



## Dorri C. Scott, MSW, Exec. MBA, Director of Education

Dorri is a 20 year Northern Virginia transplant and proud “Jersey Girl” who grew up 5 miles from New York City, NY. The mother of two young adults, she is the owner of a “thinks he is large and in charge” Lhasa Opa” named “Fango.”

A lover of community, the arts, poetry, museums and world travel she has visited 38 countries and 44 states. Passionate about mental health wellness, she is also a social justice advocate and international speaker.

She loves to read; *any book will do*, listening to music, journals daily and is the author of 3 books including one best seller and Founder of the “I AM” book series for women and children with disabilities. She can often be found volunteering in a community based organization serving for the greater good. She especially enjoys teaching – board room to the classroom; gender, race matters, culture and leadership.

Dorri works collaboratively with adults, parents, families, small groups and faith based organizations to address life’s stressors including; anxiety, grief, PTSD, parenting/familial issues, diversity and inclusiveness. Her high value goals; to educate, empower, advocate and support to build healthier families, equity amongst races and stronger communities for optimum mental health wellness. Using behavior and family systems theory, the strengths based model, coach-parent approach © and open communication she counsels and educates groups and individual clients with kindness, theory, mindfulness and STORYtelling.

A social justice advocate, she facilitates and teaches cultural diversity, equity, inclusiveness and helps to support families LGBTQ clients, parents and women in a changing race matters world. She is a certified family mediator-parent coach and college professor, for 10 years she taught various social sciences, business and social work courses, including sociology, culture, leadership, social problems, policy, ethics and marriage and the family. She is the founding publisher and also served as the managing editor of a regional education magazine. A columnist, she manages a weekly blog, has published over 100 education articles, continues to raise her voice on women’s issues, mental health wellness and speaks internationally.

Dorri completed her undergraduate degree in Political Science at the College of New Jersey. She earned a Masters in Clinical Social Work from the University Kansas (KS) and is a graduate of the Harvard Business School – Executive Education in University in Boston, MA.

She is currently completing VA licensure social work requirements and pursuing a Doctorate in Social Work Policy and Leadership with an emphasis on mental health, race and its impact on communities at large.



## **Gina Rollo White, M.A.**

Gina is the founder and CEO of Mindful Junkie, a not-for-profit organization helping First Responders mindfully navigate the chaos of work and life. Gina has over 15 years of experience as a mind-body teacher, educator, and author.

She has a Masters degree in Mindfulness Studies. Her graduate thesis was Mindfulness and Law Enforcement, An Effective Approach to Implementing Mindfulness for First Responders.

Gina has spent the last six years developing trauma sensitive mindfulness trainings, programs and workshops tailored for law enforcement, fire, EMS, medical, and other trauma sensitive communities. She has delivered these trainings across the country to members of 100s of agency's.

She authored a Justice Department approved Criminal Justice Mindfulness Training Curriculum, which forms the backbone of her first responder mindfulness training programs – Tactical Brain Training<sup>®</sup> - Mindfulness for First Responders. Most recently, she launched a new app, A First Responder Mindfulness Journey, that pairs with her training program.



## **Emily Newman, Health and Nutrition Coach & Personal Trainer**

I have been passionate about nutrition, health, and fitness since as far back as 12 years old. From my days of running track in high school, to being crazy for aerobics at Spa Lady, to my passion for weight lifting today. I have been an ACE certified personal trainer since 2001. My style of training is specific to the clients needs, yet I specialize in physical transformation, with a focus on fat loss, and workouts focused on building muscle. I incorporate everything from building good form and posture, to core strength and flexibility. By fusing together different training modalities, I help my client's achieve their personal goals. I consistently encourage my clients to achieve their personal best in a way that fits their lifestyle. I also accept no less from myself competing in bodybuilding as a bikini competitor since 2012, and in 2016 earning my

Masters Bikini Pro Card, as well as my continuous quest for knowledge through physical, mental, and spiritual growth.

Throughout the years, I have learned fitness is only one piece of the equation. Being motivated towards a deeper success for my clients, I received my education at the Institute for Integrative Nutrition in New York City in 2007. I am a certified Health and Nutrition Coach through Integrative Nutrition and Columbia University. I am board certified through the American Association of Drugless Practitioners (AADP) and received a certificate in Medicinal Herbology from Tulsi Holistic Living, as well as having a BFA from Rochester Institute of Technology. In 2013 I was certified as a Metabolic Effect Hormonal Fat Loss Coach as well. I pride myself on taking an individualistic approach, knowing no one diet or workout routine works for everyone. I guide my clients to find the food and lifestyle choices that best support them through gradual lifelong changes, enabling clients to reach their current and future fat loss, health, and fitness goals.

**Credentials:**

\*American Council on Exercise (ACE) Certified Master Personal Trainer

\*Certified in PHI Mat Pilates Instructor

\*Certified TRX Suspension System Instructor

\*Certified HKC Hardstyle Kettlebell Instructor

\*Certified Health and Nutrition Coach through The Institute of Integrative Nutrition and Columbia University

\*Board Certified Holistic Health Practitioner through the American Association of Drugless Practitioners

\*Certificate in Medicinal Herbology from Tulsi Holistic Living

\*Certified Metabolic Effect Hormonal Fat Loss Coach

\*Bachelor of Fine Arts from Rochester Institute of Technology