Jennifer Gunsaullus, Ph.D.

1549 Missouri Street, San Diego, CA 92109

www.DrJennsDen.com | 858-880-5944

**EDUCATION**

**Ph.D., Sociology** 2006

State University of New York at Albany

Dissertation Title: The “Condom Lady” Speaks – Female Sexuality Discourses

and HIV Prevention in Community-Based Organizations

**Summer Institute on Sexuality, Society, and Health** 2001

 San Francisco State University

**Bachelor of Arts**, **Social Relations**  1995

Lehigh University, Bethlehem, PA

Phi Beta Kappa, Highest Honors, Departmental Honors

## PROFESSIONAL EXPERIENCE

**Relationship and Sex Speaker, Intimacy Coach, Author, & Educator** 2005–Current

 Self-employed with *Sexuality Outside The Box* and *Dr. Jenn’s Den*

* Author of *From Madness to Mindfulness: Reinventing Sex for Women* (Cleis Press 2019).
* Coach individuals and couples on relationships and intimacy.
* Conduct interactive workshops, lectures, and trainings, including two TEDx Talks
* Host and write online educational video podcast on sexuality, relationships, and sexual health, called *In the Den with Dr. Jenn*, with over 1.7 million hits on YouTube.
* Write magazine/newspaper columns on sexual empowerment and mindfulness.

**Actor – Standardized Patient** 2006–2012

 University of California, San Diego Medical School

* Simulate physical symptoms and portray emotions of different patients suffering various ailments for testing medical students, including hospice fellows.
* Provide quantitative and qualitative feedback on interpersonal skills and aptitude.

**Adjunct Professor** 2010–2011

Park University, Camp Pendleton and

 California State University, San Marcos

* Design and teach courses in Human Sexuality, Social Psychology, Women & Health, and Social Deviance.
* Create safe yet challenging academic environment for active and retired military members (Park University) and traditional college-aged students (CSU San Marcos)

**Coordinator – HIV Prevention with Positives Program** 2006–2007

 The LGBT Center, San Diego, CA

* Wrote comprehensive HIV curriculum for HIV-positive community.
* Facilitated collaboration with two other agencies for HIV prevention in ethnic minority communities.
* Counseled newly HIV diagnosed individuals for referrals and support.

## Adjunct Professor and Director of Theater Production 2004-2006

California State University, San Marcos

* Designed and implemented curriculum studying Eve Ensler’s play *The Vagina Monologues*.
* Analyzed and critiqued major themes of the play and explored cultural understandings and interpretations of women’s bodies and sexualities.
* Directed three productions of *The Vagina Monologues* (for two years) and orchestrated “Vagina Fest” fundraising and awareness-raising event around play productions.
* Taught Women and Health course (with focus on sexual health) two years.

**Research Assistant**  1998–2003

Welfare Research, Inc., Albany, NY

* Assisted Senior Writer/Editor and Executive Director with research, writing,

and data processing and analysis.

* Assisted in grant writing for community-based HIV-prevention organizations.

**Coordinator – Health Promotion Graduate Assistant** 2001–2003

 Health & Counseling Center, State University of New York at Albany

* Co-facilitated **Project SHAPE (S**exual **H**ealth **a**nd **P**eer **E**ducation**)** including fall training of 20 new members.
* Presented “safer sex” interactive programs in classrooms and residence halls to groups of up to 80 students.
* Designed and implemented new sexual health workshops (*Communication with a Partner about Safer Sex* and *Cultural Competency and Sexual Health*).

**Lecturer**  1999–2001

Sociology Department, State University of New York at Albany

* Taught Sociology of Gender and Sociology of Families courses.
* Developed entire courses: chose readings; created syllabi; wrote and presented lectures; and graded projects, exams, and class debates.
* Generated an open-minded, enjoyable, and comfortable learning environment.
* Co-taught Family Demography, including writing and presenting lectures.

