

Timothy Hanway, M.S., ACSM-EP, CSCS

Assistant Professor of Practice, Health & Exercise Science

Internship Coordinator | Simmons University

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Professional Summary

Educator, exercise physiologist, and high-performance systems builder working at the intersection of healthy aging, faculty wellness, resistance training, and human performance. Current Assistant Professor of Practice and Internship Coordinator at Simmons University with professional experience spanning higher education, elite sport, strength and conditioning, corporate wellness, and applied health promotion.

Tim's work is grounded in a central conviction: the principles that help elite performers become stronger, more resilient, and more capable can also help students, faculty, professionals, and communities flourish. His current scholarship focuses on Muscle-Centric Medicine, faculty and workplace wellness, healthy aging, experiential learning, and the role of resistance training in supporting health, performance, identity, and quality of life across the lifespan.

Nationally published continuing education author, invited speaker, ACSM New England leader, and educational innovator who designs connected learning ecosystems that bridge scholarship, practice, mentorship, and professional opportunity. Across higher education, professional sport, and organizational wellness settings, his work focuses on building scalable systems that help people perform, learn, thrive, and create opportunities for others to do the same.

Selected Professional Highlights

- Recognized as the first faculty member to receive the Dean's Award for Excellence & Innovation in Teaching and Learning at Simmons University in 2025.
 - Selected as a 2026 Presidential Leadership Ballot Nominee for the American College of Sports Medicine (ACSM) New England Chapter.
 - Authored a comprehensive portfolio of over 63 nationally distributed continuing education publications for the National Federation of Professional Trainers.
 - Built pathways connecting students to research, internships, professional organizations, graduate education, and national leadership opportunities through faculty-student scholarship and connected learning initiatives.
 - Extensive background in elite human performance, formerly serving as a high-performance practitioner for Team GB, USA Rugby, and the English Premiership.
 - Designing a faculty wellness research agenda that integrates healthy aging, resistance training, workplace well-being, and organizational performance.
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Areas of Expertise

- Healthy Aging & Longevity
 - Muscle-Centric Medicine & Preventive Wellness
 - Resistance Training & Strength Development
 - Exercise Physiology
 - Faculty & Workplace Wellness
 - Leadership & Human Performance
 - Behavior Change & Health Coaching
 - Interprofessional Education
 - Experiential Learning & Curriculum Innovation
 - Student Mentorship & Career Development
 - Internship Program Development
 - Information Literacy & AI in Higher Education
 - Qualitative Research Methods
 - Applied Sport Science & Performance Analytics
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Research Interests

Healthy aging and longevity; faculty wellness and workplace well-being; Muscle-Centric Health; resistance training across the lifespan; women's health and exercise participation; behavior change and health coaching; leadership and human performance; experiential and connected learning; interprofessional education; information literacy and artificial intelligence in higher education.

Doctoral Research & Dissertation Scholarship

Current Dissertation Title: *Redefining Workplace Wellness: A Muscle-Centric Approach to Faculty Health, Energy Management, and High Performance*

Primary Research Focus

- Faculty wellness and workplace well-being
- Healthy aging and longevity across the lifespan
- Resistance training and strength development
- Organizational performance and professional flow
- Application of Job Demands–Resources Theory in higher education
- Muscle-Centric Health and Preventive Wellness Models

Research Status & Milestones

- Advancing the dissertation proposal and the conceptual framework
- Completed interdisciplinary qualitative research with faculty and students
- Developing quantitative intervention studies focused on workplace wellness

Education

Doctor of Philosophy (Ph.D.), Leadership: Health & Human Performance, ABD

- Concordia University Chicago | Expected Completion: 2027

Master of Science (M.S.), Sport and Exercise Science

- University of Roehampton, London | 2010

Bachelor of Science (B.S. HONS), Physical Education with a Concentration in Exercise Physiology

- State University of New York College at Brockport | 2007
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Professional Certifications

- Certified Exercise Physiologist (ACSM-EP) | American College of Sports Medicine
 - Certified Strength and Conditioning Specialist (CSCS) | National Strength and Conditioning Association
 - Adult CPR/AED and First Aid | American Red Cross
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Honors & Awards

Dean's Award for Excellence & Innovation in Teaching and Learning | Simmons University | 2025

- Inaugural recipient through the School of Science and Health Professions, recognized for experiential learning, interdisciplinary curriculum innovation, student mentorship, and the integration of authentic professional practice into health sciences education.

Presidential Leadership Ballot Nominee | ACSM New England | 2026

- Nominated for regional executive leadership in recognition of sustained service, conference leadership, student engagement, and contributions to the exercise science profession.

Faculty-Student Fellowship Recipient | Simmons University | 2025–2026

- Awarded support for interdisciplinary faculty-student research examining women's health, resistance training, healthy aging, and Muscle-Centric Wellness.

Academic Liaison Leadership Award | Simmons University | 2024

- Awarded to the university liaison student group demonstrating the most outstanding initiative.
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Educational Innovation & Program Development

- Designed and scaled the TrueCoach for the Classroom initiative, bridging industry-standard coaching technology with experiential instruction.
- Co-developed the Exercise and Nutrition Live Programming Project, integrating client-centered care and interdisciplinary collaboration.
- Conceptualized and institutionalized career-readiness ecosystems embedded within BIOL 370 senior capstone education.

- Contribute to the STARS Information Literacy Initiative, strengthening critical thinking and responsible engagement with emerging technologies.
 - Lead the development of connected learning pathways linking students with healthcare systems, researchers, and professional organizations.
 - Advance faculty-student scholarship through mentoring initiatives that support undergraduate research, internships, and conference dissemination.
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Academic Appointments

Simmons University | Boston, Massachusetts

Assistant Professor of Practice, Health & Exercise Science | 2023–Present

Internship Coordinator | 2023–Present

Teaching, Mentorship & Program Leadership

- Teach undergraduate coursework in exercise assessment and prescription, strength and conditioning, first-year seminar, experiential learning, professional development, and senior capstone internship education.
- Coordinate internship and experiential learning opportunities for approximately 36 Health & Exercise Science and Biology students across healthcare, rehabilitation, fitness, research, and human performance settings.
- Designed and scaled the TrueCoach for the Classroom initiative, creating an experiential learning ecosystem that leverages industry-standard coaching technology to bridge classroom instruction, professional practice, assessment, and interdisciplinary collaboration.
- Co-developed an interdisciplinary Exercise and Nutrition Live Programming Project with Nutrition faculty, integrating exercise science, nutrition, behavior change, client-centered care, and technology-enhanced learning.
- Lead curriculum innovation related to healthy aging, resistance training, Muscle-Centric Health, information literacy, artificial intelligence, and professional identity development.
- Mentor undergraduate researchers through Faculty-Student Fellowship projects, independent scholarship, conference presentations, internship experiences, award nominations, and graduate school preparation.
- Support BIOL 370 senior capstone students through scientific communication, professional reflection, internship development, graduate education planning, and workforce readiness.
- Built and coordinated career-readiness ecosystems connecting students with healthcare leaders, researchers, clinicians, alumni, and human performance professionals across New England and beyond.
- Contribute to university-wide initiatives focused on information literacy, inclusive teaching, AI guidance, assessment innovation, interdisciplinary collaboration, and student success.

Selected Courses Taught

- EXSC 361 – Exercise Assessment and Prescription
- EXSC 361L – Exercise Assessment and Prescription Laboratory
- EXSC 233 – Strength and Conditioning
- EXSC 110 – Form and Function in Resistance Training
- EXSC 100 – First-Year Seminar in Health & Exercise Science

- BIOL 370 – Senior Capstone Internship
 - Writing Boston | Beginning Fall 2026
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Academic Teaching Experience

Lasell University | Newton, Massachusetts

Adjunct Faculty, Exercise Science | 2016–2022

- Taught undergraduate coursework across exercise science, athletic training, kinesiology, strength and conditioning, exercise testing and prescription, performance nutrition, special populations, lifestyle behavior, and healthcare administration.
- Designed and delivered applied learning experiences emphasizing professional preparation, evidence-based practice, student engagement, and career readiness.
- Served on departmental advisory and university committees, supported capstone research, contributed to CoAES-related curricular alignment, and helped develop internship and professional placement networks.
- Spearheaded the School of Health Sciences' "Industry Night / Come As You Plan to Be Party," a culminating student-alumni-career development event designed to strengthen professional identity and networking.
- Awarded Lasell University's Packard Grant in 2022 for professional affiliation and student opportunity development.

Anna Maria College | Paxton, Massachusetts

Adjunct Faculty, Health & Exercise Science | 2022

- Delivered undergraduate instruction in Exercise Physiology Lecture & Lab and Nutrition.
- Facilitated student engagement through applied learning, discussion-based instruction, and authentic assessment.

Regis College | Weston, Massachusetts

Adjunct Faculty, STEM / Biomechanics | 2022

- Designed and delivered undergraduate biomechanics instruction within the Biomedical Engineering / School of Arts and Sciences curriculum.
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Faculty-Student Scholarship & Research Leadership

Faculty-Student Fellowship Research Initiative

Co-Principal Faculty Mentor | Simmons University | 2025–Present

Muscle-Centric Medicine, Women's Health, Resistance Training, and Healthy Aging

- Co-developed and led an interdisciplinary faculty-student research ecosystem examining women's health, resistance training, healthy aging, and Muscle-Centric Wellness while providing undergraduate researchers with authentic scholarly experiences spanning study design through dissemination.
- Collaborate with Dr. Jackie Beatty and undergraduate researchers Emily Crown and Aleia Hayes on research exploring barriers, motivators, identity development, self-efficacy, and behavior change across the lifespan.

- Provide mentorship in research design, IRB procedures, participant recruitment, qualitative interviewing, coding, thematic analysis, and scientific communication.
- Integrate emerging findings into curriculum development, student scholarship, alumni programming, conference preparation, and doctoral dissertation work.

Undergraduate Research Mentorship | 2023–Present

- Mentored students through Faculty-Student Fellowship, SURPASs, Sigma Xi, ACSM New England, STEM Colloquium, and independent scholarship initiatives.
- Guided students through literature reviews, research design, qualitative analysis, scientific writing, professional presentations, and scholarly dissemination.
- Facilitated connected learning opportunities with researchers, clinicians, alumni, professional organizations, and industry leaders.

Capstone & Experiential Learning Scholarship

Faculty Mentor, BIOL 370 Senior Capstone Internship | 2023–Present

- Supervised undergraduate capstone development involving healthcare, exercise science, nutrition, rehabilitation, public health, and research-focused internship experiences.
- Supported capstone development for eighteen graduating students during AY 2025–2026, contributing to successful STEM Colloquium presentations and professional portfolio development.

Professional Leadership & Service

American College of Sports Medicine (ACSM) New England Chapter

- Executive Committee Member | 2024–Present
- Technology Chair | 2022–Present
- College Bowl Committee Leadership | 2024–Present
- College Bowl Chair | 2025–Present
- Presidential Leadership Ballot Nominee | 2026

Chapter Summary

- Provide regional leadership for one of the largest ACSM chapters, supporting student engagement, professional development, conference operations, chapter strategy, and member experience.
- Lead conference technology operations, including audiovisual coordination, cloud-based presentation systems, presenter support, and technology infrastructure for scientific and educational programming.
- Coordinate technology support for conference programming, including the Physician's Track and interdisciplinary professional sessions.
- Chair of the ACSM New England College Bowl, the chapter's premier student academic competition involving institutions across the region.
- Designed and institutionalized the operational infrastructure, succession planning resources, and competition systems that support the long-term sustainability of ACSM New England's flagship student academic competition.
- Advocate for student participation in professional organizations, conference attendance, scholarly

dissemination, and leadership development.

- Contribute to DEIA-related chapter discussions, including efforts to preserve and strengthen awards, grants, programming, and professional opportunities for historically underrepresented populations within exercise science and sports medicine.

Institutional Leadership & Strategic Initiatives

Simmons University | 2023–Present

- Contributed to the School of Sciences and Health Professions' mission, vision, values, and strategic planning efforts focused on student success, innovation, interdisciplinary collaboration, and long-term program sustainability.
- Designing an interdisciplinary faculty wellness ecosystem that integrates resistance training, healthy aging, workplace well-being, student engagement, and future scholarship opportunities.
- Supported interdisciplinary pathways connecting Health & Exercise Science with Nutrition, Nursing, Psychology, Public Health, Data Science, Computer Science, and the School of Management.
- Assisted with graduate pathway exploration, articulation agreements, Edge Pathway initiatives, and interdisciplinary models designed to expand student opportunities and enrollment pipelines.
- Contributed to university conversations regarding artificial intelligence, information literacy, educational technology, and responsible AI integration.
- Participated in the STARS Information Literacy Initiative, developing resources and instructional approaches that strengthen critical thinking, information literacy, and responsible engagement with emerging technologies.
- Supported visibility of student scholarship, experiential learning, and faculty-student research through university communications, public-facing initiatives, and strategic storytelling.
- Frequently serve as a connector and convener across academic, clinical, industry, and professional organizations, helping develop collaborative initiatives that create value for students, faculty, and institutional partners.

Funded Research & Scholarly Collaborations

Faculty-Student Fellowship Research Initiative | Simmons University | 2025–Present

- Co-lead interdisciplinary research examining women's health, healthy aging, resistance training, protein-forward nutrition, and Muscle-Centric Health.
- Collaborate with Nutrition faculty, undergraduate researchers, alumni participants, and external scholars to investigate barriers and facilitators to healthy aging behaviors.

Margene Wagstaff Award–Funded Pedagogical Research Collaboration | Academy of Nutrition and Dietetics Foundation | 2025–Present

- Faculty collaborator on externally funded research led by Dr. Jackie Beatty, examining interdisciplinary experiential learning, professional identity development, and technology-enhanced instruction.
- Contribute to curriculum design, implementation, assessment, and dissemination activities associated with the TrueCoach for the Classroom initiative.

Emerging Interdisciplinary Research Collaborations

- Faculty wellness and workplace performance initiatives
 - Wearable technology and performance analytics partnerships
 - Interprofessional education research across Health & Exercise Science, Nutrition, Nursing, Psychology, Public Health, and Data Science
 - Healthy aging, resistance training, and preventive health collaborations with academic and healthcare partners
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Professional Publications, Media & Thought Leadership

National Federation of Professional Trainers (NFPT) | Continuing Education Author | 2024–Present

- Authored 63+ nationally distributed continuing education publication portfolio focused on Muscle-Centric Health, healthy aging, resistance training, body composition, GLP-1 pharmacotherapy, behavior change, nutrition, and longevity. Publications translate emerging evidence into practical applications for health and fitness professionals.

Selected Publications

Muscle-Centric Health & Longevity Series

- Muscle-Centric Medicine: A Paradigm Shift in Longevity and Healthy Aging for Personal Trainers
- Reframing Health and Fitness: Why Muscle Matters for Your Clients and Your Business
- Resistance Training for Longevity: Programming for Diverse Client Populations
- Nutritional Strategies to Support Muscle Health and Longevity
- Muscle-Centric Medicine: The Missing Link in Modern Personal Training

Workplace Wellness & Energy Management Series

- The Missing Link in Workplace Wellness: Why Muscle Health Matters for Professionals and Educators
- Reframing Energy Management: Strength Training as the Foundation of Professional Performance
- Muscle-Centric Medicine in Higher Education: A New Model for Faculty Wellness
- Building the Corporate Athlete: Why Resistance Training Fuels Executive Function and Career Longevity
- Future-Proofing the Workforce: Why Strength Training Is the Next Frontier in Faculty and Corporate Wellness

GLP-1 Agonists and Muscle Health Series

- GLP-1 Agonists and Muscle Health: What Every Personal Trainer Needs to Know
- Stop the Slide: Why Losing Muscle on GLP-1s Is the Real Risk
- Resistance Training Programming for Clients on GLP-1s: A Muscle-Centric Approach to Lean Mass Retention
- Nutrition, Protein, and Appetite Suppression: A Muscle-Forward Strategy
- Tracking Progress Beyond the Scale: New Metrics for GLP-1 Clients
- Integrating Personal Trainers into Multidisciplinary GLP-1 Care Models

Healthcare Trends & Neuromuscular Function Series

- Nutrition Literacy in the Digital Age: Helping Clients Vet Online Health Information
- Food as Medicine: What Personal Trainers Need to Know About the Movement Reshaping Preventive Healthcare
- Beyond the Guidelines: What the 2026 ACSM Position Stand Means for Personal Trainers
- The Retatrutide Era: Why Personal Trainers Must Prepare for the Next Evolution of Obesity Pharmacotherapy
- Strength Is Not Enough: Why Muscle Power May Be the Missing Link in Healthy Aging
- Programming for Power: Improving Speed, Reactivity, and Functional Capacity Across the Lifespan
- The Most Dangerous Thing About Aging Isn't Weakness—It's Slowing Down

STACK Media Contributor | 2016

- Published practitioner-facing articles on strength training, body composition, and female athlete development.

Invited Media & Public Scholarship

Featured Podcast Guest | Fitness Education Online Podcast | 2026

Muscle-Centric Medicine and Healthy Aging

- Invited guest appearance with Dr. Erin Nitschke discussing resistance training, healthy aging, longevity, information literacy, and emerging trends in health and exercise science.

