

Curriculum Vitae and Bibliography
Nicole M. (Burow) Guerton, MS, MCHES[®], NBC-HWC, CIFT, FMSC

1. PERSONAL INFORMATION

Place of Birth: Minnesota
Citizenship: United States
Phone: 507-266-4688
Email: guerton.nicole@mayo.edu or nmguerton@gmail.com

2. PRESENT ACADEMIC RANK AND POSITION

Instructor in Health Care Administration , Mayo College of Medicine	2018 – present
Instructor in Family Medicine , Mayo College of Medicine	2016 – present
Employee Well-being Specialist , Dan Abraham Healthy Living Center, Mayo Clinic	2014 – present

3. EDUCATION

Bemidji State University, Bemidji, Minnesota – BS, Exercise Science	09/2003 – 12/2007
Bemidji State University, Bemidji, Minnesota – BS, Community Health	09/2003 – 12/2007
University of Florida, Gainesville, Florida – MS, Health Education and Behavior	01/2011 – 12/2011

4. CERTIFICATIONS

American Heart Association Advanced Cardiac Life Support	2009 – 2010
American College of Sports Medicine Certified Personal Trainer	2009 – present
National Commission for Health Education Credentialing Master Certified Health Education Specialist [®] (2017) Certified Health Education Specialist [®] (2011)	2011 – present
Wellcoaches Certified Health and Wellness Coach	2012– present
Stanford Chronic Disease Self-Management Program (CDSMP) Certified Leader	2013 – present
American College of Sports Medicine Exercise is Medicine [®] , Level 1	2013 – present
American College of Sports Medicine Certified Inclusive Fitness Trainer	2015 – present
Functional Movement Screen Level 1 certified	2016 – present
American Registry of Radiologic Technologists Limited Scope X-ray Operator	2016 – present
International Consortium for Health and Wellness Coaches National Board Certified Health and Wellness Coach	2017 – present

5. HONORS/AWARDS

Dean's List , Bemidji State University	2005 – 2007
Certificate of National Service , AmeriCorps	2005
All-Academic Track and Field Team , Northern Sun Intercollegiate Conference	2005
Alpha Phi Sigma , National Honor Society, Bemidji State University	2006
Outstanding Health Major , Bemidji State University	2006, 2007
Otto Erikson Scholarship , Bemidji State University	2007
Cum Laude , Bemidji State University	2007

6. PREVIOUS PROFESSIONAL POSITIONS AND MAJOR APPOINTMENTS

Owner , Dynamic Wellness LLC	2013 – present
Wellness Care Guide , Allina Health, Cambridge Medical Center, Cambridge, MN	2012 – 2014
Therapeutic Exercise Specialist , Cambridge Chiropractic Clinic, Cambridge, MN.	2012 – 2014
Graduate Staff: Fitness and Member Services , Living Well at UF, Gainesville, FL	2011
Exercise Physiology Technician , Cardiac and Pulmonary Rehabilitation, Clearwater Health Services, Bagley, MN.	2008 – 2010
American Sign Language Facilitator , Bemidji School District, Bemidji, MN.	2007 – 2008
Mental Health Rehabilitation Worker , Adult Foster Care Homes, Rule 36 Ltd. of Duluth, Bemidji, MN.	2006 – 2010
Counselor, Evening Program Coordinator , Camp Courage North, Lake George, MN	2004 – 2006, seasonal
AmeriCorps , Bemidji Area R.O.C.K. AmeriCorps, Bemidji, MN	2004 – 2006
Youth Sports Coach , Bemidji Community Education, Bemidji, MN	2003 – 2006

7. PROFESSIONAL & COMMUNITY MEMBERSHIPS, SOCIETIES AND SERVICES

Professional Memberships & Services	
American College of Sports Medicine Member	2007 – present
Therapy Dogs International Member	2009 – present
National Commission for Health Education Credentialing Member	2011 – present
Hope In Action MN Race Director	2014, 2015
National Wellness Institute Member Proposal Review and Planning Committee – 44 th Annual National Wellness Conference	2018 – present
International Consortium for Health and Wellness Coaches (ICHWC), National Board of Medical Examiners (NBME), and Centers for Disease Control and Prevention (CDC)	