## WORKSHOPS AND POSTERS AT PROFESSIONAL MEETINGS

“Practical Applications of Mindfulness Techniques for Female Sexual 2019

 Wellbeing,” Invited Symposium Panel, WAS Congress, Mexico City

“Embracing Your Discomfort: Cultivating Mindfulness in Sexual Health 2018

 and Social Justice,” Workshop at AASECT Annual Conf., Denver, CO

“Sex Coaching as an Emerging Profession: A Modality to Enhance Sexual 2017

 Well Being,” Co-presenter at World Congress for Sexual Health, Prague, CZ

“Your Culture Isn’t My Culture: The How & Why of Cultural Diversity 2013

 Competency” Workshop at AASECT Annual Conference, Miami, FL

“Get Out of Your Head & Into Your Body! Improving Sex Lives through 2012

 Mindfulness” Workshop at AASECT Annual Conference, Austin, TX

“Sexuality & Social Media” Panel Presentation at Momentum: Making 2012

 Waves in Sexuality, Feminism, & Relationships, Washington, DC

“Put the Fun Back into Sexual FUNction: How Positive Psychology 2011

 Can Enhance the Sex Field” Workshop at AASECT Annual Conference,

 San Diego, CA

“Cooking Up Seduction” Lecture with Chef Jenn Felmley 2010

 San Diego Sex Therapy, Education, & Medicine

“Using Technology for Holistic Sexual Education” Lecture 2008

 San Diego Sex Therapy, Education, & Medicine

“The Future of Sex Education: Podcasting & The Internet” Poster Presentation 2008

 AASECT Annual Conference, New Orleans, LA

“Triple S: Sociology, Sexuality, & Spirituality” Poster Presentation 2007

 AASECT Annual Conference, Charlotte, NC

“Female Sexual Health and Community-Based Organizations: 2002

How to Promote Positive Sexuality?” Round Table Presentation

Annual meeting of the American Sociological Association, Chicago, IL

“Battle On! *Xena: Warrior Princess* and Women in On-Line Communities” 1999

 Round Table Presentation at Eastern Sociological Society, Philadelphia, PA

## PUBLICATIONS

“From Madness to Mindfulness: Reinventing Sex for Women,” book 2019

 published by Cleis Press on August 13

“Sex for Dummies: 4th Edition,” Technical Editor 2019

“Here’s What’s Missing in the Aziz Ansari Discussion,” Op-Ed in *San* 2018

 *Diego Union-Tribune*, January 19

“Sexual Creativity Game for Couples,” Kindle Direct Publishing, June 2018

“Is There Too Much Sex on TV?” interviewed for New York Post, April 2018

“21 Secrets to True Satisfaction,” Interviewed for *Men’s Health*, Jan/Feb 2016

“Sexual Anxiety,” interviewed for *UK Marie Claire*, August 2015

“Grey Matter: Sex Lessons and Other Eroticisms to Think About,” *Pacific* 2015

 *San Diego Magazine,* February

“Best Sex She Ever Had,” interviewed for *Men’s Health Magazine,* November 2014

“Are You Feeling Pressured? A New Way to Ask for Sexual Consent,” 2014

 *Good Men Project*, July

“15 Things I Love About You,” *Good Men Project*, February 2014

“How Can I Be Better in Bed?” *Pacific* *San Diego Magazine,* February 2014

“Why The Vagina Monologues Can Make You a Better Man,” *Good* 2014

 *Men Project*, January

“Test Your Sexual Compatibility,” *Good Men Project*, January 2014

“How Strong is Your Marriage: A Checklist,” *Good Men Project*, December 2013

“Female Translation of ‘I Don’t Want Sex,’ *Good Men Project*, November 2013

“Opening the Tiny Hurt Locker,” *Good Men Project*, November 2013

“Have you ever lusted after a coworker” and “Do you consider a booty call 2013 a compliment? Quoted in two essays in *Men’s Health Magazine*, June

