

A Call to Compassion: December 6-10

Virtual on Zoom

Speaker biographies

Al'ai Alvarez, M.D. is a national leader and educator on wellness and diversity, equity and inclusion. He is a clinical assistant professor and director of well-being at Stanford Emergency Medicine. He co-leads the human potential team and serves as the fellowship director of Stanford Emergency Medicine Physician Wellness. He co-chairs the Stanford WellMD 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. This includes optimizing the interdependence between process improvement (quality and clinical operations), recruitment (diversity) and well-being (inclusion).

Julie Collier is a psychologist and a clinical assistant professor in the Stanford School of Medicine. For much of her 30 years at Stanford Lucile Packard Children's Hospital, she has worked with patients and families coping with chronic and life-threatening illness. She also co-chaired the hospital ethics committee for 20 years.



Through her own clinical work, and her work on the ethics committee, she came to fully appreciate the extraordinary challenges for clinicians caring for medically complex children and their families and transitioned to focusing full-time on developing resilience and well-being initiatives for staff and providers.

She currently directs the Stanford Children's Health Office for Professional Fulfillment and Resilience.

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.

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.



He works with a variety of scientists from a number of disciplines examining the neural bases for compassion and altruism. Through CCARE, Dr. Doty has overseen the development of a variety of techniques, apps and programs to address issues of stress, anxiety and burnout.

He is an author, inventor, entrepreneur and philanthropist having written the New York Times bestseller "Into the Magic Shop" and is the senior editor of Oxford Handbook of Compassion Science.

Robert A. Emmons, Ph.D. is professor emeritus of psychology at the University of California, Davis. Author of over 250 original publications in peer reviewed journals or chapters, he has written or edited eight books, including "Thanks! How Practicing Gratitude Can Make You Happier," "Gratitude Works! A Twenty-One Day Program for Creating Emotional Prosperity" and "The Little Book of Gratitude."



A leader in the positive psychology movement, Emmons is founding editor and editor-in-chief of The Journal of Positive Psychology.

His research focuses on the psychology of gratitude and joy as they relate to human flourishing and well-being.

Andy Helgesen is the resilience education program manager for the Office of Professional Fulfillment and Resilience at Stanford Children's Health.



His clinical background includes six years as a registered nurse in the pediatric intensive care unit and four years as a pediatric intensive care unit nurse educator. He is a HeartMath trainer, a Caritas Coach and a Certified Compassion Cultivation Teacher.

Andy's current role at Stanford Children's Health includes providing a wide range of support for hospital staff, including one-on-one coaching, group debriefings and facilitating trainings that teach self-regulation and aim to reduce burnout.

Andy's approach is embodied and grounded in his personal experiences of burnout, which motivate him to consistently practice what he teaches.

Dr. Meag-gan O'Reilly (she/her) is a staff psychologist at Stanford University's Counseling and Psychological Services (CAPS) and adjunct faculty in the Stanford School of Medicine. At CAPS she serves as the program coordinator for outreach, equity and inclusion.



Outside of Stanford, Dr. O'Reilly is the co-founder and CEO of Inherent Value Psychology INC., her private practice that provides diversity, equity and inclusion consulting, workshops and international speaking engagements for companies, including Google, LYRA Health and The United Negro College Fund's STEM Scholar Program.

Her TEDx talk "Enough is Enough: The Power of Your Inherent Value" can be seen on YouTube and is a helpful reminder of unconditional self-worth and that our lives matter to the world.

Gisso M. Oreo, MSN, RN, NPD-BC, NEA-BC, Caritas Coach © is a nurse manager at The Center for Education and Professional Development (CEPD) at Stanford Health Care in Palo Alto, California.



Her career spans 29 years working the spectrum of nursing, including new graduate, charge, preceptor, unit educator, assistant patient care Mmanager, interim patient care manager, and nursing professional development specialist.

Here current focus is as the nurse manager at CEPD overseeing all programs related to professional development and caring science integration with all programs in alignment with the organization's strategic initiatives.

Emma Seppälä, Ph.D. is a lecturer at the Yale School of Management and faculty director of the Yale School of Management's Women's Leadership Program.



An international keynote speaker and author, her book “The Happiness Track” (HarperOne, 2016) has been translated into dozens of languages. She is also the science director of Stanford University's Center for Compassion and Altruism Research and Education.

Seppälä's expertise is positive leadership, emotional intelligence, positive psychology and social connection. Her research has been published in top academic journals and featured in major news outlets like The New York Times, The Washington Post, NPR and CBS News. Seppälä speaks and consults internationally for Fortune 500 companies.

Monica C. Worline, Ph.D. is one of the leading voices bringing compassion into work organizations, having co-authored the foundational book “Awakening Compassion at Work: The Quiet Power That Elevates People and Organizations.”



Monica is the faculty director for Engaged Learning and Innovation at the Center for Positive Organizations, University of Michigan and a collaborating research scientist at Stanford's Center for Compassion and Altruism Research.

Her work is dedicated to partnerships with thought leaders in the field to help organizations tap into courageous thinking, compassionate leadership and the curiosity to bring their best work to life.