



# LeadWell for Life

February 3, 9 a.m. to 2:30 p.m.  
Virtual on Zoom



**Al'ai Alvarez, M.D.** (@alvarezzy) is a national leader and educator on wellness and diversity, equity, and inclusion. He is a clinical assistant professor of Emergency Medicine (EM) and the director of well-being at Stanford Emergency Medicine. He co-leads the Human Potential Team and serves as the fellowship director of the Stanford Emergency Medicine Physician Wellness, and co-chair of the Stanford WellMD's Physician Wellness Forum.



His work focuses on humanizing physician roles as individuals and teams through the harnessing of our individual human potential in the context of high-performance teams. Currently, Dr. Alvarez is one of the 2021-2022 Faculty Fellows at the Stanford Byers Center for Biodesign.

**James R. Doty, M.D.** is an adjunct professor of neurosurgery and the founder and director of the Center for Compassion and Altruism Research and Education (CCARE) at Stanford University of which His Holiness the Dalai Lama is the founding benefactor.



He works with a variety of scientists from a number of disciplines examining the neural bases for compassion and altruism. He is also an adjunct professor in the Department of Neurosurgery at Stanford University School of Medicine.

He is the Senior Editor of the Oxford Handbook of Compassion Science and is the author of the New York Times bestseller, "Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart," that has now been translated into 40 languages.

**Dr. Jack Groppel**, sport scientist, educator, author, entrepreneur, consultant and coach, is currently a professor at Judson University with a joint appointment in both Exercise & Sport Science and Business. He most recently served as the co-founder of the Johnson & Johnson Human Performance Institute.



As an internationally recognized authority and pioneer in the science of human performance, Dr Groppel also serves on the board of directors of HERO (Health Enhancement Research Organization).

He is also a fellow in the American College of Sports Medicine and a fellow in the American College of Nutrition. He served for 16 years as founding chairman of the U.S. Tennis Association National Sport Science Committee.

**Dr. David Hunnicutt** is the former 20-year CEO of WELCOA and now the principal of David Hunnicutt, Int'l leadership training and consulting company whose mission is to help leaders shine.



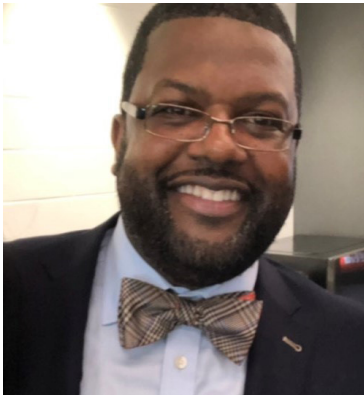
With a reputation for being a simplifier and a sense-maker, Dr. Hunnicutt has the proven ability to take difficult and complicated health and business concepts and make them understandable, useful and impactful.

An exceptional communicator, David has been invited to share his perspectives and approaches with some of the best organizations in the U.S. Over the last two decades, he has delivered more than 600 national and international keynote addresses.

**Maryam Makowski, Ph.D., FACN, NBC-HWC** is a clinical assistant professor in the Department of Psychiatry and Behavioral Sciences, the Associate Director of Scholarship and Health Promotion at the WellMD & WellPhD Center and a BeWell Coach at Stanford. Dr. Makowski is a clinical nutrition scientist and physician wellness scholar and has over five years of experience leading initiatives that promote well-being and a culture of wellness among Stanford Medicine physicians. She completed her masters and doctoral studies in clinical nutrition, nutritional epidemiology and medical science at the University of Toronto in Canada. She has authored many highly cited scientific papers on nutrition and clinician well-being.



**Kevin Moody** is the Associate Dean for Human Resources, Facilities, Planning & Management.



He leads all strategic and operational aspects of the staff human resources function for the School of Medicine. He also works closely with the Dean and Stanford Medicine leadership to address newfound issues created by COVID-19 that impact the workforce, capital projects, emergency preparedness planning and other areas of critical importance to the enterprise.

Kevin's prior experience includes tenures at other private academic institutions, including Harvard University and Emory University.

Before embarking on his 20+ year career in academia, he served in the United States Marine Corps as an air traffic control officer until his

end of active duty in 2001.

**Dr. Noémie Le Pertel** serves as a senior fellow and founding chair for the Economics of



Wellbeing and Global Human Flourishing working group at the Human Flourishing Program CoP housed at Harvard University's Institute for Quantitative Social Science. Dr. Le Pertel is an internationally renowned expert, keynote speaker, consultant, thought leader and executive resilience coach specializing in sustainability and human flourishing for global institutions. She is founding curator for the Global Shapers NYC Hub, an initiative of the World Economic Forum designed to empower young leaders to drive positive change at a local

**Patty de Vries** graduated from Stanford in 1989 with a bachelor's degree in psychology after receiving a full-athletic scholarship. While at Stanford, she was a nine-time NCAA All-American in shot put and discus, won the 1989 women's Olympic-style weightlifting championships in her weight class and competed at the 1988 Olympic Trials in the discus.



In 1995, she founded TimeOut Services, which earned \$5 million in yearly revenue by 2008 and employed over 100 team members. Patty and her team were instrumental in designing the original wellness programs for Google, Cisco, Yahoo!, Safeway and KLA-Tencor.

In 2009, Patty sold TimeOut's corporate wellness division and trademarked Community BootCamp program to Plus One of New York (now part of Optum). Patty's awards include: The Key to the City of Grand Forks, North Dakota; Business Journal's Top Women in Business, the Top 50 Influential Women of Silicon Valley and a Wellness Council of America (WELCOA) Top 100 wellness professionals.

**Ryan Wolf** is a wellbeing consultant for Gallup clients and its associates. He leads Gallup, health and wellbeing strategies through partnerships with its research team, benefits department, and external medical and wellness partners. His solutions and initiatives serve Gallup clients, associates and family members. He is an author and speaker, presenting research and tactical advice to enhance wellbeing within organizations and the public.



Ryan earned a bachelor's degree in exercise science from the University of Nebraska-Lincoln, a master's degree in business administration from Nebraska Methodist College, and is currently pursuing a doctorate degree at Nebraska Methodist College.