“Am I Normal? A Woman’s Guide to Female Sexuality,” Kindle online 2012

 publishing, eBook co-authored with Dr. Diana Hoppe

“Do it Like They Do on the Discovery Channel,” *Pacific San Diego* 2012

 *Magazine*, October

“Auto Erotic: Getting Down & Dirty in the Car,” *Pacific San Diego* 2012

 *Magazine*, September

“Who Gives? The Dos and Don’ts to Generosity Between the Sheets,” 2012

 *Pacific San Diego Magazine*, August

“How a Negative Body Image Can Affect Sex Lives,” *Pacific San Diego* 2012

 *Magazine*, July

“Beauty Mark: Body Image & the Race for Perfection,” DVD Review for 2011

 *Contemporary Sexuality*, Dec, Vol. 45, No. 12

“Sex & Mindfulness,” Ch. 4 Guest Author, *My Grumpy Husband*, Mara Hoover 2011

“Pornography: Love It or Hate It?,” *Vision Magazine,* February 2010

“Awakening to Sexual Self-Love,” *Vision Magazine*, February 2009

“The Shadows of Sexuality,” *Vision Magazine*, October 2008

“Connections: Sex & Relationships,” Monthly columnist for *Prime* 2008

 (*San Diego Seniors*) newspaper, January-December

“The Radical Notion of Feeling Good,” *Roxanne Magazine*, June 2008

“If Your Vagina Got Dressed, What Would it Wear?” *Roxanne Magazine*, Feb. 2008

“The Politics of AIDS: Sexual Pleasure and Danger,” in *Introducing the New* 2006 *Sexuality Studies*. Editors: Steven Seidman, Nancy Fischer, and Chet Meeks.

**TELEVISION, MOVIE, & MEDIA APPEARANCES**

*Sex Talk with Clint & the Doc*, podcast series 2018- 2021

Women’s Relationships Treated Differently in Media?, *USA Today* 2021

35 Summer Date Ideas, *Oprah Daily* 2021

We Should All Be Practicing Meditative Masturbation, *PaperMag* 2020

Men’s Nipples, *Cosmo* 2020

Sexual Mindfulness, Philadelphia, 93.3 WMMR, *Preston & Steve Show* 2019

Dating Disaster Stories, San Diego News 8 2019

From Sexual Madness to Mindfulness, San Diego News 8 2019

Micro-Cheating and Why People Cheat, San Diego News 8 2018

Various mindfulness topics, cast member on *Everyday Mindfulness Show* 2017- 2018

Sex, Consent, & Mindfulness, *Sex with Emily* podcast 2017

Comprehensive Sex Ed, guest on *The Morgan Spurlock Show*, CBS Pilot 2017

What to Say or Do After Sex…and What Not To!, *San Diego Living,* Ch 6 2017

Love Better in 2017, *San Diego Living,* San Diego 6 2017

Sex & Mindfulness, *Silvana Yoga Podcast* 2017

*Sticky: A Documentary on Masturbation*, released by Vision Films 2016

Better Sex in 2016, *San Diego Living,* San Diego 6 2016

(& monthly appearances on topics from consent, to eco-friendly sex, to confidence)

Why Libido is Lost, Interview with Happy Hour *San Diego* radio 2015

Keep Your Relationship HOT in Hectic Holidays, *San Diego Living,* San Diego 6 2015

Mindful Sex & Redefining Sexuality, *Redefining Revolutions* podcast 2015

Can Fear be Good for Our Sex Lives? *San Diego Living,* San Diego 6 2015

Good, Bad, & Ugly of Online Dating, interview w/ Happy Hour *San Diego* radio 2015

The 3 R’s for Maintaining Love, *San Diego Living,* San Diego 6 2015

Sex & Gender in Films & Society, *Indie Apocalypse* podcast 2015

Cheating Vs. Open Relationships, *San Diego Living,* San Diego 6 2015

What is Mindful Sex? *Intimate Chat with the Love Birds* podcast 2015

Quick Guide to Summer Romance, *San Diego Living,* San Diego 6 2015

4 Tips to Avoid a Vacation from Hell, *San Diego Living,* San Diego 6 2015

New Year, New Love: Sex & Love Intentions, *Good Morning San Diego*, KUSI 2015

How Dance Improves Your Sex Life, *San Diego Living*, San Diego 6 2015

Costumes & Role-Playing, *San Diego Living,* San Diego 6 2014

Lack of Experience = Happier Marriage, *San Diego Living,* San Diego 6 2014

Sex, Overweight Americans, & XL Love, *San Diego Living,* San Diego 6 2014

Harry Met Sally: Disappointment of Hollywood, *San Diego Living,* San Diego 6 2014

