



# Megan Mazzocco

CONSCIOUSNESS EXPANSION OFFICER  
RYT200, WELL AP, BE WELL LEAD WELL

## BIO

My work links individual wellbeing to overarching sustainability goals and demonstrates design's impact on collective health outcomes. I have 20 years' experience in the fashion, paper and A+D industry focusing on sustainable systems and wellbeing. I founded Wellbeing X Design to help design professionals to sustain creativity-on-demand with neuroscience-backed micro practices. I also serve as Sustainability & Wellbeing Director at SPRING Architecture in Westport, Conn. In addition to CEUs, consulting, and media projects, I founded **WELL**being X Design Vitality Circle to empower an online global community to hold boundaries around the foundations of health.

## SPEAKING CLIPS

[Biophilic Hub Wellbeing Symposium](#)

[Kitchen & Bath Industry Show 2023](#)

[Design Chicago 2022](#)

[Architecting](#)

[The Trend Report](#)

[Architects as Healers: Buildings as Medicine](#)

[NeoCon NeoConnect](#)

[yogaXdesign](#)

[AIA Aspire](#)

[Design Chicago at Luxe Home](#)

## CONTINUING EDUCATION

### Original Workshops + Masterclasses

Life Visioning Workshop

A+D Toolkit for Daily Creative Renewal

Sleep X Design: Designing for Optimal Sleep

Architecture

Exposome vs. Genome: Understanding the Built

Environment's Effects on Health Outcomes

Cities as A Blue Zone: Design for Positive Collective

Health Outcomes

Sleep and the City: Circadian Health vs. the 24/7 City

## ACADEMIC HISTORY

### ILLINOIS WESLEYAN UNIVERSITY

*Bachelor of Arts, Cum Laude 1999*

International Studies + Spanish

### HARPER COLLEGE

Interior Design Coursework

### CHICAGO YOGA CENTER

Certified Hatha, Iyengar, Ashtanga RYT200 2017

### FLOW CONSCIOUSNESS INSTITUTE

Flow Mastery Level I + II 2020, 2021

### INTERNATIONAL WELL BUILDING INSTITUTE

WELL Accredited Professional 2021

### YALE

*Certificate August 2022*

The Science of Wellbeing

### BE WELL LEAD WELL

*Certificate October 2023*

Be Well Lead Well Pulse Certified Coach

### MODERN ELDER ACADEMY

*Certificate October 2023*

The Magic of Cross-Generational Learning



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## TESTIMONIAL

Megan stokes new thoughts on the importance of sleep and creativity. I have watched Megan translate neuroscience and wellbeing into accessible, actionable insights for her audiences. Megan reaches participants by presenting scientific caliber research on the foundations of health, the neuroscience of sleep and how they support creativity. Her accessible and engaging instruction is anchored in movement and the five senses, a novel format that appeals to a designer’s sensibility. Through her Toolkit for Daily Creative Renewal and Sleep by Design presentations, Megan has begun to affect a mindshift in the design industry. Attendees are captivated by the interesting, fast-moving, interactive presentation woven with hard truths and activism, and softened by occasional humor. Megan’s thoroughly researched and organized facts, proof, theories and numbers appeal to the evidence-based architect and CEO, while creative minds are captivated by instruction that encourages the integration of applied knowledge to create professional environments that inspire harmony of mind, body and soul. I left Megan’s presentations feeling inspired and empowered with the knowledge to boost my wellbeing and support my creative processes. --Veronika Miller, CEO + Founder Modenus Media | Designhounds | Design Uncut

## CONTINUING EDUCATION

### Original 4-8 Week Courses

- [Youthful by Design: Eight Weeks to Reverse Bio-Age](#)
- [The Sleep System: 28 Days to Better Sleep](#)

## COMMUNITY OUTREACH

- [WELLbeing X Design: Global Vitality Circle](#)
- [Architects as Healers: Buildings as Medicine](#)
- [The Philosopher’s Stone Apothecary Healing Circle](#)

## BOOK

The Sleep System: 28 Days to Better Sleep - a pragmatic guide to designing the sleep you love

## WEBSITES

- [TheSleepSystem.fit](#) - 2023
- [adwellnesstoolkit.com](#)
- [yogaXdesign.com](#)

## CLIENT LIST

- Wood-Mode Cabinetry
- GE Monogram Appliances
- Sherwin-Williams
- Modenus Media
- Novitá PR NYC
- ELA Soccer
- Advocate Healthcare

## REFERENCES

Marina Kobiashvili  
Associate Director, Transformation,  
Corporate Strategy  
Astellas Pharmaceutical  
[Marina.kobiashvili@gmail.com](mailto:Marina.kobiashvili@gmail.com)

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## GET IN TOUCH

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## SELF SYNOPSIS

I am an author, speaker & design professional working at the intersection of place & wellbeing. As a certified yoga instructor and WELL AP--the professional wellness designation in the architecture and design industry, and a Be Well Lead Well-Certified Guide, I link individual wellbeing to overarching sustainability goals. I teach sleep, movement and mindset to design professionals to sustain creativity-on-demand & avoid burnout.

My interactive workshops have been well received by brands like Sherwin-Williams, Monogram Appliances, KBIS, AIA Aspire, NeoCon & Wood-Mode. The neuroscience-backed micro practices I share help participants feel grounded, connected and safe. They facilitate what I call "harmonious engagement," which sets the stage for creativity, innovation, and the infinite possibilities for success.

I am inspired by the work of Krista Tippett, Ayse Birsel and Francis Hesselbein. Tippett for her ease and reciprocity in discourse with the most brilliant minds; Birsel for her playful design thinking process; and finally Hesselbein, for reframing leadership as a way of being. Hesselbein called for leaders "who are healers and unifiers." She favored circles in lieu of hierarchy as a way to facilitate collaboration. I form circles around myself as the highest expression of leading with LOVE: Look Outside to Voices of Everyone. My circles look like WELLbeing X Design Global Vitality Circle, a Power of Eight Healing Circle, a broadcast called Architects as Healers: Buildings as Medicine; and the Regenerative Cooking and Movement Circles from my 8-week course, youthful X design.

Circles precipitate psychological safety; especially when a facilitator shares vulnerably. Circles also enable full body listening—the ability to read reactions, body language, facial expressions, and, most importantly, to hear what is being left unsaid. I embrace confusion and cognitive dissonance as opportunities to elaborate, clarify or pivot. A forum of authentic relating also informs my 1:1 coaching. It reveals limiting beliefs that can be transformed within the BETDAR model of consciousness (Beliefs, Emotions, Thoughts, Decisions, Results) in order to liberate latent talents. When clients notice evidence they have transcended former [illusions of] limitations, it illuminates self-awareness and reinforces behavioral change.

Even in uncertain times of post-traumatic growth, applying BETDAR alongside a growth mindset makes a profound impact on group flow. It instills trust in oneself and as a leader of others, and guides open communication that meets people where they are—what I call "radical hospitality." Part of cultivating trust with radical hospitality is by being what I call an expert "questionator." Asking thoughtful questions is an effective and diplomatic tool to help my clients articulate their needs and challenges, and stay aligned with their highest outcome. My highest outcome is the positive transformation of society through best practices in continuing education, leadership development and transformational wellbeing.

Megan A. Mazzocco, WELL AP

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