

Megan L. Popovic

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Educational Background & Scholastic Experiences

Doctor of Philosophy – Faculty of Health Sciences, University of Western Ontario (UWO) (2010)

- Dissertation: *Stories of (my)nd body and Soul: An Autoethnography of Hockey, Figure Skating, and Yoga*
- Chapters include: “A Voice in the Rink: Playing with our Histories and Evoking Autoethnography”; “Figures from Her rink: Skating with the Feminine through Autoethnographic Spirals”; and, “Moksha Rose from the Heart: A Prosaic and Poetic Embodiment of Yoga”
- Areas of specialization: service learning, experiential leadership, sport subcultures, yoga, Jungian psychology, feminist theory, embodiment and kinesthetic learning

Master of Arts – School of Kinesiology, UWO (2005)

- Thesis: *Shredding & Jibbing: The History and Subculture of Snowboarding in Canada*

Bachelor of Arts – Honours Kinesiology with Political Science Minor, UWO (2003)

14 published articles for academic journals, encyclopedias, and national sport organizations

- Publication outlets include *Journal of Sport History*, *Journal of Olympic History*, *Berkshire Encyclopedia of Extreme Sports*, and the Canadian Snowboard Federation

Winner of Doctoral Student Essay Competition: 2010 Contemporary Ethnography Across Disciplines (CEAD) Conference – Hamilton, New Zealand

- Essay title: Moksha Rose from the Heart: A Prosaic and Poetic Embodiment of Yoga Ethnography

Two-time winner of Great Ideas for Teaching competition – UWO

- Ideas: The World Café Comes to Western (2008); and Post-It Empower.ed (2010)
- See: http://www.uwo.ca/tsc/great_ideas_teaching.html

Western Certificate in University Teaching and Learning – UWO (2010)

- Completed requirements for certificate from 2005-2010
- Awarded by the Teaching Support Centre
- Certificate requirements include a 10-week graduate level course on the theory and practice of university teaching, ongoing commitment to Future Professor series workshops, participation in the Teaching Mentor Program for Graduate Students, and the development of personal teaching portfolio and an undergraduate course syllabus

Winner of UWO's Graduate Student Teaching Award (2006)

- Nominated by undergraduate students, 1 of 16 winners from over 4500 graduate students
- Award winners selected by Society of Graduate Students, Faculty of Graduate Studies, and Graduate Teaching Assistant Union
- Also nominated for award in 2004, 2005 and 2007

Awarded “Recognition of Excellence” in teaching by the Faculty of Health Sciences at UWO (2006)

- Acknowledgement of course instructors who receive 6.3 or higher on “Overall Effectiveness” by undergraduate students in annual teaching evaluations (received 6.4 on scale of 7.0)

Bishop Ryan Catholic Secondary School Letter Award (1998)

- School's most prestigious award for students who have demonstrated a commitment to the school community through participation and leadership, including the pursuit of academic honours, athletic excellence, contribution to student government, involvement in co-instructional activities, and the promotion of civic ideals and school spirit.

Other:

Canadian delegate to **International Olympic Academy Postgraduate Seminar** – Olympia, Greece (2006)
Delegate to **Olympic Academy of Canada** – Montreal, Quebec (2006)
Presented papers at 30 international, North American, and local academic conferences (2004-10)
Awarded 2007-2008 **Ontario Graduate Scholarship** (\$15,000)
Recipient of 2005 and 2009 **Barbara Brown Scholarship** – School of Kinesiology, UWO

Professional Communication and Relationship-Building

Faculty, School of Hospitality, Recreation and Tourism – Humber College (2011-2012)

- Instructor for four courses per term pertaining to Sociology of Sport and Health and Wellness
- Facilitated interactive group learning activities and lecture content for classes (30-70 students), communicated and provided feedback to students on a weekly basis via email and after class appointments, managed courses webpages, wrote and assessed examinations, essays, individual and group projects, and quizzes

Faculty, Faculty of Health Sciences – The University of Western Ontario (2011)

- Instructor of first-year course for Social Determinants of Health during intersession term
- Developed course content for daily 4.5 hour classes (60 students), wrote course outline and curriculum, created and marked essay and group assignment projects, served as mentor and resource to undergraduate students

Faculty, Department of Sociology – King's University College at The University of Western Ontario (2010-2011)

- Instructor for two full-year undergraduate sociology courses (Introduction to Sociology and Medical Sociology)
- Created and led weekly lectures for classes (60-100 students), conducted interactive tutorial sessions, host office hours, constructed course outlines and assignments, wrote and grade examinations, devised and managed course website, and provided ongoing feedback to students on their learning and critical thinking skills

Lead Member of New Leaf Yoga Foundation Research Committee (2010-2012)

- Team of yoga practitioners, social workers, and psychologists working together to explore the benefits of yoga for incarcerated youth
- On-going research projects that strive to show how yoga, breathing techniques, and meditation help heal victims of trauma, learn about the ways it encourages incarcerated youth to make better choices and reaction differently to dissonance within the system and upon release, and add insight into the psychosomatic relationship between yoga and trauma
- Intentions of research are to show legitimacy of yoga programs through publication of research in order to obtain increased funding and support for future programs in youth incarceration facilities and group homes across Ontario
- Our first goal is to publish findings on an 8-week program for teenaged, male youth in Bluewater Detention Centre then apply for an Ontario Trillium Grant to expand our research program to a 3-year longitudinal study in Southwestern Ontario

