

LESLIE A. FLOWERS, NBC-HWC

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Board-Certified Health & Wellness Coach • Mental Health Coach
Mindfulness-Based Stress Reduction Teacher • Wellness Speaker

EXPERIENCE

National Board-Certified Health and Wellness Coach (2014-Present)

Partner with and inspire clients to be their healthiest, most vibrant, and successful selves. Integrative approach includes motivational interviewing, transtheoretical coaching, mindfulness, evidence-based health education and support in all dimensions of well-being (nutrition, exercise, rest, stress management, career), achievable action steps, and unwavering support and accountability for clients to achieve their goals and improve their quality of life. Provide superb client customer service, relationship building, and communications. Speaker on wellness topics at state and national conferences.

Mental Health Coach, Bend Health (September 2024-Present)

Strengthen resilience among teens, children, and parents through evidence-based coaching methodologies and clinical behavioral healthcare interventions offered via telehealth. Key member of the behavioral healthcare team of coaches, clinical social workers, psychologists, and psychiatrists. Timely charting in HIPAA compliant EHR. Clear, effective communicator via Gmail, Slack, Zoom, and Microsoft Office Suite.

Qualified Teacher of Mindfulness-Based Stress Reduction (2015-Present)

Instructor of mindfulness-based stress reduction (MBSR) curriculum for Indiana University students, faculty, and staff through Healthy IU, the employer wellness program. Facilitate 6-week Mindful Way to Stress Reduction group and co-leader of community-based, 8-week MBSR classes. Lecturer on mind-body tools for stress reduction for university students, faculty, and staff; dental and medical societies; and professional organizations.

Director of Student Wellness — Indiana University School of Dentistry (2018-2023)

Inaugural director of health and well-being programming for DDS, graduate, and allied dental students. Connected students with Headspace app offered through university. Taught evidence-based wellness curriculum to classes with over 100 students. Founded and advised Student Wellness Coalition. Founder and facilitator of Interprofessional Wellness Coalition, made up of student affairs professionals from IU Indianapolis graduate professional schools. Indiana University Wellness Ambassador.

Director of Communications — Indiana University School of Dentistry (2015-2025)

Wrote, edited, and oversaw production of external and internal school communications for one of the largest public U.S. dental schools. Aligned communications with the strategic plans of the dental school and Indiana University. Produced social media, e-newsletters for diverse audiences, and biannual alumni magazine. Wrote speeches, articles, and reports for dental school dean.

Flowers Communications, Inc. (1993-2015)

Sole proprietor of healthcare copywriting, public relations, and strategic marketing communications firm. Wrote engaging, on-message articles, social media content, white papers, briefs, and blogs for Fortune 500 companies and national not-for-profits. Clients included St. Vincent Health, Eli Lilly & Co., Franciscan St. Francis Health, Indiana University, Indiana University School of Nursing, and Sigma Honor Society of Nursing. Event planner for continuing education conferences.

EDUCATION

Rockwell School of Holistic Medicine (2026 PhD Candidate)

Functional Medicine PhD

Duke University Center for Integrative Medicine (2013-2014)

National Board-Certified Health and Wellness Coach

Brown University Mindfulness Center (2016-2021)

Mindfulness-Based Stress Reduction Qualified Teacher Training

Northwestern University (1984-1988)

Bachelor of Science, Medill School of Journalism

CERTIFICATIONS

- National Board-Certified Health and Wellness Coach (NBC-HWC)
- Duke University Health and Well-Being Coach Certification
- Mental Health First Aid Certified
- Question, Persuade, Refer Suicide Prevention Teacher Trainer
- Mind-Body Skills Facilitator, Osher Center for Integrative Health, University of Cincinnati

TEACHING

2018, 2019, 2020, 2021, 2022, 2023, 2024. "The Mindful Way." Mindfulness Tools for Indiana University Employees, 7-Week Course

2016-2025. Mindfulness meditation, mindful movement, and reflection offered weekly for students, faculty, and staff of Indiana University on eight statewide campuses. Employed by Healthy IU, the wellness provider at Indiana University.

2017, 2018, 2019, 2021, 2022. "Introduction to Meditation and Mind-Body Wellness," lecturer for Professionalism & Ethics for First-Year Dental Students. Indiana University School of Dentistry.

2016. "Evidence-Based Nutrition." First-year dental students, