

Patty Purpur de Vries
22975 Santa Cruz Highway • Los Gatos, CA 95033
408.891.3553

EDUCATION

2015 **Nebraska Methodist College • MS in Health Promotion Management**
1989 **Stanford University • BA in Psychology**

EXPERIENCE

Director of Strategic Projects

Stanford Medicine WellMD Center

2016 – Present

Improves organizational performance through enhanced operational systems, organizational procedures, flow of information, management strategy/planning and business process. Manages daily operations, budgets, and ensures effective work flow.

Director

Stanford Health Promotion Network

2011 – Present

Implements all strategic and operational activities for this outreach arm of the Stanford Health Promotion Network. Sets policies & budgets, organizes and hosts educational events, recruits member organizations, and manages all income and expenses. Nurtures on-going relationships with all 65+ member organizations (including Cisco, Chevron, Apple, Blue Shield, Visa & Kaiser) and delivers educational programs and consultative services to our Stanford Health Care's Corporate Partners.

Wellness Manager

Stanford Health Care & Lucile Packard Children's Hospital Stanford

2014 – 2016

Developed programs and managed the collaborative wellness program, called HealthySteps, for our 14,000 hospital employees. Managed a team of four full-time employees to engage over 70% of the eligible population in biometric screenings and to increase participation in our wellness champion's network and wellness-infused team trainings and classes. Additional offerings included an on-line wellness portal with incentives, ongoing classes and annual events including a wellness fair, CEO walk, farmer's market, and compassion fair.

Interim Wellness Manager

Stanford Health Care & Lucile Packard Children's Hospital Stanford

2013-2014

Mentored a team of two employees to increase program offerings, build the wellness champions network from 32 to over 1,000 volunteers and set the course of the program to "Create a Culture of Care for Our Patients and Employees."

Interim Senior Vice President

Plus One Holdings (now Optum)

January – July 2009

Joined the Plus One team following the acquisition to assist in the transition process. Nurtured relationships with clients and employees and facilitated workshops for improved performance and cultural alignment.

Founder and President

TimeOut Services, Inc.

1992 - 2009

Founded the company in 1992 and set the strategy and direction as it grew to employ 100 team members with annual revenue of \$5 million by 2009. The company provided a full range of fitness and wellness services including facility design, equipment specification and procurement, fitness and wellness classes and staffing. Clients included Google, Cisco, Yahoo!, Safeway and KLA-Tencor. In January 2009, all corporate contracts and the Community BootCamp® program were sold to Plus One Holdings of New York (now Optum).

ADDITIONAL TRAINING

G.R.A.C.E. Compassion Training, Upaya Zen Center in Santa Fe, New Mexico	2016
BJ Fogg Behavior Change BootCamp	2013
Co-Active Coaching Training Program (125 hours)	2009-2010
Stanford University, Young Entrepreneurs' Organization Executive Program	2003
UCLA, Management Development for Entrepreneurs Certification	2002
Stanford University, BA Psychology,	1989
• Captain - Women's Track Team, 1987-1988 and 1988-1989	
• Athlete Representative - University Committee on Athletics, Physical Education and Recreation (CAPER)	
• Track Team Liaison - Buck Cardinal Club	

SPEAKING ENGAGEMENTS

HERO Forum Healthcare Presentation	2017
Arkansas Children's Hospital	2017
HERO Webinar Presentation	2017
HERO Think Tank Panelist	2017
Stanford Health Care Human Resources Executive Retreat	2017
Redefining Wellness Webinar	2017
Stanford Health Promotion Network Annual Summit	2016
Lucile Packard Children's Hospital Grand Rounds	2017
Aberdeen, South Dakota Wellness Workshop	2015
Art and Science of Health Promotion	2014
Stanford Health Care Shared Council	2014

Pre- 2014 Workshop Clients:

Cisco, Google, Yahoo!, Safeway, KLA-Tencor, University of North Dakota

PUBLICATIONS

Contributor: Physician Well-Being: The Reciprocity of Practice Efficiency, Culture of Wellness, and Personal Resilience: <http://catalyst.nejm.org/physician-well-being-efficiency-wellness-resilience/>2017

The Soft Side of Success **2010**

BOARDS & COMMITTEES

Stanford University Physician Wellness Committee	2013 – Present
Stanford University BeWell Committee	2013 - Present

Founding Co-Director - Stanford Health Promotion Network (SHPN)	2008-2010
Young Entrepreneurs' Organization	
- President of the Silicon Valley Chapter	2004-2006
- Forum Chair of the Silicon Valley Chapter	2002-2004
National Association of Women Business Owners	
- Board Member, Silicon Valley Chapter	2002-2004

AWARDS & ACHEIVEMENTS

Awarded 'Key to The City' by Mayor Brown, Grand Forks, North Dakota	2009
U.S. Track & Field Masters champion – shot put	2008
U.S. Track & Field Masters champion – discus	2008
North Dakota High School Sports Hall of Fame inductee	2007
Top 50 Most Influential Women in Silicon Valley (<i>San Jose Business Journal</i>)	2004
North Dakota Sports Hall of Fame inductee	2002
Nine-time NCAA All-American track athlete at Stanford University	1986-1989
National Collegiate Weightlifting Champion	1989
Second-place finish in the U.S. Olympic Weightlifting Championships	1989
Olympic Trials discus qualifier/participant	1988
Awarded full athletic scholarship to Stanford University	1985