

# ASPR TRACIE Speaker Series

## Brief Speaker Biographies

### COVID-19 Healthcare Professional Stress and Resilience Speaker Series

#### **Gabriel Paoletti, EdD, MAPP**

Dr. Paoletti graduated from Saint Joseph's University with a double major in economics and philosophy, graduating first in his class in each respective major. He received his Master of Applied Positive Psychology at the University of Pennsylvania and received his Doctor of Education in Leadership at Creighton University. Dr. Paoletti's primary career focus is on how to help individuals internalize and apply positive and performance psychology content in their everyday life. Dr. Paoletti specializes in positive and performance psychology curriculum development and training. Dr. Paoletti works for the Uniformed Services University of Health Sciences Consortium for Health and Military Performance (CHAMP) as a Mental Fitness Scientist where he translates basic and clinical research to create culturally appropriate, evidence-based, impactful written and multimedia educational resources for the Human Performance Resource Center (HPRC). His work includes creating the content for mobile applications, podcasts and ebooks. Dr. Paoletti has also provided training for the Army, Navy, Air Force, Marines and leaders at the Pentagon.

Over the past 15 years, Dr. Paoletti has applied the latest positive psychology research to create and lead over 200 distinct positive psychology programs for audiences ranging from 6th grade students to generals in the United State Army and professional athletes. He has conducted quantitative randomized controlled studies on the impact of the programs he has created. Dr. Paoletti's research won the New Investigator Research Presentation Award at the International Positive Psychology Association's 5th World Congress for his research on positive psychology retreats. Dr. Paoletti was a lead instructor and curriculum developer for the University of Pennsylvania's Positive Psychology Center where he has worked extensively with the Penn School of Medicine, state university faculty, professional sports teams, business leaders, government leaders and positive education trainings with various educational institutions throughout Australia, Japan and the United States. Dr. Paoletti worked in partnership with Wharton's Executive Education program to conduct a Happiness & Positivity Program for the Private Sector in Dubai for the United Arab Emirates Minister of State for Happiness. Also, for the University of Pennsylvania, Dr. Paoletti has been an Assistant Instructor in the Master of Applied Positive Psychology program.

#### **Gloria Park, PhD, MAPP**

Dr. Park serves as the Director Performance Psychology with the Henry M. Jackson Foundation for the Advancement of Military Medicine, in support of the [Consortium for Health and Military Performance \(CHAMP\)](#) at the Uniformed Services University of Health Sciences. In this role, she works with the HPO Future Operations team to better understand performance demands of specific communities in the military and government agencies and provide resources to support optimal performance. She also serves as the subject matter expert for performance and mental fitness domains across CHAMP's leadership, education, and research initiatives. In her previous role as the Senior Mind Body Scientist, she translated research in the domains of Human Performance

Optimization (HPO) for service members and their families across all military branches for the [Human Performance Resources at CHAMP \(HPRC\)](#) website. Prior to her work at CHAMP, Dr. Park worked extensively with the military community providing resilience and performance enhancement training for soldiers, DA civilians, and family members for 7 years, first with the University of Pennsylvania, and then with the Comprehensive Soldier and Family Fitness (CSF2) program.

She received her doctorate in Kinesiology with a specialization in the Psychology of Human Movement from Temple University, her Master of Applied Positive Psychology from the University of Pennsylvania, and a degree in Psychology from Villanova University. Her most important jobs are being mom to a gregarious and spirited boy and a proud Army spouse to a husband, who retired last year after 22 years of service to this country. She lives in Newtown Square, PA.