
MNYCCPOA Spring 2020 Virtual Meeting

Via Zoom

Date: Friday, April 17, 2020

Time: 12:00 pm - 1:00 pm



AGENDA

12:00 pm	Welcome
12:05 pm	Working Remotely and your Mental Health with Dr. Kristina Hallett
12:20 pm	Serving Students in a Virtual Environment with Bless Vaidian from SEO
12:35 pm	Q & A
12:55 pm	Wrap - Up
1:00 pm	Conclusion of Virtual Meeting

BIOGRAPHIES OF SPEAKER

GUEST SPEAKERS:

Kristina Hallett, PhD, ABPP Board Certified In Clinical Psychology and Executive Coach

Kristina Hallett, PhD, ABPP

Live Stress-Smart
Through Radical Self-Care



Dr. Kristina Hallett is a board certified specialist in clinical psychology and a Fellow of the American Academy of Clinical Psychology. She is currently an Associate Professor in Graduate Psychology and the Director of Clinical Training at Bay Path University.

She has a private practice in Suffield, Connecticut. Dr. Hallett has over 25 years of experience providing psychotherapy, consultation, and supervision to medical and mental health professionals in addressing relationship and major life issues with a specialty in complex trauma and dissociative disorders.

In addition to psychotherapy, Dr. Hallett provides Executive Coaching - the fast track to leadership, confidence and work-life synergy. Her specialty is assisting driven professionals and entrepreneurs to become stress-smart by harnessing the positive power of stress to increase resilience, productivity, and well-being.

She is the author of the international best-sellers *Own Best Friend: Eight Steps to a Life of Purpose, Passion, and Ease* and *BE AWESOME! Banish Burnout: Create Motivation from the Inside Out*. Dr. Hallett recently released a co-authored workbook, *Trauma Treatment Toolbox for Teens*.

She received her Ph.D. in Clinical Psychology from the University of Massachusetts at Amherst. She has been the Director of the Brightside Counseling Associates, Director of Children's Services at Providence Behavioral Health Hospital, Director of Mental Health Services at Osborn Correctional Institution and Director of Internship Training for the Connecticut Department of Mental Health and Addiction Services at River Valley Services.

Bless Vaidian, SEO (Sponsors for Educational Opportunity), Advisor



Bless Vaidian currently manages the Success 'Corporate Track' for SEO Career. For the last six months she has been working with underrepresented college students from all across the country in a virtual office setting. She is the founder of Career Transitions Guide, and former Director of Career Services with 12+ years of service at Pace University.

Over the years she has held various roles such as coaching students and alumni, managing mentor programs, developing jobs and internships, facilitating placements, overseeing staff, teaching courses, social media marketing, blogging and chasing data.

She has restructured and led teams, introduced new technologies, built a modern career center, created processes to manage placement execution and data collection, developed and managed employer relationships, as well as large scale events such as fairs - info sessions - campus recruiting. Bless double majored in Psychology and Communications at the University of Albany, and received her Master of Science from Columbia University. She is a mother of three, loves to hike, and try new foods from around the world. Feel free to reach out to her on LinkedIn.

MODERATED BY:

Mariela Torres, MNYCCPOA, First Vice President & Columbia University, Assistant Director of Industry Relations for the Career Design Lab



Mariela Torres is the Assistant Director of Industry Relations at Columbia University's School of Professional Studies (SPS) Career Design Lab (CDL) since May 2019. She works primarily with students in the Enterprise Risk Management program. Mariela is an experienced professional with over 24 years of experience in Career Counseling and business. Mariela has experience managing small to large Career Services Centers that provide comprehensive career and internship services to college students and alumni. She has held Director level positions at The College of New Rochelle, Berkeley College, and LIM College. She is also a certified Myers Briggs (MBTI) Practitioner. Mariela is very passionate about student success and has

provided career coaching for students and alumni, advised student clubs, and taught undergraduate and graduate-level career preparatory courses. Mariela has worked for organizations such as Avon Products, Perry Ellis, and Macy's Merchandising Group. She has been actively involved in MNYCCPOA since 2015 and has held the 2nd Vice President and Treasurer roles and will be 1st Vice President until 2021. Mariela holds a Master of Science degree in Career Development from the College of New Rochelle and a Bachelor of Professional Studies from LIM College in Fashion Merchandising She is married and has one son and one daughter. Her 9 year-old son with special needs has taught Mariela to be resilient in times of adversity.

Vicki Wells, MNYCCPOA, Director of Programs & St. John's University, School of Risk Management, Assistant Director of the Ellen Throter Center for Career Services



Vicki Wells, MNYCCPOA Director of Programs, is the Assistant Director of the Ellen Throter Center for Career Services at St. John's University, School of Risk Management. She has 20 years' experience working in higher education ranging from mental health counseling, academic advisement, human resources and career services. Prior to working at St. John's University, she worked at Teachers College Career Services as the Associate Director of Employer Relations; Pace University as Employee Relations Manager in Human Resources, Assistant Director of Cooperative Education, Mental Health Counseling Extern and Kingsborough Community College as a New Start Program Academic Advisor. Vicki has been involved with MNYCCPOA since 2001. Her contributions include serving on the Membership Committee for three years, Treasurer for two years and now serves as the Director of Programs. She earned a Master of Science in Education in Psychological Counseling and Personnel Services from Fordham University and a Bachelor of Fine Arts in Dance from the University of Missouri-Kansas City. In her spare time, she enjoys spending quality time with her husband, baby boy as well as her two cats.