18, 2009, San Diego, CA.

Reljic, R., & Saginak, K. A. (2009). *Creating Transformative Relationships with Students: Taking the Leap from Sage to Guide*. ACES Conference, Oct. 14-18, 2009, San Diego, CA.

Dollarhide, C., Gibson, D., & Saginak, K. (2009). *Transforming School Counselors into Leaders*. ACES Conference, Oct. 14-18, 2009, San Diego, CA.

Reljic, R., & Saginak, K. A. (2009). *Increasing Student Learning Outcomes In-Class and*

On-Line. 2nd Annual SoTL Commons Conference, March 10-13, 2009, Statesboro, GA.

Saginak, K. A., Scofield, T., & Reljic, R. (2009). *Remembering Who You Are: Self-Efficacy*. Appleton Area School District, School Counselor Meeting, January 22, 2009, Appleton, WI.

2008

Saginak, K. A. (2008). *School Counselor Leadership: What's Your Style*. Wisconsin Counseling Association Summit, November 4, 2008, Wisconsin Rapids, WI.

Dollarhide, C. T., Gibson, D. M. & Saginak, K. A. (2008). *School Counselors as Leaders*. ASCA Annual Conference, June 28-July 1, 2008, Atlanta, GA.

Gillen, M. & Saginak, K. A. (2008). *Five Things You Should Know About Assessment*. Annual Minnesota School Counseling Conference, May 5-6, 2008, Brainerd, MN.

2007

Saginak, K. A. (2007). *Best Practices in Group Leadership: Conceptualizing Group Process and Member Issues*. Wisconsin Counseling Association Summit, November 1, 2007, Wisconsin Rapids, WI.

Saginak, K. A. (2007). *Service-Learning in Counselor Education: An Innovative Method for Developing School Counselor Competencies*. National ACES Conference, October 10-14, 2007, Columbus, OH.

Saginak, K. A. (2007). *Group Leadership Development: Results of a Qualitative Investigation of the Stages of Group Development and Leadership Skill Development*. National ACES Conference, October 10-14, 2007, Columbus, OH.

Saginak, K. A., Gillen, M., & Weege, E. (2007). *Hot Topics for Graduate Students: Getting Licensed and Getting Hired*. Wisconsin School Counseling Conference, February 2007, Stevens Point, WI.

2006

Saginak, K. A., Spear, G., & Menning, T. (2006). *Hot Topics for Graduate Students*. Wisconsin School Counseling Conference, February 2006, Stevens Point, WI.

Gundlach, M., & Saginak, K. (2006). *Connecting Higher Education & Public Schools: Reseeding the Future*. The State Superintendent's PK-16 Institute on Service-Learning and Citizenship and the Dialogues with Democracy Conference, February 2, 2006, Madison, WI.

2005

Farrell, C. A., Saginak, K. A., Kline, W. B., & Bray, A. L. (2005). *Resistance to Experiential Learning: Integrating the Small Group Experience into Counselor Training*. National ACES National Conference, October 20-23, 2005, Pittsburgh, PA.

Saginak, K. A., (2005). *Service-Learning in Counselor Education: Creativity, Collaboration, and*

Change. National ACES Conference, October 20-23, 2005, Pittsburgh, PA.

Dollarhide, C. T., & Saginak, K. A. (2005) *Leadership with Administration: Securing Administrative Support for Changing Your Program into a Model of Success*, ASCA 2005 Annual Conference, June 26-29, 2005, Orlando, FL.

Saginak, K. A. (2005) *Students Talking About Respect: A Civic Engagement Service Learning Project*, Gulf-South Summit on Service-Learning and Civic Engagement, through Higher Education, April 6-8, 2005, Cocoa Beach, FL.

Hill, K. S., & Saginak K. A. (2005). *Project STAR: Students Talking About Respect – A Collaborative Community Project*. 16th Annual National Service-Learning Conference, March 16-19, 2005, Long Beach, CA.

2004

Saginak, K. A. (2004). *Managing Your School Counseling Program*. First Year/Initial School Counselor Annual Conference, Wisconsin Dells, WI.

Saginak, K. A. (2004). *Risking-Taking and Meeting Challenges: Steps Toward Leadership*, WWHEL Brown Bag Seminar, University of Wisconsin Oshkosh.

2000

Dollarhide, C. T., & Saginak, K. A. (2000). *Family Systems for School Counselors: Theory Updates & Practice*. Wisconsin School Counseling Association Annual Conference, Stevens Point, WI.

1998

Peebles, K. A. (1998). *Narcissism and the Family: An Object Relations Perspective*. Wisconsin Counseling Association Annual Conference, Whitewater, WI.

1997

Gompertz, K. A. (1997). *Conflict Resolution: How We Manage Conflict*, Wisconsin Counseling Association Annual Conference, Madison, WI.

1996

Gompertz, K. A. (1996). *The Enculturation Model: A Generic, Culturally-Sensitive Approach to Multicultural Counselor Education*, College of Health Professions Research Day, Idaho State University, Pocatello, ID.

GRANTS RECEIVED

Saginak, K. A., Scofield, T., & Foege, A. (2006). *Differences between faculty and students' perceptions of critical thinking and the effects of instructional strategies on the development of critical thinking skills*. University of Wisconsin Oshkosh Scholarship of Teaching and Learning Initiative. \$1000

Saginak, K., Hintze, B., Foege, A., Oeftger, T. (2006). *UWO and LSH Toolkits for the Future*.

University of Wisconsin Oshkosh, Service-Learning Mini-Grant, \$500.

Saginak, K. A., Gelhar, T., & Stockinger, K. (2005). *Citizen Scholar Grant*, Wisconsin Campus Compact, \$3000.

Hill, K. S., & Saginak, K. A. (2004). *"Raise Your Voice" Grant*, Wisconsin Campus Compact, \$500.

PROFESSIONAL/COMMUNITY SERVICE

NBHCW Group Coaching Competencies Task Force, 2020
UW Oshkosh Department Personnel Committee, 2007 – 2020
UW Oshkosh Faculty Senate, 2010 – 2013
UW Oshkosh College Curriculum Committee, 2015 – 2020
UW Oshkosh College Personnel Committee, 2017 – 2020
UW Oshkosh University Compensation Committee – 2015 – 2020
UW Oshkosh Provost Search Committee, Chair – 2018
Oshkosh Area School District Board of Education, 2012 – 2015

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

Institute of Coaching – 2019 – 2022
The Center for Mindful Eating – 2018 – 2020

AWARDS AND RECOGNITION

Education Advocate, Friend of Education, Webster Stanley Elementary, June 2006
Outstanding Writing Award, WCA, 1998
Graduate Student Research Grant, Idaho State University, 1996

TECHNOLOGY PROFICIENCY

Zoom, Slack, Google Suite, Microsoft 365, HubSpot, Asana, Traction Tools (EOS), ClickUp, Guru, Zendesk, Circle, Culture Amp, Voxer, ClickUp, Canva, MailChimp, Active Campaign, WordPress, LearnDash, MemberPress, Canvas, Blackboard, D2L, LearnWorlds