Faculty, Spencer: Future Care Costs and Vocational Experts (formerly Spencer Employment Services) (2010-2011)

- Facilitated 4-week vocational training programs for Workplace Safety and Insurance Board (WSIB) clients in London, Ontario
- Provided employment counseling to individuals and group clients who are able to return to work post-injury, such as job search training, vocational testing, career exploration, and case management
- Worked with over 50 clients who sustained an injury and/or disability, were forced to quit or leave their former workplace, and had to re-establish new professional skills in their post-injury careers

Collaboration Partnership, Ryerson University's Ted Rogers School of Management, Centre for Voluntary Sector Studies (2009-11)

- On-going research project looking at co-curricular service-learning and nonprofit organizational commitment in Canadian universities
- Research explores students' personal investment in and knowledge of community partner organizations, the links between co-curricular service-learning and future engagement in the volunteer sector, program design of university service-learning trips, and factors preventing future engagement
- Additional qualitative exploration of community partner relationships, such as their awareness of service-learning tenets and principles, their investment and intentions in partnering with university programs, and the challenges and opportunities to building strong communication channels between educational institutions and international community partners

Instructor, Teaching Support Centre – UWO (2007-10)

- 1 of 10 graduate students of over 4000 UWO graduate students chosen for the Teaching Assistant Training Program team
- Mentored and instructed over 300 Masters, PhD and Post-Doctoral students on classroom teaching techniques, feedback delivery methods, non-verbal communication, intercultural communication in the Canadian classroom, and time management
- Facilitator for Advanced Teaching Program ("Teamwork" module); Assistant instructor Academic & Professional Communication series
- Invited to create and co-lead "Critical Thinking" module for Future Professors Series (2008, 2009)

Instructor, Professional & Interpersonal Communication course – Schulich School of Medicine & Dentistry (2008, 2009, 2010)

- Invited to partner with UWO's Associate Director of the Student Success Centre to develop and facilitate a 4-week professional development course on effective communication techniques and strategies
- Facilitated program for medical and dental school faculty, staff, medical school residents, doctoral students, and fellowship holders
- Used experiential learning to enhance sessions on professional presentations, impromptu speaking, speech construction, facilitating questions and handling nervousness

Instructor, Faculty of Health Sciences – The University of Western Ontario (2003-2010)

- Taught 1-3 classes per week for 7 years in small classroom learning environment (25-50 students per class) at the undergraduate level of the Bachelor of Health Sciences program
- Was responsible for direct communication with students on weekly basis in office hours, post-tutorial meetings, emails, and monitoring of the course webpage
- Prepared and delivered lectures to large undergraduate classes (150 to 350 students) on monthly basis
- Marked all student papers and examinations for over 500 students in various classes, including Critical Thinking in Health Sciences, Ethics and Health, Yoga, and Qualitative Methods in Kinesiology

Wrote successful grant to International Curriculum Fund – UWO (2007)

- Awarded \$22,957 for "An Educational Exploration of Sport and Physical Activity in Cuba"
- Funding for 3-year co-curricular exchange between School of Kinesiology and Cuba's National Institute of Sports, Physical Education, and Recreation (INDER)

Sales and Marketing Coordinator for various corporate brands (2002-06)

- Molson Coors Canada (2004-06) – Managed promotional teams in southwestern Ontario
- Mosaic Sales Solutions (2002-04) – Leader of sales and marketing teams in Toronto and southwestern Ontario, including Budweiser, Bud Light, Labatt, and Interbrew

Sport Management Internship, London Sports Council (2002)

- Devised, promoted, and coordinated the Girls Try-a-Tri event in conjunction with the 2002 Year of Girls and Women in Sport through the Canadian Association for Advancement of Women in Sport

Event Coordinator, International Management Group (IMG Canada) (2000, 2001)

- Assigned to Corporate Events and Sales and Marketing divisions

- Developed relationship with corporate sponsors, organized volunteers, worked with event planners, and coordinated with golf industry partners for the Chrysler's Ladies Days events in conjunction with LPGA Pro-Am events and the Telus Skins Game golf event

Other:

Advanced Leadership Silver and Advanced Communicator Bronze-level member of **Toastmasters International** (2006-10); member of Campus Communicator chapter's Executive Board (2007-09)

Completed five Intermediate-level **Co-Active Life Coaching** courses with **Coaches Training Institute** (2006-08)

Leadership, Service & Community Engagement

Lead Chaperone, G(irls)20 Summit – The Belinda Stronach Foundation (2010, 2011)

- Responsible for the 21 international delegates, women between ages of 18-20, selected for the Summit for two weeks in Toronto, Ontario and Paris, France
- Served unique role as liaison between the delegates and the TBSF to coordinate schedules, manage interpersonal issues, and act as role-model to these empowered young leaders during the G(irls)20 Summit
- Worked with staff at TBSF to ensure the Summit programming, leadership workshops, media dealings, and daily affairs were facilitated professionally, efficiently, and seamlessly for both the Foundation and the community of delegates.

