

Stanford



Kelly McGonigal

Lecturer
Recreation Instructional & Fitness
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Bio

CURRENT ROLE AT STANFORD

Lecturer, Graduate School of Business
Instructor of Psychology, Stanford Continuing Studies
Instructor of Group Fitness, Department of Recreation and Athletics

ACADEMIC APPOINTMENTS

- Lecturer, Graduate School of Business

Teaching

COURSES

2025-26

- Presentation and Communication Skills for Academics: GSBGEN 622 (Spr)

2024-25

- Presentation and Communication Skills for Academics: GSBGEN 622 (Spr)

2023-24

- Presentation and Communication Skills for Academics: GSBGEN 622 (Spr)

2022-23

- Presentation and Communication Skills for Academics: GSBGEN 622 (Spr)

Publications

PUBLICATIONS

- **A randomized controlled trial of compassion cultivation training: Effects on mindfulness, affect, and emotion regulation** *MOTIVATION AND EMOTION*
Jazaieri, H., McGonigal, K., Jinpa, T., Doty, J. R., Gross, J. J., Goldin, P. R.
2014; 38 (1): 23-35
- **Enhancing Compassion: A Randomized Controlled Trial of a Compassion Cultivation Training Program** *JOURNAL OF HAPPINESS STUDIES*
Jazaieri, H., Jinpa, G. T., McGonigal, K., Rosenberg, E. L., Finkelstein, J., Simon-Thomas, E., Cullen, M., Doty, J. R., Gross, J. J., Goldin, P. R.
2013; 14 (4): 1113-1126
- **The Willpower Instinct: How Self Control Works, Why It Matters, and What You Can Do To Get More of It**

McGonigal, K.
Penguin (Avery).2011

- **The Social Costs of Emotional Suppression: A Prospective Study of the Transition to College** *JOURNAL OF PERSONALITY AND SOCIAL PSYCHOLOGY*
Srivastava, S., Tamir, M., McGonigal, K. M., John, O. P., Gross, J. J.
2009; 96 (4): 883-897
- **Optimism in close relationships: How seeing things in a positive light makes them so** *JOURNAL OF PERSONALITY AND SOCIAL PSYCHOLOGY*
Srivastava, S., McGonigal, K. M., Richards, J. M., Butler, E. A., Gross, J. J.
2006; 91 (1): 143-153