

Stanford



Sarah Meyer Tapia

Temporary Employee, Medicine - Med/Stanford Prevention Research Center

 Resume available Online

Bio

BIO

Sarah Meyer Tapia, PhD, is the Wellness Specialist for the Distinguished Careers Institute at Stanford, and Head of the Stress Management Pillar of Stanford Lifestyle Medicine. She also directs high school programs for SLM. A highly sought-after teacher and coach, she works with people through stress, transitions, meaningful behavior change, self-compassion, and personal development.

For over 20 years, Sarah has worked in employee, student, community, and corporate wellness. As Director of Stanford Living Education, she oversaw over 60 wellness classes per year for undergrad and graduate students. In her role at BeWell, she managed all wellness coaches for Stanford's employees. Outside the university, she coaches individuals and teaches workshops for companies including Square, Discord, and Nextdoor.

Sarah earned her graduate degree in Counseling and Health Psychology and her doctorate in Psychology. She believes for anything to work, it has to fit in real life. She creates safe spaces for honest conversations and tangible next steps that move us forward.

CURRENT ROLE AT STANFORD

Stanford Lifestyle Medicine: Head of Stress Management, Director of High School Programs

EDUCATION AND CERTIFICATIONS

- MA, Santa Clara University , Counseling and Health Psychology (2010)
- PhD, California Institute of Integral Studies , Psychology (2023)

Teaching

COURSES

2024-25

- Changing For Good: Behavior Change Science & Practice: WELLNESS 117 (Aut)
- Compassion Meditation: WELLNESS 131 (Spr)
- Meditation: WELLNESS 130 (Aut, Win)
- Selected Topics: Wellness: WELLNESS 199 (Win, Spr)

2023-24

- Compassion Meditation: WELLNESS 131 (Spr)
- Meditation: WELLNESS 130 (Aut, Win)
- Selected Topics: Wellness: WELLNESS 199 (Aut, Win)

2022-23

- Changing For Good: Behavior Change Science & Practice: WELLNESS 117 (Aut)
- Compassion Meditation: WELLNESS 131 (Win)
- Meditation: WELLNESS 130 (Aut, Win, Spr)
- Meditation: WELLNESS 130A (Sum)
- Selected Topics: LifeWorks: LIFE 199 (Spr)
- Selected Topics: Wellness: WELLNESS 199 (Aut, Win)

Professional

PROFESSIONAL INTERESTS

mindfulness, meditation, behavior change, health and wellness coaching, lifestyle medicine, compassion