Invited Presentations

- Hanway, T., & Winn, J. (2026, February). *High Performance and Muscle-Centric Health*. Invited presentation delivered to faculty, students, and healthcare professionals affiliated with The Ohio State University College of Nursing.
 - Hanway, T., & Crown, E.* (2026, February). *High Performance, Energy Management, and Muscle-Centric Health for Nutrition Professionals*. Invited presentation delivered for Southern Utah University audiences. (*Faculty-student collaboration.)
 - Hanway, T. (2025). *Healthy Aging & Longevity*. Simmons University 125th Anniversary Celebration. Educational session delivered to alumni, donors, students, faculty, and community members.
 - Hanway, T. (2025–Present). *Leadership, Performance, and Human Development*. Invited guest lecturer, SIM 200, School of Management, Simmons University.
 - Hanway, T. (2025–Present). *Professional Development, Health, and Human Performance*. Invited workshops and educational presentations for students, alumni, healthcare professionals, and organizational audiences.
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Conference Presentations & Scholarly Dissemination

- Hanway, T. (2025). *The “Come As You Plan to Be” Party: Reimagining Assessment Through Affective Science, Immersive Experience, and Human Connection in an AI-Driven Age*. Conference proposal submitted to the New England Educational Assessment Network.
 - Hanway, T. (2025). *From Overwhelmed to Empowered: How to Revolutionize Your Grading & Boost Your Productivity Through the Integration of Technology*. New England Educational Assessment Network Conference.
 - Hanway, T. (2024). *Transforming Teaching by Igniting Futures: Come As You Plan to Be Parties as a Model for Student Engagement*. Center for Faculty Excellence Lunch and Learn Presentation, Simmons University.
 - Hanway, T. (2024). *AI Empowerment: The Sevenfold Path for Educators*. Colleges of the Fenway Spring Conference.
 - Hanway, T. (2024). *Guiding Tomorrow’s Techies: Nurturing Ethical and Responsible Usage of Generative AI in Teaching and Learning*. New England Faculty Development Consortium Spring Conference.
 - Hanway, T. (2023). *Innovative Grading Strategies and Best Practices*. New England Faculty Development Consortium Fall Conference.
 - Hanway, T. (2022). *From Average Joes to Elite Pros: Details of Team GB’s Paralympic Sitting Volleyball Team’s Preparations for the London 2012 Games*. NEACSM “Game Changers” Conference and A.T. Still University Summer Kinesiology Conference.
 - Hanway, T., Moon, J., & Wallace, W. (2022). *Pharmacokinetics of a 40mg Sublingual Dose of Delta-Tocotrienol Powder*. APS Nutrition Physiology Last Chance Poster Session, Experimental Biology, Philadelphia.
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Selected Student Mentorship Outcomes

- Mentored students who secured competitive internships, research fellowships, graduate school placements, professional certifications, scholarships, and institutional awards.
 - Supported undergraduate researchers through Faculty-Student Fellowship, SURPASs, Sigma Xi, STEM Colloquium, ACSM New England, and interdisciplinary scholarship initiatives.
 - Mentored Emily Crown (Health & Exercise Science, Class of 2026), whose accomplishments include Faculty-Student Fellowship participation, Sigma Xi recognition, SURPASs research involvement, invited scholarly presentations, institutional leadership recognition, and multiple award nominations.
 - Authored more than 20 letters of recommendation annually supporting graduate programs, professional schools, internships, scholarships, employment, and leadership opportunities.
 - Developed connected learning opportunities linking students with healthcare systems, researchers, professional organizations, alumni, and industry leaders throughout New England and beyond.
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Featured University Recognition & Public Impact

- Featured contributor to Simmons University's 125th Anniversary Celebration educational programming focused on Healthy Aging and Longevity.
 - Faculty mentor highlighted in Simmons University stories showcasing experiential learning, undergraduate research, and student success.
 - Recognized for contributions to interdisciplinary education, mentorship, student scholarship, and connected learning initiatives.
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Professional Development & Pedagogical Leadership

Teaching & Learning Innovation

- HHMI Inclusive Teaching Professional Development Program | Simmons University | 2025–Present
- Writing Boston Pedagogical Development Program | Simmons University | 2026
- PLAN Core Faculty Development: Teaching First-Year Students | Simmons University | 2024

Assessment & Educational Innovation

- SCIENCE Alternative Grading and Assessment Initiative | Simmons University | 2025–Present
- New England Educational Assessment Network Professional Development | 2024–Present