Advisory Committee: Group Coaching Competencies

2018 – present

Community Memberships & Services

Habitat for Humanity Student Volunteer	2003 – 2005
Fellowship of Christian Athletes Member	2004 – 2006
Campus Crusade for Christ Member, Bemidji, Minnesota	2003 – 2006
Leadership Team, Bemidji, Minnesota	2004 – 2006
Short-Term Evangelic Missions (STEM) Volunteer	2006
Bemidji Evangelical Covenant Church Volunteer Usher	2006 – 2010
Orphanage Outreach Volunteer	2007
American Cancer Society Relay for Life Volunteer	2010 – 2013
Hope In Action MN Focus group facilitator; volunteer	2013 – 2015
Shorewood Senior Communities Volunteer with Certified Therapy Dog	2015 – 2018
WellConnect: Southeast Minnesota Partnership for Community-Based Health Promotion Promotions Committee (Branding, Website, and Social Media)	2015 – 2018
Steering Committee	2016 – present
St. Croix Hospice Volunteer with Certified Therapy Dog	2016 – 2017
Ironwood Springs Christian Ranch Volunteer	2017 – present
Board of Directors	2018 – present

8. EDUCATIONAL ACTIVITIES**A. Curriculum/Course Development**

Let's Talk Wellness – Employee Wellness Lunch-and-Learn Series	2013 – 2014
<ul style="list-style-type: none"> ● A. Intro to Behavior Change ● B. Physical Activity: Active at Work ● C. Motivation: Staying on Track ● D. Relaxation Techniques ● E. Smart Snacking ● F. Healthy Eating: Out and About ● G. Stress Eating: All About Comfort Food ● H. No Time to Workout – No Problem ● I. Stress Management 	
Cambridge Medical Center, Cambridge, MN	
Community Worksite Wellness Challenge	2014
Cambridge Medical Center, a part of Allina Health	

Cambridge, MN

Remodeling Your Time and Space Museum (1 time) Dan Abraham Healthy Living Center Mayo Clinic, Rochester, MN	2014
Healthy Back Workshop (1-2x times/year) Dan Abraham Healthy Living Center Mayo Clinic, Rochester, MN	2015 – 2016
Active Book Club, 4-12 weeks (2-3 times/year) Dan Abraham Healthy Living Center Mayo Clinic, Rochester, MN	2015 – present
Journey to Weight Loss: Big Epidemic, Simple Solution? Family Medicine Residents Mayo Clinic, Kasson, MN	2016
Live Well: Managing Chronic Conditions Workshop, 60-90 minutes (2-3 times/year) Dan Abraham Healthy Living Center Mayo Clinic, Rochester, MN	2016 – present
Internal Medicine Residents, Preventative Medicine rotation Dan Abraham Healthy Living Center Mayo Clinic, Rochester, MN	2017 – present
B. Teaching	
Rehabilitation Exercise Classes Cambridge Chiropractic Clinic Cambridge, MN	2012 – 2014
Wellness Triple Boost, 7-week seminar series Cambridge, MN Note: presented with homeopath (homeopathic remedies) and naturopath (feeding the body with nutrition)	2012
Chronic Disease Self-Management Program, 6-week program Cambridge Medical Center, a part of Allina Health Cambridge, MN	2013
Let's Talk Wellness – Employee Wellness Lunch-and-Learn Series Cambridge Medical Center	2013 – 2014
Chronic Disease Self-Management Program, 6-weeks (2x per year) Dan Abraham Healthy Living Center Mayo Clinic, Rochester, MN	2014 – 2016
Why Weight? (1-2x per week) Dan Abraham Healthy Living Center Mayo Clinic, Rochester, MN	2014 – 2016

Guest Speaker: NEAT (Non-Exercise Activity Thermogenesis) Dan Abraham Healthy Living Center Mayo Clinic, Rochester, MN	2014 – present
Living Well with Chronic Conditions Workshop, 60-90 minute delivery (2-3 times/year) Dan Abraham Healthy Living Center Mayo Clinic, Rochester, MN	2016 – present
Roll Out to Recovery Department of Nursing, Support Staff Dan Abraham Healthy Living Center Mayo Clinic, Rochester, MN	2017
Stress Management & Resilience Training: Fostering Resilience in the Workplace, Parts 1 & 2 Employee Learning and Development Mayo Clinic, Rochester, MN	2017 – present

