



Patty de Vries

Director of Strategy, Outreach & Innovation
Continuing Studies and Summer Session

 Resume available Online

CONTACT INFORMATION

- **Alternate/Emergency Contract**

Greg de Vries - Husband

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Tel 408.472.5400

Bio

BIO

Patty (Purpur '89) de Vries was born and raised in North Dakota. She received a full athletic scholarship to Stanford University, graduating in 1989 with a BA in Psychology. Patty became a 9-time NCAA All-American in the shot put and discus and competed in the 1988 Olympic Trials.

In 1995, Patty founded TimeOut Services, Inc., a pioneering wellness company that grew to over 100 employees and \$5 million in annual revenue. Her team was instrumental in designing some of the original corporate wellness programs for leading organizations including Google, Cisco, Yahoo!, Safeway, and KLA-Tencor. In 2009, she sold the corporate wellness division and trademarked the Community BootCamp© program to Plus One of New York (now part of Optum).

Patty's honors include the Key to the City of Grand Forks, North Dakota, *Business Journal* Top Women in Business, and recognition as one of the Top 50 Influential Women of Silicon Valley.

From 2013 to 2022, Patty supported wellness initiatives across the Stanford enterprise, including Stanford University, Stanford Health Care, Stanford Children's Health, and SLAC National Accelerator Laboratory, helping to advance innovative approaches to well-being, resilience, and leadership.

Today, Patty and her husband, Greg de Vries, are the founders of Living Well USA, where they lead immersive, nature-based workshops and leadership experiences on their 4.5-acre sanctuary in the Santa Cruz Mountains. Through her work, Patty integrates practical neuroscience, mindfulness, and nature-based practices to help individuals and organizations elevate performance, strengthen psychological safety, and design lives of greater clarity, energy, and purpose.

ACADEMIC APPOINTMENTS

- Casual - Other Teaching Staff, Continuing Studies and Summer Session

HONORS AND AWARDS

- Top 50 Influential Women in Silicon Valley, Business Journal (2004)

- Inductee, North Dakota Sports Hall of Fame (2002)
- Key to the City, Grand Forks, North Dakota (2009)
- 9 Time NCAA All-American Track Athlete, Stanford University (1986-1989)
- Collegiate Weightlifting Champion, Stanford University (1989)
- Full Athletic Scholarship, Stanford University (1985-1989)

PROFESSIONAL EDUCATION

- MS, Nebraska Methodist College , Health Promotion Management (2015)
- Executive Program, Stanford & YEO , Young Entrepreneurs' Organization Stanford Executive Program (2003)
- MDE, UCLA Anderson School of Business , Business: Management Development for Entrepreneurs (2002)
- BA, Stanford University , Psychology (1989)

LINKS

- Stanford's Employee Wellness Program: <http://BeWell.stanford.edu>
- WellMD Center: <http://wellmd.stanford.edu>

Publications

PUBLICATIONS

- **Physician Well-Being: The Reciprocity of Practice Efficiency, Culture of Wellness, and Personal Resilience** *Catalyst*
Bohman, B.
2017
- **The Soft Side of Success**
Purpur, P.
TimeOut Services. 2011