

Wendy K. Smith, Ph. D.

wendy@wendysmith.com

www.wendysmith.com

(585) 546-3063

Seminars and Presentations

Workshop presenter and seminar leader in a variety of corporate and educational settings.

Small Business and Workshop leader, Rochester, NY 2000-present

- Designed and implemented Qigong classes for local practitioners and organizations.
- Taught Tai Chi and Qigong classes to the Rochester community, with a unique blend of different approaches, specializing in teaching people from 8 to 93 years old.
- Created successful interactive training Qigong DVDs for clients and students with supplemental information at multiple locations:
 - Susanne Callan Harris Physical Therapy and Dr. Jeffrey Welch
 - East High School, the Irondequoit and the Brighton School Districts
 - City of Rochester after school programs at Adams St and South Ave Recreation Center
 - YMCA, and Harro East Athletic Club
 - Jewish Community Center
 - MS Society

YMCA of Greater Rochester, Rochester, NY 14604 2010-present

- Designed and implemented structured classes for YMCA members in program exercise, eating for health, weight loss, flexibility, working with clients of all ages as well as those in Livestrong and Heart Health programs, resulting in better member health, particularly in arthritis, mobility and blood pressure improvements and strength training.
- As Active Older Adult coordinator from 2017-2018, designed and implemented structured seminars for YMCA members in Alzheimer's programming, eating for health, grieving workshops, holiday events, Tai Chi, Qigong and meditation, resulting in better member health, particularly in arthritis, mobility and blood pressure improvements. Excellent, positive feedback from participants and sponsors.
- From 2018 to present have been an ACSM personal trainer and have received excellent, positive feedback from clients.

Omega Institute for Holistic Studies, Rhinebeck, New York 12572 2010-present

- As part of core staff faculty, blended healing powers of Qigong and Tai Chi to promote enhanced well-being in classes designed for staff. Asked to return for 10 summers.

Monroe #1 Boces, 41 O'Connor Road, Fairport, NY 14450 2010-present

- Designed and implemented structured classes for BOCES employees in relaxation, meditation and stress management techniques, resulting in more productive work days and better employee health and sense of well-being. Feedback directly from participants and sponsor was resoundingly positive.

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University of Rochester, Rochester, NY 14627

2017- present

- Produced and implemented structured presentations for University of Rochester employees in Tai Chi meditation and stress management techniques, resulting in better employee health and sense of well-being for both the Health Bites and Well-U programs.
- These programs run as part of the university's Life-Work Connections/EAP for employee development.

Rochester Institute of Technology, Rochester, NY 14623

2016-2018

- Created and implemented structured seminars for RIT employees in relaxation, meditation and stress management techniques. Feedback directly from participants and sponsor was resoundingly positive, resulting in more productive work days and better employee health and sense of well-being.
- Created seminars and workshops for both professional development (HR) department as well as the Wellness Center (Well-U).

St John's Home, Rochester, NY 14620

2013-2019

- Developed and presented structured presentations for St John's staff and residents in Tai Chi meditation and stress management techniques, resulting in an ongoing bi-weekly class for six years.
- By participating in my classes, residents increased their mobility, cognition and social skills along with reducing their stress levels on an ongoing basis.

CooperVision, 209 High Point Drive, Victor, NY 14564

2015

- Created workshop presentation for CooperVision employees after work to promote stress relief and movement, as part of CooperVision's Wellness department, where their mission is to promote employee health during and after work.

MVP Health Care, Rochester, NY. 14607

2002-2015

- Taught Tai Chi and Qigong along with breathing techniques that I incorporate in my camera classes. These classes are fun, energizing and great for stress management. My unique style is a blend of different approaches resulting from study with four different Masters, emphasizing the special needs of my clientele, the seasonal needs of our bodies and the combination of both active and passive Qigong.
- Designed and implemented structured classes for MVP Health Care employees from 2007-2008 in relaxation, meditation and stress management techniques, resulting in more productive work days and better employee health and sense of well-being. As stress management presenter from 2007-2008, received feedback directly from participants and sponsor was resoundingly positive.