C. Academic Career Development –

Writing and Publishing High-Impact Research seminar (full-day)	2018
Transform Program (2-day workshop, 6-month distance learning)	2017
Organize Your Mind ® eCourse, Wellcoaches (36-classes)	2016
Stress Management and Resiliency Training (SMART) (12-week course)	2015
Collaborating for a Healthy Community with an Intentional Health Equity Lens: Rochester Community Feast and Dialogue	2015
Part of a Cross-Generational Team, Human Resources, Mayo Clinic, Rochester	2015
Real Colors®, Human Resources, Mayo Clinic, Rochester	2015
Compassion Fatigue: The Cost of Caring, Human Resources, Mayo Clinic, Rochester	2015
Introduction to Integrative Health Coaching, Arizona Center for Integrative Medicine (course)	2015
Environmental Health: An Integrated Approach, Arizona Center for Integrative Medicine (course)	2015
Facilitation Skills, Human Resources, Mayo Clinic, Rochester	2014
Emotional Intelligence, Human Resources, Mayo Clinic, Rochester	2014
5th Annual Kogod Center on Aging Conference	2014
Holistic Wellness Conference and Pre-Conference	2014
Healing Touch International – Healing Beyond Borders Level 1, 2-day course	2014
Level 2, 2-day course	2014
Question, Persuade, Refer (QPR) Training	2014
Advanced Active Care Training – Northwestern Health Sciences University	2014
Active Care Training– Northwestern Health Sciences University	2013
Midwest Health Promotion Conference	2013
Stress Management for Busy Professionals	2013
ACSM Regional Conference – “Moving for Health - Scientific Data to Community	2010

Action”	
ACSM Clinical Exercise Science Webinar Series (6)	2009
Advanced Cardiac Life Support class	2009
Cardiac Arrest Management Workshop	2009
“Core Components of Cardiac Rehab”	2009
American College of Sports Medicine Regional Conference: “A New Way to Look at Energy Metabolism”	2008
Minnesota Region 1 Special Education Association: Silent Retreat (2.5 days)	2008
American College of Sports Medicine Regional Conference: “Pediatric Health”	2007

9. INSTITUTIONAL/DEPARTMENTAL ADMINISTRATIVE RESPONSIBILITIES, COMMITTEE MEMBERSHIPS AND OTHER ACTIVITIES

Departmental

Cambridge Chiropractic Clinic Rehabilitative Exercise Program – manager	2012 – 2014
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Inter Departmental

Cambridge Medical Center Employee Wellness Fair – planning committee	2012, 2013
Cambridge Medical Center Wellness Leadership Team	2012 – 2014
Mayo Clinic Minimally Disruptive Medicine Working Group: Capacity Coaching – development team	2015 – present
Mayo Clinic Student Service Well-Being Oversight Group – faculty	2017 – present

10. PRESENTATIONS

National/International

Capacity Coaching: Bringing Kindness into Healthcare at Mayo Clinic National Wellness Conference 2018 St. Paul, MN [with Kasey Boehmer, PhD, MPH]	07/2018
Cultivating Patient Capacity through Coaching Organizing the Care Team through ICAN/Capacity Coaching Minimally Disruptive Medicine: Effective Care That Fits Mayo Clinic, Rochester, MN [with Kasey Boehmer, MPH, and Jason Soyring, NBC-HWC]	09/2016
WellConnect: An Innovative and Replicable Infrastructure for Integrating Community-Based Self-Management Support Demonstration: Public and Population Health Concordium 2016: Data and Knowledge Transforming Health Crystal City, Virginia [with Aaron Leppin, MD, MS]	09/2016
The Chronic Disease Self-MANagement Project: A Pilot Study Poster Presentation 5th Annual Mayo Clinic Robert and Arlene Kogod Center on Aging Conference	10/2014

Mayo Clinic, Rochester, MN

Regional

- Wellness Self-Management in the Workplace: Evaluating a Group-Based Chronic Disease Self-Management Program (CDSMP), a Mixed Methods Analysis of Feasibility and Acceptability
Poster Presentation: Celebration of Women's Health Research Symposium
Mayo Clinic, Rochester, MN 10/2017
- Brand Development [WellConnect] 03/2016
WellConnect: Southeast Minnesota Partnership for Community-Based Health Promotion
Regional Stakeholders Meeting
Rochester, MN
- Chiropractic & Preventative and Rehabilitative Physical Activity 07/2012
Bluejacket Speed and Strength
Cambridge, Minnesota
[with Kyle G. Volker, DC]

