

Grace Helms Kotre, MSW

Social Justice Educator

Certified Mindfulness Instructor

Founder, Power to Be, LLC

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EDUCATION

- University of Michigan, School of Social Work* Ann Arbor, MI, Sept. 2006 – Dec. 2007
MSW, Concentration on Community Organization and Communities and Social Systems, Management minor; Awards include: SSW Merit Scholarship 2006-2007, 2007-2008; Michigan Leadership Award Honorable Mention for Outstanding Student Leader; Ginsberg Center Award for Service and Social Action
- University of Wisconsin-Madison* Madison, WI, Sept. 2001 – Dec. 2004
B.S., Human Development and Family Studies – Child Development Option
GPA: 3.99/4.0; Awards include: Dean's List 2001-2003; Dean's High Honors 2003; Gladys Emmerson Cook Scholarship 2003 (academic and service recognition)
- Mindful Schools* Online & Garrison, NY, Oct. 2014 – Oct. 2017
300-Hour Mindful Teacher Certification, completed Oct. 2016; Mindfulness Fundamentals, Mindful Educator Essentials, Mindful Communication, Mindful Parenting completed 2014-2017

WORK EXPERIENCE

- Power to Be, LLC* Ann Arbor, MI and various locations, March 2016 – Present
Founder & Owner: provide equity-focused mindfulness instruction to adults and youth through ongoing classes, one-time workshops, classroom instruction, and professional development trainings, including:
- *Oakland Co. Effective Practices Conference* – equity & SEL workshop for educators (June 2019)
 - *Crim Fitness Foundation* – mindfulness-based equity workshop for staff (June 2019)
 - *Upper Peninsula Children's Coalition* – keynote speaker for annual conference (May 2019)
 - *Preferred Title Agency* – 12-week mindfulness-based equity class for staff (Feb-May 2019)
 - *Ann Arbor Community Rec & Ed* – classes and family workshops (June 2016-Present)
 - *Lawton Elementary School* – weekly instruction for staff & students (Nov. 2018-Apr. 2019)
 - *Coalition of Schools Educating Mindfully Conference* – presenter: "Mindful of Bias" (Feb. 2019)
 - *Washtenaw Community College* – 3-part series for full-time faculty (Nov. 2018-Feb. 2019)
 - *Preschool Mindfulness Summit* – international summit speaker (Jan. 2018, Jan. 2019)
 - *Peace Neighborhood Center* – instruction for grades 2-8, staff trainings (Jan. 2015-Dec. 2018)
 - *Eastern MI University* – introductory workshop for education students (Nov. 2018)
 - *Clara B. Ford Academy* – 2-part trauma-sensitive workshop for faculty and staff (Aug. 2018)
 - *Mindful Schools* – week-long "Thought Leader" on mindfulness and bias (Aug. 2018)
 - *Honey Creek Community School* – classroom instruction for grades K-8 (Jan. 2016-June 2018)
 - *IBM Watson Health* – introductory workshop for employees (May 2018)
 - *Washtenaw Community College* – student workshops at WCC Wellness Fair (Apr. 2018)
 - *Eastern MI University* – "Mindfulness for Activists" workshop (Mar. 2018)
 - *UM Health System Children's Center* – professional development for 50 staff (Feb. 2018)
 - *Detroit Leadership Academy* – 8-week classes for grades 1-5 (Nov. 2017-Feb. 2018)
 - *Eastern MI University* – professional development for 50 educators (Nov. 2017, Jan. 2018)
 - *St. Joseph Mercy Hospital* – half-day workshop for 35 administrative staff (Oct. 2017)
 - *Mindfulness for Millennials* – podcast interviewee (Sept. 2017)
 - *Washtenaw Co. Head Start Conference* – presentation for 30 educators (Aug. 2017)

Awaken App: Meditations for Social Justice

Remote, Sept. 2018 – Present

Consultant: support outreach and communications, content development, usability studies, and strategic planning for mindfulness social business startup.

Interfaith Council for Peace and Justice (ICPJ)

Ann Arbor, MI, Jan. 2008 – Nov. 2013

Outreach Coordinator (2013), **Program Coordinator** (2008-2012); **Co-Director** (2010):

- Development: managed fundraising plan, direct mail appeals, major donor cultivation, donation tracking and data records, implementation of new fundraising system; organized all special events; provided trainings to support Board of Directors' fundraising efforts.
- Member Outreach: led efforts on member recruitment and retention; managed membership database (Salesforce CRM); conducted regular informational meetings for public audiences.
- Management & Leadership: supervised MSW and undergraduate interns; conducted student assessments; trained and supported grassroots volunteers in program and administrative roles; directed Fundraising and Membership Committees; collaborated with staff on strategic planning and organizational development efforts.
- Program Facilitation: coordinated programs on Racial & Economic Justice, Hunger, Latin America, and Middle East peace; managed project budgets; facilitated meetings; established meeting schedules; organized events and campaigns; conducted annual program evaluations.
- Communication: designed promotional materials; contributed to website and print newsletter; represented ICPJ at community events; worked closely with Board of Directors to facilitate decision-making.
- Community Outreach: led Congregational Outreach Committee to develop and maintain relationships with local religious and spiritual organizations; fostered new and continuing partnerships with diverse local and national social justice organizations.

SERVE, Ginsberg Center, University of Michigan

Ann Arbor, MI, Sept. 2006 – Dec. 2007

MSW Intern: co-chaired planning committee to organize day-long service event for new students; advised diverse undergraduate Issues Education and Awareness Team to promote campus-wide social justice education; mentored students in one-on-one meetings; researched social justice issues for student education; compiled assessment of social justice action within student community.

City Year Chicago, AmeriCorps

Chicago, IL, Sept. 2005 – June 2006

Corps Member: provided one-on-one tutoring and led service-oriented after-school program at Chicago Public School; organized community service events in Chicago neighborhoods; selected to serve as Executive Director on committee to plan and implement Spring Break Camp for Chicago Public School students.

VOLUNTEER & COMMUNITY LEADERSHIP EXPERIENCE _____

Social Welfare Action Alliance (U of M School of Social Work)

Ann Arbor, MI, Sept. 2006 – Dec. 2007

Co-Chair: planned and organized social justice-related events for social work students (i.e. opposition to affirmative action ban, voter registration drive); supported student trip to Washington, D.C. for Civil Rights March; planned and implemented *Got Privilege?* events in the School of Social Work; organized, raised funds, and led student trip to Unites States Social Forum 2007 in Atlanta, GA; organized anti-racism campaign in support of “Jena 6.”

Program on Intergroup Relations (U of M)

Ann Arbor, MI, Jan. 2007 – Dec. 2007

Trained Dialogue Facilitator: facilitated *Common Ground* workshops for University students, staff, and faculty to explore social justice issues through dialogue.

TRAININGS AND OTHER SKILLS _____

Proficient in Microsoft Word, Excel, Publisher, Power Point, and Salesforce CRM; skilled in A/V equipment use; trained in non-violent communication.