

KEYNOTE SPEAKER BIO



Charles Clark

World Class Athlete, Thriver

Charles Clark is a motivational speaker and creator of the Thrive Planner. Before becoming an international speaker, Charles was one of the fastest men in the world. He is a 3x NCAA National Championship and USA Track and Field Championships silver medalist. Now, as a mindset expert, Charles shows athletes, entrepreneurs, and companies how to win in life. Today, he teaches people how to use adversity to build greater strength, success, and fulfillment. Let's stand up and welcome Charles Clark!

SPEAKER BIOS



Dr. John D. McPherson

Professor, Biochemistry and Molecular Medicine

Deputy Director, UC Davis Comprehensive Cancer Center

UC Davis School of Medicine

Dr. McPherson is the Deputy Director of the UCD Comprehensive Cancer Center and Professor, Department of Biochemistry and Molecular Medicine. He has deep expertise in DNA sequencing and cancer genomics through his involvement in the Human Genome Project and large-scale tumor sequencing as a founding member of the International Cancer Genome Consortium. In the ICGC, Dr. McPherson led the genome sequencing of >200 pancreatic ductal adenocarcinomas using laser capture microdissected material. His current interests lie in bringing advanced genomic technologies

to clinical application in personalized diagnosis and targeted therapeutics, maximizing the data yield from small biopsies and circulating cell-free DNA, and reducing chemotherapy-induced side effects during cancer treatment.



Catherine W Schweikert, PhD(c), MPH, PA-C

Compassion Ambassador

Catherine has practiced medicine for 22 years as a PA. Witnessing a lack of compassion motivated her to study how compassion affects our health and well-being through receiving a PhD in Applied Psychophysiology. She is also a graduate of Stanford University's CCARE program in Applied Compassion, where she developed programs to deliver instruction for hospitals and individuals to learn action-focused compassionate strategies. Later this year, her book, *The Compassion Remedy: How to Leverage the Psychophysiological Benefits of Compassion to Beat Burnout, Renew Relationships, and Enjoy Greater Well-Being*, will be released.



Dr. Sharon Furtak

Professor of Psychology

California State University, Sacramento

Dr. Furtak earned her B.A. in Psychology from the University of Massachusetts Amherst in 1999 and a Ph.D. in Behavioral Neuroscience from Yale University in 2006. Subsequently, Dr. Furtak held postdoctoral positions at Brown University and Harvard Medical School. She spent her academic career researching the biological routes of emotional learning and memory with a cross-species approach. Dr. Furtak has published many articles in prominent journals such as *JAMA*

Psychiatry and *Neuron*. Her teaching, mentoring, and research efforts have been supported with grants from the National Science Foundation. She has been recognized for her dedication to research and education, being awarded the Early-Career Faculty Research and Creative Activity Award in recognition of her research productivity at Sacramento State and teaching achievement awards. In 2012, Dr. Furtak was delighted to join the Sacramento State family as a tenure-track faculty in Psychology and was granted early promotion to the rank of Professor in the spring of 2022.



Dr. Joyce Mikal-Flynn

Professor of Nursing

California State University, Sacramento

Dr. Joyce Mikal-Flynn, Professor in the School of Nursing at California State University, Sacramento (CSUS), received her Doctor of Education from St. Mary's College and Masters of Science in Nursing at CSUS focusing on trauma-informed care with an emphasis on building resilience and posttraumatic growth (PTG). She developed the word, Metahabilitation, to describe a more optimistic and productive outcome in the aftermath of trauma. Her research provided a strengths-based clinical pathway guiding individuals toward PTG. Her post-doctoral research focused on how traumatic experiences build resilience and bring forth PTG in secondary and vicarious trauma survivors and communities, along with the course she created at CSUS, Traumatology: An Introduction to Posttraumatic Growth; she continues researching, lecturing, and directly applying Metahabilitation in various rehabilitation and recovery settings.

Her publications include *Turning Tragedy Into Triumph; Metahabilitation, A Contemporary Model of Rehabilitation* (2012), and a second book, *Anatomy of a Survivor: Building Resilience Grit and Growth After Trauma*, published in April 2021.



