



Megan Mazzocco

CONSCIOUSNESS EXPANSION OFFICER
CERTIFIED COACH, BEWELL LEADWELL, AP

BIO

Megan's work links individual wellbeing to overarching organizational goals. She has 20 years' experience in the fashion, paper and A+D industry focusing on sustainable systems and wellbeing. She is a Certified Coach, Certified Health Coach, WELL AP & Faculty, a Be Well Lead Well Certified Guide, and holds a certificate in the Yale Science of Wellbeing. She is a two-time Graduate of Modern Elder Academy for Intergenerational Learning and Wisdom, and The Power of Deep Rest. She founded Wellbeing X Design to empower professionals to design their lives and work within their parameters to thrive. She consults as Sustainability & Wellbeing Director at SPRING Architecture in Westport, Conn. In addition to CEUs, consulting, and media projects, she founded **WELL**beings X Design Vitality Circle to empower an online global community to hold boundaries around the foundations of health.

SPEAKING

[Biophilic Hub Wellbeing Symposium](#)

[Kitchen & Bath Industry Show 2023](#)

[Architecting](#)

[The Trend Report](#)

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

[NeoCon NeoConnect](#)

[yogaXdesign](#)

[AIA Aspire](#)

[Design Chicago at Luxe Home](#)

[WELL Recharge Long Beach 2024](#)

[Smart City Expo Miami 2022 2023 2024](#)

CONTINUING EDUCATION

Original Workshops + Masterclasses

Sleep and the City: Connecting Rest + Relationships

Clarity X Design

Creativity X Design

Sleep X Design

Reset X Design

Exposome X Design: Understanding the Built

Environment's Effects on Health Outcomes

Cities X Design: Urban Blue Zones

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 I + II 2020, 2021

INTERNATIONAL WELL BUILDING INSTITUTE

WELL Accredited Professional + Faculty 2021-2025

YALE

Certificate August 2022

The Science of Wellbeing

BE WELL LEAD WELL

Certificate October 2023

Be Well Lead Well Pulse Certified Guide

MODERN ELDER ACADEMY

Certificate October 2023, February 2024

The Power of Deep Rest

The Magic of Cross-Generational Learning

LIFE PURPOSE INSTITUTE

Certificates December 2024

Certified Coach, Certified Health Coach



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CLC, WELL FACULTY, BEWELL LEADWELL

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 Creativity X Design and Sleep X 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 Hr Courses

[Youthful X Design: Eight Weeks to Reverse Bio-Age](#)
[The Sleep System Sleep Reset: 28 Days to Better Sleep](#)
[Reset X Design: Befriending the Nervous System](#)

BOOK

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

WEBSITES

adwellnesstoolkit.com
wellbeingXdesign.com

APPEARANCES

Wood-Mode Cabinetry
Monogram Appliances
Sherwin-Williams
Modenus Media
International WELL Building Institute
ELA Soccer
Advocate Healthcare

COMMUNITY OUTREACH

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

REFERENCES

Marina Kobiashvili
Assoc. Director Business Transformation
Corporate Strategy

Veronika Miller, CEO + Founder Modenus
Media | Designhounds | Design Uncut
veronika@modenus.com
407.376.4192

GET IN TOUCH

Megan A. Mazzocco, WELL AP+Faculty, RYT200,
Be Well Lead Well Certified Guide
Consciousness Expansion Officer | Dir
Sustainability + Wellbeing SPRING Architecture
847.530.6353 | megan@wellbeingsXdesign.com



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CONSCIOUSNESS EXPANSION OFFICER
RYT200, REIKI WELL AP, BEWELL LEADWELL

SELF SYNOPSIS

I am an author, professional speaker & transformational coach working at the intersection of place & wellbeing. As a WELL AP+Faculty--the professional wellness certification in the architecture and design industry, and a Be Well Lead Well Pulse-Certified Guide, my work illustrates how wellbeing directly relates to organizational thriving.

My interactive workshops have been well received by brands like Sherwin-Williams, Monogram Appliances, the Kitchen and Bath Industry, the American Institute of Architects, NeoCon & Wood-Mode. The neuroscience-backed micro practices I share help participants feel grounded, connected and safe. This facilitates trust, harmonious engagement and the ability to show up authentically, 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 believe circles are the highest expression of leading with LOVE: Look Outside to Voices of Everyone. My circles look like Global Vitality Circle, Power of Eight Healing Circle, a broadcast called Architects as Healers, 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 informs my 1:1 coaching. It reveals limiting beliefs that can be cleared within the BETDAR model of consciousness (Beliefs, Emotions, Thoughts, Decisions, Results) in order to liberate latent talents. When clients notice evidence (R-Results) they have transcended former [illusions of] limitations, it reinforces self-awareness and promotes 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. 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 facilitation, leadership development and executive coaching transformations.

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Consciousness Expansion Officer | Dir Sustainability + Wellbeing SPRING
Architecture | 847.530.6353 | megan@wellbeingsXdesign.com