Online Dating Tips for Women, *San Diego Living,* San Diego 6 2014

How to Tell if Your Partner is Cheating, interview with *Legally Speaking* 2014

Getting Your Sexual Mojo Back, interview with Happy Hour *San Diego* radio 2014

Help with Sexual Communication, interview with *Full Speech Ahead* 2014

Night Owl Women Have More Sex, *San Diego Living,* San Diego 6 2014

Pros & Cons of Romances in the Workplace, *Wake Up San Diego,* San Diego 6 2014

Hot Date with My Vagina, interviewed for San Diego CityBeat 2014

Mindfulness in Sex, interview on *Sex Nerd Sandra* podcast 2014

Get Sexy Back into Your Relationship, *Family Law Insider* Podcast 2014

Sexual Health Game Show, *Wake Up San Diego*, San Diego 6 2014

Full Life, Less Strife: Mindfulness Movie, *San Diego Living,* San Diego 6 2013

Communicate Better & Reduce Stress, *Wake Up San Diego,* San Diego 6 2013

Easy Sex Tips to Try Now, *Wake Up San Diego,* San Diego 6 2013

Flirting through Texting for 40 & Older, *Wake Up San Diego*, San Diego 2013

Safe First Date Tips, *San Diego Living*, San Diego 6 2013

5 Secrets to Real Intimacy, *San Diego Living*, San Diego 6 2013

Better Sex Lives for Busy Moms, *San Diego Living*, San Diego 6 2013

Women: Sexy at Any Age, *San Diego Living*, San Diego 6 2013

Sex During the Holidays, *San Diego Living*, San Diego 6 2012

Birds, Bees, & Back to School: How & When to Talk to Your Kids about 2012

 Sex, *San Diego Living*, San Diego 6

Shades of Grey: Getting in Touch with Dark Desires, *San Diego Living*, 2012

 San Diego 6

Ask the Shrinks: Valentine’s Edition, *Morning News*, San Diego Fox 5 2012

Mysteries of the Opposite Sex, 2 segments on *Morning News*, San Diego Fox 5 2011

Three Year Glitch, *Morning News*, San Diego Fox 5 2011

21 Day Plan to Ignite Passion, *Morning News*, San Diego Fox 5 2010

Sexual Behavior Survey, *Morning News*, San Diego Fox 5 2010

Tour of Sex Toy Store & Eroticism, *Chrissy Russo Live!,* San Diego Fox 5 2010

The Art of Kissing, *Morning News*, San Diego Fox 5 2009

Holistic Sexuality, *Evening News*, San Diego Fox 5 2009

Flirting Tips, *Morning News*, San Diego Fox 5 2008

Does TV Portray Marriages Negatively? *Evening News*, San Diego Fox 5 2008

Spicing Up Intimacy, *Morning News*, San Diego Fox 5 2008

## PRESENTATIONS/LECTURES

*Cultivating Mindful Relationships,* In-Home Workshop, Berea, KY 2021

*Sex on Campus: How Do You Know What You’re Doing*, San Diego State, CA 2021

*Top 5 Ways Great Sex is NOT What You Think*, Lehigh Univ, Bethlehem, PA 2021

*The Sex(y) Game Show*, Austin Gold YPO, Austin, TX 2021
*Intimacy for Couples Retreat*, Maumee Valley Ohio YPO, Key Largo, FL 2021
*Mindful Intimacy Speaking Series*, Rancho La Puerta, Tecate, MX 2021

*Th*e *Dreaded Sex Talk*, EO London, Global EO Family Network (Zoom) 2021

*“The Talk” Made Easy*, 3-part video series for Planned Parenthood 2021

*Sustainable Intimacy*, Video series for YPO Global Spouse/Partner Network 2021
*How to Have Epic Sex…or at Least More Pleasure & Fun (during COVID),*

 Lehigh University (Zoom) 2020

*Compassionate Communication in Difficult Times*, Western NY EO (Zoom) 2020

*Using Mindfulness for Difficult Times…and in Everyday Life*,

 Women Give San Diego (Zoom) 2020

*Ask the Sexpert: Mindful Intimacy*, Consciousness Hackers (Zoom) 2020

*Differences in Pleasure & Touch: Cultivating Sensual Mindfulness*,

 Stanford University Medical School, Palo Alto, CA 2020

*Intimacy 360: From Madness to Mindfulness,* Sex Positive Portland 2020

*The Art of Intimacy: Sex, Aging, & Passion,* Patriot New England YPO, Boston 2020

