

# SIENA LOPRINZI, M.A.

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Alexandria, Virginia, USA

**After completing my first Master's degree in Positive Psychology, specializing in resilience and post-traumatic growth in Indigenous communities, I currently focus on data analysis and migration research in my second Masters in Intercultural and International Communications at American University. With a drive for creating interventions for social-cohesion and justice in conflict areas, my goal is to combine international Positive Psychology and data analysis to fight global inequalities.**

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## EDUCATION & RECOGNITIONS

### MASTER OF INTERCULTURAL & INTERNATIONAL COMMUNICATIONS/CONCENTRATION ON GLOBAL EQUITY & INCLUSION

American University | 2021-Present

- Completed skill workshops in Intercultural Conflict/Communication and Designing Intercultural Training Programs

### MASTER OF APPLIED POSITIVE PSYCHOLOGY, 4.0

University of Pennsylvania | 2020 - 2021

- Commissioned for a project by Wharton People Analytics's review of the Wharton School of Business
- Presented Master's Thesis on how Indigenous Storytelling leads to Resilience at the annual Positive Psychology Conference
- Submitted a program curriculum for Suicidal Ideation & Meditation for review at suicide prevention centers

### BACHELORS OF INTERNATIONAL STUDIES/BUSINESS MINOR, 3.98 SUMMA CUM LAUDE

Portland State University Honor's College | 2015 - 2017

- Undergraduate Honor's Thesis on Refugee Policies within the UN and EU has over 1,300 downloads
- Peer Mentor | January 2016 – June 2017
  - Selected as one of five mentors from a candidate pool of 300+ into part of the prestigious University Studies program
  - Mentored 36 culturally diverse college students during their first year at PSU
  - Developed curriculum alongside a professor to assist students in their integration to college life
  - Taught own curriculum for three 50-minute class periods a week in conjunction to the professor's main class
  - Received 100% tuition reimbursement as a peer mentor

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## DATA ANALYSIS SKILLS & COURSEWORK

- Software: R studio, Google Sheets, Excel
- Git Hub: [sloprinzi](#)
- Coursework: Statistics, Data Analysis
- Data Modeling: regressions
- Data Visualizations: ggplot, patchwork, knitr, table extra, scales in R Studio
- Data Wrangling: reshaping, merging, appending, cleaning

# WORK EXPERIENCE

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## MEDITATION FACILITATOR & BUSINESS OWNER

Siena Wellness | January 2020 - Present

- Guide and facilitate weekly meditations for law firms, international entrepreneurial groups, and organizations for athletes like the American Ballet Theatre in New York
- Certified Mindfulness Facilitator through UCLA's Mindful Awareness Research Center

## PROGRAMS INTERNAL COORDINATOR, MEDITATION RETREATS

Drala Mountain Center in Red Feather Lakes, CO | October 2019 - Present

- Organizing and coordinating two week to month-long meditation programs for 15-36 participants in a remote location
- Managing daily team meetings of six staff members
- Leading online Zoom mediation retreats from June 2020 - June 2022

## BRAIN INJURY YOGA INSTRUCTOR

Love Your Brain, Online | October 2019 - Present

- Teaching the Love Your Brain yoga program for those who have had a brain injury and their caregivers
- Instructing varied levels of yoga specifically focusing on healing brain trauma
- Creating curriculum for the TBI community

## YOGA INSTRUCTOR

Yoga Bhoga and North Portland Yoga in Portland, OR | September 2018 - November 2021

- Teaching 60, 75 and 90 minute Yin, Hatha and Vinyasa Yoga classes, specifically for healing through meditation
- Experienced in teaching all class sizes, abilities and ages

## AREA MANAGER

Amazon in Patterson, CA | July 2017 - December 2017

- Led and developed a team of over 30 Amazon associates in a fulfillment center
- Organized and coordinated shifts for associates and ensured job performance and engagement
- Focused on motivating, mentoring, and coaching the team to ensure their success

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## LANGUAGES

- **English** - Native
- **Italian** - Beginner

## CERTIFICATES

- In training to become a Registered Herbalist
- Healing Touch Practitioner
- 300 Hr Ayurveda Yoga Therapist
- 500 Hr YA Certified Yoga Teacher
- Red Cross CPR Certified
- Reiki Master

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## VOLUNTEER EXPERIENCE

- **VP of Volunteers at the International Economic Justice League** (Newport Beach, CA)
- **Children's Book Bank** (Portland, OR)
- **St. Jude Research Hospital** (Memphis, TN)
- **Memphis Humane Society** (Memphis, TN)
- **Oregon Food Bank** (Portland, OR)
- **ESL tutor** (Portland, OR)

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## INTERESTS

- **Tibetan Buddhist practices**
  - Traveled with Buddhist monks in Nepal and Bhutan
  - Participated in month-long silent meditation retreats
- **Italian and Sicilian culture**
  - Italian citizen
  - Lived and studied in Italy in 2016
- **Indigenous land practices and intersectional environmentalism**
- **Reading - 70+ books a year**
- **Traveling - 35 countries and counting**