Faculty Team Leader, Alternative Spring Break program – UWO (2008-10)

- Trips: New Orleans, Louisiana with Habitat for Humanity, Camp Hope and Project Green
- Facilitated pre and post departure workshops on service-learning, servant leadership, being a conscientious traveler, reflection and mindfulness, diversity, and social justice
- 2008-09 – Coordinated experience with 4 separate UWO teams (8 leaders, 4 student leaders, 100 students)
- 2009-10 – Worked with UWO's Experiential Education Coordinator, fellow team co-leader, and secondary school teacher/leader to develop a university-secondary school service-learning mentorship program (5 leaders, 1 student leader, 25 university students, 16 high school students)

Workshop Leader, Regeneration 2008: 4th World Youth Congress – Quebec City, Canada

- Partnered with founders of Xtactic Solutions and Circle Center to co-create 3 half-day workshops for the Skills-Building component of the International Congress for youth leaders aged 18-30
- Workshop titles: The Art of Effective Communication; Presence: Awakened Leadership; and YinPowerment

Teaching Assistant, Faculty of Health Sciences (2005-09)

- Taught over 700 undergraduate students in Health Science and Kinesiology programs
- Planned tutorials, coordinated TAs, marked essays, mentored students, held office hours, dealt with course complaints, acted as mediator between professor-students, managed course websites, devised course syllabus and delivered class lectures
- Courses included: Critical Thinking in Health Sciences; Ethics and Health; Research Methods in Kinesiology; Yoga (technical); Canadian Sport History

Volunteer Instructor, Effective Speaking Program – Elgin Royal Canadian Air Cadets (2009-10)

- Created curriculum and facilitated a 6-month public speaking course for Cadets aged 11-17

Volunteer Instructor, Leadership Education Program at UWO (2008-10)

- Lead Facilitator for "What Is Leadership?" and "Stand Up & Speak" modules in co-curricular leadership training program for undergraduate students

Teacher and Advocate of Health, Mind-Body Awareness and Empowerment (2003-2011)

- Teacher, New Leaf Foundation – instructed yoga and meditation classes for incarcerated youth (2010-2011)

- Instructed yoga-related informative and experiential workshops to students of all ages at UWO, McMaster University, the International Olympic Academy in Greece, at an international congress in Cuba, and academic and leadership conferences
- Volunteer yoga, body awareness, and health promotion instructor for primary and secondary schools in southwest Ontario (2007-10)
- Senior instructor at Moksha Yoga London (2005-2011)
- Yoga instructor for GoodLife Inc. (2010-2011)
- Yoga-Community instructor for Lululemon Athletica (2009-10)
- Co-created "Soaring from the Inner Core" women's workshop with founder of Hozhoni Healing Arts, London Ontario (2007)
- Skate Canada coach for Canskate, Learn to Skate, synchronized skating teams, individual lessons of competitive-level figure skaters – London Skating Club (2003-09)
- Obtained quadruple Gold Medalist status through Skate Canada (Freeskate, Figures, Dance, Artistic)
- Member of Canadian Championship Synchronized Skating teams (2 gold, 1 silver, 2 bronze medals)
- Volunteer coach, Special Olympics women's soccer team (2003)
- Marathon runner, avid wakeboarder, enthusiastic hiker, and curious student of African dance

Member of various community organizations:

- Service Learning Committee – UWO (2008-10)
- Graduate Student Representative [elect], Executive Board - North American Society for Sport History (2007-09)
- Young Business and Professional Women's Representative [elect], Executive Board – Business and Professional Women London (2008-10)
- Graduate Student Representative, University Disciplinary Affairs Committee (2007-10)
- Campus Communicators Executive Board [elect]– Toastmasters International (2007-09)
- UWO's Women's Caucus (2006-2008)
- Kinesiology Representative, Society of Graduate Students (2004-05, 2006-07)
- Vice President Academic [elect], Kinesiology Graduate Board (2006-07)
- Graduate Representative, Faculty of Health Sciences Teaching Awards Committee (2006-07)
- Secretariat member – International Society for Comparative Physical Education and Sport (2004)

Coaches Training Institute (CTI) 10-Month Leadership Program – Sebastopol, California (2007-08)

- Youngest person to complete the experiential leadership program
- Attended four 5-day intensive leadership retreats that focused on Creating from Self, Creating from Other, Creating from Nothing, and Creating from Everything; participated in weekly online and distance learning assignments, team-building meetings, and individual and collaborative workshop creation and facilitation
- Awarded Assistant Leader role by CTI for leadership program from September 2010 to June 2011 in Asheville, North Carolina

International professional and personal travel – Russia, New Zealand, Denmark, Norway, Switzerland, England, Croatia, Cuba, Italy, Greece, Liechtenstein, Czech Republic, Hungary, the Caribbean, throughout United States and Canada.

References

References available upon request.