

## SUMMARY OF QUALIFICATIONS

- Educator with over 20 years of classroom experience and 8 years of online experience teaching college courses for nontraditional students. Skilled in Blackboard, eCollege, and Canvas online learning management systems.
- Design and deliver lesson plans and create collaborative activities to engage students from diverse backgrounds. Proven record of strong course evaluations. Two-time faculty award recipient.
- Public speaker and blogger promoting lifelong learning, better communications with older adults, and successful aging.

## EDUCATION

Master of Arts, Gerontology University of Southern California, Los Angeles, California	2014
Ph.D. in Adult Education Leadership Specialization: Transformative Learning for Older Adults Walden University, Minneapolis, Minnesota Dissertation topic: Spirituality and Successful Aging	2011
M.B.A., Economics The University of Michigan, Ann Arbor, Michigan	1981
Bachelor of Science, Business Administration Mercy College of Detroit, Detroit, Michigan	1978

## TEACHING EXPERIENCE

### Visiting Professor

2009 to Present

DeVry University, Oakbrook Terrace, Illinois

- Facilitate online courses in Sociology, supporting up to 40 students per section. Help students thrive by providing relevant discussion posts, engaging graphics and videos, and rapid feedback on homework and assessments.
- Support student success with weekly tools to assist with subject matter and writing skills, virtual WebEx meetings, and individualized coaching.
- Regularly receive an average of 3.8/4.0 on course evaluations.

**Business Faculty**

2004 to 2009

Bauder College, Atlanta, Georgia

- Taught Speech Communications class, preparing lessons and presentation activities for two years until transferred to Business Department.
- Selected textbooks, developed activities and assessments, and facilitated Business and Management courses for first-generation college students.
- Recognized for quality instruction and interactive teaching style in 2008.

**Business Instructor**

1987 to 1997

Embry-Riddle Aeronautical University, Fort Knox, Kentucky

- Conducted graduate courses in Marketing and Human Resources as well as an undergraduate course in International Management for military and civil service personnel.

**Adjunct Instructor**

1986 to 1989

The University of Kentucky, Fort Knox, Kentucky

- Conducted courses in International Business and Economics for military and civil service personnel in evening and weekend sessions.

**Adjunct Instructor**

1983 to 1997

McKendree College, Radcliff and Louisville, Kentucky Campuses

- Developed lesson plans, designed assessment tools, and conducted classes for military and civil service personnel in International Business, Human Resources Management, Principles of Marketing, and Principles of Economics.
- Created interactive classroom activities to provide relevant course experience in an accelerated learning program for military and civil service personnel.
- Recognized for student retention success and engaging teaching style in 1994.

**OTHER EXPERIENCE****Public Speaker**

1987 to Present

Self-Employed

- Present animated talks and facilitate interactive workshops on successful aging and communicating with older adults. Previously gave speeches and workshops on decision making, stress management, and goal setting for client groups across the country.
- Author of non-fiction book, *The Power of Choice* and upcoming book, *Don't Act Your Age*.

**Consultant**

1999 to 2003

Senior Services North Fulton, Roswell, Georgia

- Managed annual fundraising silent auction to support programs for older adults in local area. Maintained database of items and donors, wrote and produced printed catalog, and coordinated volunteer team during black tie event.

## PROFESSIONAL AFFILIATIONS

Member, American Association for Adult and Continuing Education	2017 to Present
Member, American Society on Aging	2010 to Present
Member, Georgia Gerontology Society	2014 to Present
Member, Gerontological Society of America	2014 to Present

## CONFERENCE PRESENTATIONS

Walden, R. (2017, August). *Mind shift: Changing how you age starts with changing your mind*. Georgia Gerontology Society. Atlanta, GA.

## HONORS AND AWARDS

Faculty Excellence Award, Bauder College, Atlanta, GA.	2008
Faculty Member of the Year, McKendree College, Radcliff, KY.	1994

## COMMUNITY SERVICE

**Wellness Trainer** 2016 to Present  
Northwest Georgia Area Agency on Aging, Rome, GA.  
Lead 6- and 8-week evidence-based wellness workshops in Chronic Disease Self-Management and Matter of Balance to promote better aging for area senior citizens.

## SELECT PROFESSIONAL DEVELOPMENT

- *Reflecting on Retirement Through a Spiritual Lens*, American Society on Aging (February, 2016)
- *How Ageism Warps Our View of Long Life*, American Society on Aging (December 2015)
- *Reframing Aging: Understanding and Changing the Way Americans Think About Aging*, American Society on Aging (May 2015)
- *Professional Development in Gerontology Certificate*, Kennesaw State University (May, 2013)