*Sex Game Show & Blocks to Intimacy,* Western NY EO, Buffalo, NY 2020

*Sex Game Show & Top Blocks to Intimacy*, San Diego Coastal YPO 2020

*Reinventing Sex: Smarter, Safer, & More Fun*, Miami University of Ohio 2019

*Finding Your Authentic Voice*, Women’s Day of Empowerment, Delaware

 County Community College, Media, PA 2019

*Rewiring Intimacy for 2019*, Consciousness Hackers San Diego 2019

*Rewriting Our Sexual Stories*, Sex Positive San Diego 2019

*Hot August Nights*, San Diego Leadership Alliance, San Diego 2019

*Sex Game Show*, New England YPO, Boston, MA 2019

*Real Sex Talk for Teen Girls*, San Diego, CA 2019

*We Can Do Better Consent Workshop* and *Ask a Sexologist*, Burning Man, NV 2018

*Emcee for 50th Annual AASECT Conference*, Denver, CO 2018

*Compassion & #MeToo for CEOS*, YPO Regional Board, New Orleans, LA 2018

*Beyond the Hashtag: Sex & Consent in a #MeToo Era*, Miami University of OH 2018

*Beyond the Hashtags: Talking about Consent in the Time of #MeToo*,

 Harper College, IL 2018

*Social Lubrications*, Monogamish Conference, Austin, TX 2018

*Sensuality & Intimacy – Couples’ Workshops*, YPO Golden Gate, San Francisco 2018

*Overcoming Fears: HIV, Sex, & Dating*, San Diego POZabilities 2018

*3 Ways Being More Comfortable with Sex Make you a Better Progressive*,

 San Diego Leadership Alliance 2017

*Grab ‘em by the What?! Sex, Consent, & American Values*, San Diego State 2017

*Compassionate Activism Training*, with Compassion It nonprofit, San Diego 2017

*Getting Real with Sex: The Good, the Bad, and the Ugly,* Women Give SD 2017

*Awesome Boundaries: Redefining Consent*, Sex Positive Los Angeles 2017

*Sexual Health for the 21st Century*, Arkansas Tech University, AR 2017

*Couples Intimacy Workshop*, YPO Barbary Coast, San Francisco 2017

*Sex & the Price of Masculinity*, The New Narrative, San Diego 2016

*Women & Hook-up Culture—Why We’re Asking the Wrong Questions*,

 Syracuse University, New York 2016

*Sticky Premiere in San Diego*, Importance of Reducing Sexual Shame Panel 2016

*Top 5 Dating Red Flags*, Pacific College of Oriental Medicine, San Diego 2016

*Get Some—Women’s Sexuality & Mindfulness*, Get it Girl! Retreat, Julian, CA 2016

*16th Annual Birdies & Butterflies* Women’s Fundraiser, Event Emcee, San Diego 2016

*What is this Thing We Call Love*, San Diego Rep Theater Panel Discussion 2016

*Your Sex Questions Answered*, San Diego State University 2016

*Mindfulness, Mentorship, & Why You Matter*, SD Women in (Dental) Leadership 2016

*Activism & Social Media*, San Diego Leadership Alliance Panel Discussion 2016

*Premarital Education – Sex & Marriage*, Jewish Community Ctr, San Diego 2015

*Wake Up! And Slow Down,* Chaddsford Bikram Yoga, PA 2015

*Mythbusting Sex!* Sexuality & Gender Activists, St. Lawrence Univ, Canton, NY 2015

*Redefining Female Sexuality*, Sharp Hospital Women’s Health Conf, San Diego 2015

