

sarah meyer tapia

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Senior wellness leader with breadth and depth specializing in behavior-change, mindfulness, and compassion. Over 20 years of experience in higher education, teaching and managing teams of wellness coaches and educators in curricular and cocurricular spaces. Achiever. Intuitive leader. Passionate communicator.

PROFESSIONAL EXPERIENCE

2026 – present **Stanford Lifestyle Medicine, Stanford University**

Director, High School Programs

- Oversee four-week summer program for high school students, facilitating speakers representing the seven pillars of lifestyle medicine, supervising a team of student TA's, assuring compliance of legal requirements and best practices, and teaching modules in stress management and health behavior change

2018 – 2025 **Stanford Living Education/Health and Human Performance, Stanford University**

Director, Stanford Living Education (SLED, formerly Health and Human Performance)

- lead program whose mission was 'educating the whole student to live, lead, and create a flourishing world for all'
- oversee 60+ wellness-based courses serving over 1000 students per year spanning topics including sexuality and identity, meditation and mindfulness, nutrition, digital wellbeing, behavior change, purpose, and healthy sleep
- hire, train, and manage over 35 lecturers and an administrative staff
- teach 6-10 courses per year in mindfulness, compassion, and behavior change
- collaborate with campus partners to promote student health and wellbeing
- engage in fundraising, promotion, and advocacy of SLED and other initiatives
- assess specific areas of need and develop appropriate programming
- lead outreach events including New Student Orientation and university wellness fair
- serve on the Vaden Health Services senior leadership team

Associate Director, SLED/Health and Human Performance, Program Head of Wellness Education

- hire, train, develop, and oversee all lecturers within Wellness Education
- develop and teach courses including meditation, resilience, compassion, and behavior change

2013 – 2018

BeWell at Stanford, Stanford University

Manager of Operations, BeWell Coaching

- lead wellness coaching program for the university's 16,000+ faculty and staff, as part of the university's incentivized employee wellness program
- hire, train, and supervise team of 10-15 wellness coaches
- coach thousands of people per year
- develop and teach health education workshops
- facilitate promotional events including annual health and wellness fair
- assess specific needs in faculty/staff wellbeing and develop appropriate services

Wellness Coach

- coach thousands of faculty and staff per year
- develop and teach health education workshops

2020 – present

Stanford Lifestyle Medicine: Head, Stress Management Pillar

- create, guide, and direct the Stanford Lifestyle Medicine efforts in the area of stress management, developing and sharing free educational resources with the broader SLM community (including guided meditations, online articles, and conference presentations)

2022 – present

Stanford Distinguished Careers Institute: Wellness Specialist

- teach workshops and provide wellness consultation for fellows in the DCI, specifically in the areas of mindfulness, purpose, and behavior change

2020 – present

sarahmeyertapia.com: Wellness Coach & Educator, Consultant

- private practice offering wellness coaching and teaching in corporate and community spaces

EDUCATION

PhD, Integral and Transpersonal Psychology, California Institute of Integral Studies

Dissertation: Running Naked: A Phenomenological Study of the Lived Experience Running With and Without Technology (explored the intersection of mental health and exercise, digital wellbeing, wearables and movement tracking devices, and flow and transcendent experience in sport)

MA, Counseling and Health Psychology, *summa cum laude*, Santa Clara University

Emphasis: Health Education, Wellness Coaching, Mindfulness and Mental Health

BA, Religious Studies and Education, *summa cum laude*, Azusa Pacific University

SPEAKING ENGAGEMENTS: (mindfulness, compassion, behavior change, technology)

Higher Education (incl. Stanford University / Stanford Hospital & Clinics, Santa Clara University)

Corporate (incl. Discord, Square, Strive Health, Monday.com, Vida, BDO)

Conferences (incl. Body Intelligence Summit / ViiRaa, Stanford Lifestyle Medicine, NIRSA, Stanford Health Promotion Network, Stanford Sierra Camp)