Dr. Robert Pieretti

**Associate Dean, College of Health and Human Services
California State University, Sacramento**

Robert Pieretti, Associate Dean in the College of health and Human Services at California State University, Sacramento (Sacramento State), is also a professor in the Department of Communication Sciences and Disorders at the University. Dr. Pieretti served as Chair of the Department for seven years and was the founder and Director of the Sacramento State Literacy Connection. He was employed for twenty-one years as a speech-language pathologist in the Sacramento City Unified School District, formerly serving as the Head Language, Speech, and Hearing Specialist for the District. Dr. Pieretti's scholarly interests include language disorders, language-based reading disorders, Multi-Tiered Systems of Support (MTSS), and English Learners. He has made over 100 presentations at the local, state, and national levels, co-authored literacy skill development materials, and published several co-authored peer-reviewed journal and periodical articles regarding his research and work supporting the language and literacy skills of both monolingual and bilingual students. He is a California Speech-Language Hearing Association (CSHA) Fellow and a co-author of CSHA's position paper/resource guide: Roles and Responsibilities of Speech-Language Pathologists with Respect to Literacy in Children and Adolescents in California.



Dr. Greg B. C. Shaw

**Associate Dean, College of Health and Human Services
California State University, Sacramento**

Greg B. C. Shaw is the Associate Dean for Operations in the College of Health and Human Services at California State University, Sacramento. Prior to this role, Dr. Shaw was a professor and department chair for the Department of Recreation, Parks and Tourism Administration at

Sacramento State, previously having been an elementary school teacher in Inglewood, CA. Dr. Shaw holds a bachelor's degree in architecture from Georgia Institute of Technology, a master's in recreation administration from California State University, Sacramento, and a Ph.D. in geography (minor in landscape architecture) from the University of California, Davis. His primary area of study is architectural tourism and signature architecture as related to urban design. Dr. Shaw has been the wine editor for *Cuisine Noir* Magazine, and has served on the boards for the Journal of Tourism Insights, the California Geographical Society, Visit Sacramento, the California Parks and Recreation Society Educators Section, and the California State Fair Cultural Advisory Council. A life-long Disney fan, Dr. Shaw has designed coursework that includes the history of amusement and theme parks as a dynamic component of the commercial recreation and tourism industries.

PANELIST BIOS



Lea Wallace Carvalho

Lea graduated from Sacramento State University in 2011 with a degree in Nutrition and as one of the most decorated athletes in school history. She is considered to be "the greatest 800-meter runner in Big Sky history," ranking No. 11 on the Big Sky Conference's list of "25 Greatest Female Athletes." As a Hornet, she was a four-time All-American, six-time Big Sky Conference champion, and holds school and conference records in multiple events. She also achieved at a high level in the classroom, and received the Big Sky Conference's prestigious scholar-athlete award. She then went on to compete as a professional athlete for Nike Track and Field through two Olympic cycles. In that time, she saw the world and was part of a relay team that set an American Record. She served as a former SARC Mentor for current Sacramento State athletes for the past two years, academically coaching student-athletes and helping them in their transitions at the collegiate athletics level.



TJ Shushereba

T.J. is the Director of Hospitality and National Sales for Anomaly Vineyards in St. Helena. On March 9, 2018, T.J. 's life was forever changed when he faced the untimely and tragic death of both his wife, Jennifer, and his unborn child, Cecilia Rose Shushereba. Dr. Jennifer Gonzales-Shushereba worked as a clinical psychologist with the U.S. Department of Veterans Affairs, spending most of her time at the Pathway Home in Yountville, CA, dedicating her life to helping servicemen and women reintegrate and readjust to civilian life.



Xzavion Stevenson

Xzavion was born and raised in Sacramento. He recently graduated from Sacramento State University with a degree in Communication Studies. Currently, he works as a certified nursing assistant and aspires to advance his career by entering the corporate world of healthcare. After dealing with a very troubling and challenging event early in his life, Xzavion recognized his purpose is related to personal development and wellness, which he intends to express through art and

entrepreneurship. He will share his belief that suffering helps us meet our higher self and “trust that things are all happening for me, not to me.”