*Undress Your Inhibitions*, Young President’s Organization, Kansas City, MO 2015

*The Game of Passion,* Women Give San Diego nonprofit, CA 2015

*Softcup’s Month of Love with Dr. Jenn* videos, San Diego, CA 2015

*Overcoming Female Sexual Dysfunction*, Women’s Health Conversations 2014

 Conference, Pittsburgh, PA

*Mindfulness, Holidays & Relationships,* Chaddsford Bikram Yoga, PA 2014

*Sexual Shame Hurts Us All*, TEDx Talk, Phoenixville, PA 2014

*Sex & Power in Don Giovanni*, San Diego Opera Community Conversations, CA 2014

*7 Sexual Myths that Harm Women*, PIT.Share Jewish Women’s Group, SD, CA 2014

*Mindfulness for Intimacy,* Chaddsford Bikram Yoga, PA 2014

*Philanthropy & Young Women*, Jenna Druck Foundation, San Diego, CA 2014

*Erotic Play: Making Intimacy Fun & Sexy*, San Diego LGBT Community Center 2014

*Condom Fashion Show* & *Sexual Health for 21st Century,* Emcee and 2014

 Presenter, University of South Carolina, Columbia, SC

*Women’s Sexual Empowerment*, San Diego State Vagina Monologues group 2014

*Conscious Dating*, Pacific College of Oriental Medicine, San Diego, CA 2014

*7 Fascinating Facts about Powerful Women & Sex*, Women Give San Diego, CA 2013

*Mindfulness Movie Discussion & Fundraiser,* Jeans 4 Justice, San Diego, CA 2013

*Top 10 Questions I Get Asked about Healthy Sex*, Webinar for One Health, Inc 2013

*Mindfulness for Embodied Leadership*, Training for Embodied Leadership 2013

 Training, Jeans 4 Justice nonprofit, San Diego, CA

*Top 10 Questions I Get Asked about Building Healthy Relationships*, 2013

 Expert Webinar for One Health, Inc.

*Sexual Healing & Mindfulness*, Apprentice Spring Retreat, Shakti Rising 2013

 Nonprofit, San Diego, CA

*Gender & Sex Fish Bowl: Your Questions Answered*, SexWeek at Clarkson 2013

 University, Potsdam, NY

*Building Healthy Relationships: From Crazy to Confident*, SexWeek 2013

 at Clarkson University, Potsdam, NY

*Let’s Talk Sex: For Women* and *Let’s Talk Sex: For Men*, Holy Names 2013

 University, Oakland, CA

*4 Key to Erotic Play*, International Entrepreneurs Organization, Silicon 2013

 Valley Chapter, San Jose, CA

*Female Sexuality: Transforming at All Levels*, San Diego State University 2013

*3 Nurturing Tips for You to Blossom*, Femfessionals Women’s Group, 2013

 San Diego, CA

*Mindfulness, Sexuality, & Passion*, Vibrantly You Women’s Wellbeing 2013

 Symposium, La Costa, CA

*Exploring Your Sexuality: Blocks & Growth*, University of California 2013

 San Diego, CA

*Sex: Mind full or Mindful?* TEDxWomen America’s Finest City, San Diego 2012

*Keys to Erotic Play & Sex Toys*, Love Campus at San Diego State University 2012

*Nourishing Your Inspiration*, Planned Parenthood of the Pacific Southwest, 2012

 Annual Employee Appreciation Day, Escondido, CA

*What is Sexuality?* Training at Lund University, Lund, Sweden 2012

*Sex Therapy, Activism, & Social Media*, Sexuality & Social Media Class, 2012

 American University, Washington, DC

*3 Keys to Building Healthy Relationships*, Women’s Fest, North Park, CA 2012

*What is Sex-Positivity and your Sexual Journey?* UCSD, Women’s Center, 2012

 La Jolla, CA

*Mindful Living*, GOG Women’s Networking Happy Hour, San Diego, CA 2012

*Living Your Values*, Workshop for Jeans 4 Justice nonprofit, Encinitas, CA 2012

*Giving Yourself Permission: Opening to Joy, Passion, & Vitality*, Sweet 2012

 Retreat for Women, Carlsbad, CA

*3 Keys for Young Women in Relationships,* Girl Fest Launch, San Diego, CA 2012

*Maintaining Intimacy & Relationships*, Circle of Trust, San Diego, CA 2012

*The 5 C’s of Intimacy*, Global Gals, San Diego, CA 2012

*Everything You Ever Wanted to Know About the Opposite Sex*, Expert Panel 2011

 Discussion for The People Power Network, San Diego

*How to Love Your Body*, Love Your Body Day, SDSU 2011

*Using Optimism to Improve Your Relationship with Yourself & Others,* 3rd 2011

 Annual Celebrating Women’s Workshop, St. Clare’s Home, Escondido, CA

*YOUR Sexual Empowerment* Workshop, Jeans 4 Justice nonprofit, Encinitas, CA 2011