Artificial Intelligence & Information Literacy

- STARS Information Literacy & AI Pedagogical Initiative | Simmons University | 2025–2026
- Faculty Learning Community: AI in Higher Education | Simmons University | 2024–Present

Disciplinary Professional Development

- Healthy Aging and Longevity Continuing Education | 2025–Present
 - GLP-1 Pharmacotherapy and Human Performance Professional Development | 2025–Present
 - ACSM and NSCA Professional Development | 2023–Present
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Elite Performance & Strategic Leadership Experience

Velocity Sports Performance | Norwood, Massachusetts

Sports Performance Director & Internship Coordinator | 2013–2022

- Directed sports performance programming for youth, high school, collegiate, professional, and adult populations.
- Led NFL Combine preparation programming for Division I football athletes pursuing professional opportunities.
- Oversaw staffing, coach development, scheduling, facility operations, athlete assessment, performance testing, and long-term program design.
- Developed internship, mentorship, and workforce-development pipelines linking higher education institutions with industry practice settings.
- Expanded access to evidence-based strength and conditioning, health promotion, and athletic development for youth athletes and developing performers.

- Participated in national business development groups focused on strategic planning, operational systems, marketing, client experience, and sustainable growth.

USA Rugby National Team

Head Strength & Conditioning Coach | 2012

- Designed and implemented physical preparation and athlete monitoring for the USA Select XV national team during the IRB Americas Rugby Championship.
- Collaborated with USA Rugby's national strength and conditioning and high-performance staff to support elite athlete readiness.

Harlequins Rugby Football Club | London, England

Athletic Performance Rehab Coach / Assistant Strength & Conditioning Coach | 2010–2012

- Supported player performance and physical development within one of the United Kingdom's premier professional rugby organizations.
- Designed and implemented return-to-train and return-to-play programming for short-, mid-, and long-term injured athletes.
- Coordinated daily with coaches, medical staff, and physiotherapists to align rehabilitation, training, and performance priorities.
- Contributed to the 2011–2012 English Premiership Championship-winning environment.

University of Roehampton | London, England

Performance Specialist | 2008–2011

- Provided sport science and strength and conditioning support to university athletes, Olympic fencers, English Premiership soccer teams, and Great Britain Paralympic squads in the lead-up to London 2012.
- Assisted with athlete testing, monitoring, training support, and performance preparation across national and international sport environments.

National Sport & Exercise Science Governing Body Service

- Provided sport science support to UK Sport, GB Taekwondo, and the British Olympic Association through Talent 2012: Fighting Chance and Pitch to Podium talent-identification initiatives.
- Assisted the English Rugby Football Union U-16 performance team with data collection for athletic competency research.

Additional Professional Coaching & Consulting Experience

Executive Performance Consultant & Program Developer | JH Wellness Services Inc. | 2016–Present

- Designed and delivered corporate wellness and performance workshops focused on productivity, energy management, professional flow, workplace wellness, and human performance.
- Provided coaching and consulting services related to organization, behavior change, productivity, conflict management, health promotion, and leadership development.
- Developed educational programming for corporate and professional audiences, including Deloitte, Ernst & Young, Akamai, and other Greater Boston organizations.

Selected Topics

60-Minute Performance, Productivity & Human Resource Seminars

- Performance and Productivity 101
- Peak Performance Goal Setting
- Finding Your Professional Flow
- Maximizing Technology in the Workplace
- Advanced Performance and Productivity
- Effective Project Planning
- Overcoming Email Overwhelm
- Crucial Conversations and the Art of Persuasion in the Workplace
- The Future of Hybrid Work Environments
- How to Thrive, Not Just Survive the Busy Season
- Lifestyle Management for Health and Performance
- The Art of Persuasion, Influence, and Executive Presence

6-Week Workshops

- Fitness and Nutrition for All
- Less Stress, Better Sleep
- Women's Health
- Men's Health
- The Road to Resiliency: A 6-Week Workshop for Overcoming and Thriving
- The Productivity Blueprint: 6 Weeks to Optimal Efficiency
- Clean Eating Made Simple
- Ignite Your Ambitions: A 6-Week Goal-Setting Workshop

Professional Memberships & Affiliations

- American College of Sports Medicine
- ACSM New England Chapter
- National Strength and Conditioning Association
- National Federation of Professional Trainers
- New England Educational Assessment Network