Invited

- Well Care for Clinicians and Allied Health A.S.A.P., part 2 of 2 11/2018
Bridge Program: Living Learning Community
University of Minnesota Rochester
- Your Grieving Brain: Fostering Resilience 10/2018
Bereavement Services, Mayo Clinic Hospice
Pine Island, MN
- Well Care for Clinicians and Allied Health A.S.A.P., part 1 of 2 08/2018
Bridge Program: Living Learning Community
University of Minnesota Rochester
- Women on the Move to Build Resilience 08/2018
Understanding the Midlife Transition in Women
Dan Abraham Healthy Living Center, Mayo Clinic, Rochester, MN
- Live Well: Managing Chronic Conditions 07/2018
2018 Mayo Clinic Holistic Health and Well-being Conference
Rochester, MN
- Meet Your Clients in 'The Gray Zone': Where Theory and Reality Overlap 04/2018
Northland ACSM Spring Tutorial
St. Paul, MN
- Move More, Stress Less: A NEAT, SMART dining experience at 'The Dan' 11/2017
Zumbro Valley Medical Society
Rochester, MN
[with Margaret Gall, RD, and Raelynn Chase]

You Become What You Believe Plainview-Elgin-Millville High School Volleyball Teams Plainview, MN	10/2017
Lasting Healthy Changes Woman's Day Live Longer, Stronger Heart Health Challenge via Google Hangout	10/2017
Capacity Coaching: Experience from the front lines Minimally Disruptive Medicine: Effective Care That Fits Mayo Clinic, Rochester, MN [with Jason Soyring, Kathryn Havens]	10/2017
Wellness Coaching: Training, Credentials, and Practice Health Coaching FSNU 3300 course St. Catherine's University via Google Hangout	03/2017
Coaching Strategies: How to make coaching work for you Knowledge and Evaluation Research Unit Mayo Clinic, Rochester MN	11/2016
12 Strategies for Healthy Aging: Practice Prevention, Managing Chronic Conditions Healthy Aging Exploration Series Charter House, Mayo Clinic, Rochester MN	11/2016
Navigating Your Path: What to do with an Exercise Science Degree Introduction to Exercise Science course St. Catherine's University, St Paul, MN	11/2016
Sustaining Motivation Woman's Day Live Longer, Stronger Heart Health Challenge via Google Hangout	08/2016
The Journey to Weight Loss: Understanding Patient Capacity Knowledge and Evaluation Research Unit Mayo Clinic, Rochester MN	08/2016
Navigating Your Path: What to do with an Exercise Science Degree Introduction to Exercise Science course St. Catherine's University, St Paul, MN	05/2016
12 Strategies for Healthy Aging: Move More, the NEAT Way Healthy Aging Exploration Series Dan Abraham Healthy Living Center, Mayo Clinic, Rochester MN	01/2016
Navigating Your Path: What to do with an Exercise Science Degree Introduction to Exercise Science courses (2) St. Catherine's University, St Paul, MN	11/2015

Blueprints are Nice: What to do with an Exercise Science Degree Introduction to Exercise Science course St. Catherine's University, St Paul, MN	04/2015
Engaging Patients in Self-Care and Recovery William J von Liebig Center for Transplantation and Clinical Regeneration Mayo Clinic, Rochester, MN	01/2015
How to Be a Professional: What to do with an Exercise Science Degree Introduction to Exercise Science course. St. Catherine's University, St Paul, MN	11/2014
Moving Toward Health and Happiness Mothers of Preschoolers (MOPS) Princeton, MN	01/2013

11. CLINICAL PRACTICE, INTERESTS, AND ACCOMPLISHMENTS

Previous Practices:

- Clinical Therapeutic Exercise Specialist, Cambridge Chiropractic Clinic - youth, teen, adult, and geriatric active care demonstration, guidance, and prescription.
- Exercise Physiology Technician, Clearwater County Memorial Hospital – cardiac and pulmonary rehabilitation

Current Practices (joint assignments):

- Clinical Wellness Coach - Mayo Clinic Dan Abraham Healthy Living Center – adult patients who are members and directly referred by a primary care provider

12. RESEARCH INTERESTS

Human behavior as it relates to engagement, education, and empowerment of people to make sustainable health-promoting lifestyle choices while navigating actual and perceived barriers, economics, personal and cultural values, and social interaction.

13. MAYO IRB PROTOCOLS

Primary Investigator	Comparison of a 6-session or a 12-session Wellness Coaching Program on Quality of Life	IRB #18-011717	02/2019 – present
Co-Investigator	Examination of a Comprehensive Weight Loss Program for Employees at the Dan Abraham Health Living Center. No funding.	IRB #16-003166	08/2018 – present
Co-Investigator	Developing an implementation toolkit for the ICAN Discussion Aid	IRB #16-008101	10/2016 – present
Co-Investigator	Partnering with Community Stakeholders to Address Chronic Disease in Southeast Minnesota: Implementation of the Chronic Disease Self-Management Program. George	IRB #15-002587	04/2015-04/2017

Family Foundation Catalyst Initiative Funding.