*Empower Yourself & Those Around You,* SD Marine Corp Recruitment Depot 2011

*Ask the Sex-perts: Using Optimism to Improve Sex Life*, Cal State San Marcos 2011

*Healthy Relationships & HIV*, Women’s Voice HIV Conference, San Diego 2011

*Happiness! How to Increase Optimism to Improve Relationships*, GOG, La Jolla2011

*Post-performance discussion for The Vagina Monologues*, San Diego, CA 2011

*The 5 C’s of Intimacy*, Good Ol’ Gals (GOG), La Jolla, CA 2011

*LOVE! What is Love & How Can You Keep it Inspired?* Three locations: 2011

 Tango Wine Bar, Bird Rock Yoga, & OASIS Senior Center

*What doe Sex Positive Mean and Why Do We Care?* Moxie Theatre, San Diego 2011

*Love, Intimacy, & Relationships*, San Diego Marine Corp Recruitment Depot 2010

*Sex & Relationships: Getting What You Desire*, Cal State San Marcos 2010

*When Your Relationship is Great, But Your Sex Life Isn’t*, San Diego 2010

*Change Your Thinking, Change Your Life*, Prof. Women in Holistic Health 2010

*Sexually Healthy Women: A Holistic Approach*, Women & HIV Partnership 2010

*Boost Your Intimate Bond: A Workshop for Couples (50+)*, OASIS Senior Ctr 2010

*Nurture Your Relationship – From Seed to Blossom*, NCWIN Luncheon 2010

*From Boardroom to Bedroom*, Women in Business Symposium 2010

*Until the Violence Stops,* VDAY Panel Discussion, Diversionary Theater 2010

*Stress Reduction & Intimacy*, Mended Hearts – American Heart Association 2010

*The Art of Conscious Loving*: *Workshop for Women*, Bird Rock Yoga Studio 2010

*Getting REAL about Sex*, Cal State San Marcos 2009

*The 7 Habits of Happy Relationships*, OASIS Senior Center, San Diego 2009

*Dr. Jenn’s Reading List*, Café Libertalia, San Diego 2009

*The BIG Picture Around Sexual Health*, San Diego State University 2009

*Erotic Play: Making Intimacy Sexy & Fun*, Cal State San Marcos 2009

*Mindful Pleasures*, Good Ol’ Gals Networking Luncheon 2009

*Getting Out of Your Brain & Into Your Body*, San Diego Mensa 2009

*Women's Embracing Sexuality Workshop*, The LGBT Women's Resource Ctr. 2009

*The Art of Living a Passionate Life: Holistic Tips for Holistic Sensuality*, 2009

