

BETSY DELZER

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608.215.4549

CAREER SUMMARY

Experienced educator, trainer, coach, and international public speaker with twenty years dedicated to public education and employee wellness. Proficient in curriculum writing, development, and training for implementation in the area of leadership, mindful education, and restorative practices.

AREAS OF EXPERTISE

- Employee Wellness (EQ Development, Mindful Living/Leadership, Teams)

“Working with Betsy has deepened my appreciation for mindfulness in all aspects of my life. In addition, I have seen her address challenges head on and bring a wealth of knowledge and wisdom from multiple disciplines in pursuit of healthy outcomes.” - Laura Love, PhD., Director of Secondary Education, MCPASD

- Leadership Development

“Betsy is truly a leader of leaders. She understands how to connect with others better than anyone I know. Betsy is compassionate, balanced, and resilient, all qualities of a strong leader. I can attest to her engaged presence and her thorough, high quality work.” - George Mavroulis, PhD., (Retired) Superintendent, MCPASD

PROFESSIONAL EXPERIENCE

Middleton, WI

2001- Present

Coordinator of Mindful Education and Leadership Development

2016-

Middleton Cross Plains Area School District

- 1:1 Executive Coach for Superintendent and district leaders in the area of effective communication, optimal team dynamics, and emotional intelligence for leadership.
- Initiated/designed/implemented site-based teams of educators to carry out practices and opportunities for staff to develop understanding of mindful education. Design objectives were met 100% of the time with 100% of the participants over the course of four years.
- 1:1 Yoga and Meditation Coach for staff to implement practices in the classroom.
- Teaches yoga to athletes, staff, students, and community members weekly.

- Developed framework for strategic planning and large-scale implementation plans for initiatives such as Restorative Practices.
- Oversees a multi-district team of administrators and educators who collaborate on opportunities for schools to learn more about social and racial justice through the lens of mindful awareness.
- Co-created curriculum, “Awakened Justice” for professional development. The course focuses on the intersection of emotional and political literacies. Has presented the course findings nationally and internationally: *International Institute of Restorative Practices. Kortrijk, Belgium, 2019.*
- Creates/instructs using best practices for adult engagement for Professional Development trainings across the country (WI, MN, WA) in areas such as effective communication, stress management, and developing compassionate classroom cultures and practices. Has presented on the topic at the U.S. Chamber of Commerce, Washington, D.C., June, 2018.

Educator – Art K-5 Northside Elementary School

2001-2016

Middleton Cross Plains Area School District

- Taught 400-500 students weekly how to make, explore, and be aware of their natural inclination to create.
- Organized, promoted, and designed exhibits for over twenty art shows with typical attendance of 500-800 from the community.

EDUCATION

Edgewood College, Madison, WI

MA - SISL (Social Innovation and Sustainable Leadership) 2020-

University of Denver, Denver, CO

ART EDUCATION- K-12, Teacher Licensing Program, 2001

Taylor University, Upland, IN

BA, Philosophy, 1999

Advanced Trainings:

- Google’s leadership institute, *Search Inside Yourself*
- Street Yoga (a trauma-informed yoga training)
- Integrative Yoga Therapy
- Mindfulness Based Stress Reduction
- Mindful Schools
- Growing Minds
- Learning to Breathe
- *Off the Mat, Into the World*; the intersection of trauma, justice, and yoga.