Co- Investigator	Evaluating the Effectiveness of the Chronic Disease Self-MANagement Program in a Workplace Wellness Center: Part 2. No funding.	IRB #15-001012	03/2015-12/2018
Co- Investigator	Evaluating the Effectiveness of the Chronic Disease Self-MANagement Program in a Workplace Wellness Center: a pilot and feasibility study. No funding.	IRB #14-005533	07/2014-07/2015

14. BIBLIOGRAPHY

Abstracts

1. **Burow N.**, Egginton J., Dick S., Leppin A. The Chronic Disease Self-MANagement Project: a pilot study, 5th Annual Mayo Clinic Robert and Arlene Kogod Center on Aging Conference, Rochester, MN, October 2014.
2. **Burow N.**, Dick S., Egginton J., Leczy D., Leppin A. Wellness Self-Management in the Workplace: Evaluating a Group-Based Chronic Disease Self-Management Program (CDSMP), a Mixed Methods Analysis of Feasibility and Acceptability, Celebration of Women's Health Research, Rochester, MN, October 2017.

Manuscripts

1. Leppin A., Schaepe K., Egginton J., Dick S., Branda M., Christiansen L., **Burow N.**, Gaw C., Montori V. Integrating Community-based Health Promotion Programs and Primary Care: A mixed methods analysis of feasibility. 2018.
2. Boehmer K., **Guerton N.**, Soyring, J., Hargraves I., Dick S., Montori V. "Capacity Coaching: A New Strategy for Coaching Patients Living With Multimorbidity and Organizing Their Care." 2019.

Others (with description)

1. Editor, Employee Wellness Newsletter – Cambridge Medical Center, Allina Health (2012 – 2014)
2. Author of 18 published health and wellness related blogs on dahlc.mayoclinic.org. (2014 – present)
3. Contributing author, Dodge County InformEd: Education, Family, Faith (2015).
4. 12 Habits of Highly Healthy People, expert contributor, newsletter, communications, poster, blog <http://dahlc.mayoclinic.org/discussion/7-17-12-habits-for-highly-healthy-people-habit-7/> (2015)
5. Contributing consultant, Mayo Clinic patient education resource, *What's Important to You? Setting goals & making changes based on what you value*. MC7638
6. Co-facilitator of breakout discussion at WellConnect® Regional Stakeholder Meeting. Topic: Meeting the Needs of Diverse Populations. (2016)
7. Mayo Clinic Expert: Health and Wellness Coach, Woman's Day 'Live Longer, Stronger' Challenge <http://www.womansday.com/health-fitness/a57792/live-longer-stronger-challenge-2017/> (2016).
8. Mayo Clinic Expert: Health and Wellness Coach, Woman's Day Red Dress Awards, New York, New York (February, 2017).

9. Mayo Clinic Expert: Health and Wellness Coach. Mayo Clinic Minute: Are you hitting your target heart rate? <http://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-are-you-hitting-your-target-heart-rate/> (February, 2017).
10. Contributing consultant, Mayo Clinic patient education resource, *Evaluation: Your Fitness Profile*. MC6021-267.
11. Contributing consultant, Mayo Clinic patient education resource, *Wellness Coaching: Navigate Your Well-being*. MC6021-295.
12. Internal Medicine Resident Rotation, Mayo Clinic – Dan Abraham Health Living Center elective, schedule coordinator.
13. Contributing content creator, *A Healthy Career* blog.
 - a. **Guerton, N.** (2018, September 1). “Three Strategies to Overcome Schedule Conflict [Blog post].” Retrieved from <https://ahealthycareer.com/three-strategies-to-overcome-schedule-conflicts/>.
 - b. **Guerton, N.** (2018, October 8). “Three Key Elements of Motivation and Success [Blog post].” Retrieved from <https://ahealthycareer.com/three-key-elements-of-motivation-and-success/>.
 - c. **Monaghan, K.** (2019, February 24). “Staying Active Indoors During Inclement Weather [Blog post].” Retrieved from <https://ahealthycareer.com/staying-active-indoors-during-inclement-weather/>.
 - d. **Monaghan, K.** (2019, February 25). “Combatting the Psychological Effects of Cabin Fever [Blog post].” Retrieved from <https://ahealthycareer.com/combating-the-psychological-effects-of-cabin-fever/>.