 Lululemon Athletica, La Jolla, CA

*Deepening Intimacy - A Couples Workshop*, Tango Wine, San Diego 2009

*Erotic Play – 5 Keys to Making Intimacy Sexier*, Mensa Regional Gathering 2009

*Got Passion?,* OASIS Senior Education, San Diego 2008

*For Women Only: Intimacy & Connections*, The LGBT 50+ Services, San Diego 2008

*Sexuality as an Access to Being*, San Diego Consciousness Group 2008

*Women Living with HIV*, Panel Facilitator, Poz Day, San Diego 2008

*Empowering Women’s Sexuality*, Shakti Rising, San Diego 2008

*Coed Coffee Chats – Sex & Relationships*, Café Open Discussions 2008

*Healthy Relationships & Sexuality*, Facilitated discussion, Vista, CA 2008

*Erotic Movie Review for Women*, San Diego 2008

*HIV, Spirituality, & Life Mission*, The LGBT Center Positive Living Group, 2007

 San Diego

*Sexy Women & Wine Workshops*, Various Wine Bars in San Diego 2007

*Living Passionately*, The LGBT Center 50+ Senior Fair, San Diego, CA 2007

*Safer Sex Through Sensuality*, HIV Women’s Conference, San Diego, CA 2007

*Sex Positive Feminism Discussion Panel*, NOW California State Conference 2007

*The Feminine Mystique: Where are We Today?*, OASIS Senior Center, 2007

 San Diego

*Fantasies*, The LGBT Center Latino Services & The Rubber Rose, San Diego 2006

*The Vagina Monologues: What’s All the Hype*?, Oasis Senior Center, 2006

 San Diego, CA

*Breast Cancer Spa Pampering Evening: Body-Image, Womanhood, and* 2006

 *Sensuality*, SK-Sanctuary, La Jolla, CA

*Media Literacy & Body-Image*, San Diego Women’s Film Foundation and the 2006

 The Girl Scouts, San Diego, CA

*Women’s Sexual Empowerment Night*, Freeform Fitness, San Diego, CA 2006

## SERVICE, MEMBERSHIP, AND HONORS

* Mentorship Leadership Team Co-Chair, Women Give San Diego, San Diego, 2021
* Social Media Committee for World Association of Sexual Health Congress, 2019-2021
* Advisor for Compassion It nonprofit, San Diego, CA, 2014-2021
* She Who Inspires: Philanthropic Women Changing the World from San Diego, University of California, San Diego, 2019
* Executive Team & Orientation Leader of Sex Positive San Diego, 2016-2019
* Founder of World Sexual Health Day—San Diego, 2017
* Invited Speaker at City of San Diego’s “Denim Day” Proclamation (to prevent sexual assault), San Diego Councilmembers, 2017
* Committee Member & Emcee for Moxie Theatre (women’s nonprofit) Fundraising Gala, 2017
* Co-chair Communications Leadership Team, *Women Give San Diego*, donor circle for Women’s Foundation of California, 2011-2017 (member), 2014-2016 (chair)
* Fundraiser for Center for Community Solutions (domestic & sexual violence prevention), 2016
* Granted Cho Dan (Black Belt) in Soo Bahk Do (Korean Karate), 2016
* San Diego Humanitarian Honoree, YWCA Tribute to Women & Industry Awards, 2015
* Chosen for “positive media” *Inspiration Campaign* billboard in San Francisco, April 2015
* Board of Directors for Jeans 4 Justice sexual awareness nonprofit, 2013-2015
* Fellow, San Diego Leadership Alliance Institute, 2014
* Advisory Circle for Jeans 4 Justice sexual awareness nonprofit, 2011-2013
* Actor, *The Vagina Monologues* Benefit Performance for Leap to Success, 2009, 2011-2012
* Facilitator & Leader for Good Ol’ Gals Women’s Networking Group, 2008-2012
* Founder of Professional Women in Holistic Health, 2008-2012
* Member, American Association of Sex Educators, Counselors, and Therapists, 2006-2013
* Named local “Vagina Warrior” at CSU San Marcos’ *The Vagina Monologues*, 2011
* Masters Thesis Committee Member for Public Health Student at SDSU, 2010-2011
* Finalist for San Diego Magazine’s “Woman of the Year,” 2010
* Named “Leader of the Year” for Good Ol’ Gals Women’s Networking Group, 2010
* Caregiver Support Group Facilitator, Alzheimer’s Association of San Diego, 2005-2009
* Director, *The Vagina Monologues* Benefit for Shakti Rising, San Diego, 2006-2007
* Organizer, Lunafest Film Festival Benefit Show, 2006
* Volunteer for Cancer Survivorship San Diego!, 2006
* Woman of Distinction Recognition, Cal State San Marcos, 2006
* Vice President, Professional Women’s Wellness Network, 2006
* Actor, *The Vagina Monologues* Benefit Performance, North Park, San Diego, 2005
* Accomplishment Coaching Program demonstration client, 2004-2005
* Sexuality Week Committee, State University of NY at Albany, 2002 and 2003
* Albany Vagina Women (presented benefit performances of *The Vagina Monologues*), 2002 and 2003, and Fundraising Committee, 2003
* Vice President’s Advisory Council - HIV Prevention, State University of NY at Albany, 2002
* Actor in several independent community theater productions, Albany, NY, 2001-2003
* Graduate Student Organization Grant Reviewer, State University of NY at Albany, 2000-2001
* WORD (State University of NY at Albany campus women’s service organization), 1997-2000
* Eastern Sociological Society, 1999
* American Sociological Association Honors Program, 1995-1996
* Omicron Delta Kappa (honorary leadership society), Lehigh University, 1995
* Award for Outstanding Contribution to Student Life, Lehigh University, 1995
* Treasurer, Alpha Phi Omega (service organization), Lehigh University, 1992-1995