

Stanford



Carole Sue Pertofsky

- Academic Staff - Hourly - Csl, Continuing Studies
- Lecturer, Med/SPRC - Health and Human Performance

Bio

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Carole's interest and passion is empowering people to thrive, flourish and succeed in a complex and demanding world. At Stanford, she is Director, Emerita, Student Wellness Services . Her teaching focuses on harnessing the knowledge and skills that lead to high quality well-being. She teaches at the School of Medicine, offering courses on topics including Resilience: Gratitude, Grace and Gumption; Exploring Happiness and Health; Courageous Aging; Mindfulness and Self-Compassion, Enneagram and Courageous Aging.

Carole is a frequent speaker and seminar leader for diverse professional organizations and companies (Apple; Google; Association of Family Law Practice; Stanford Continuing Studies; California Senior Centers). She also facilitates retreats, including the Esalen Institute, 1440 Multiversity; Healthy Living Retreat; Curious.com; Awakening Joy. Carole is a professional coach, focusing on individuals, couples and teams seeking healthier, happier and high quality accomplished living.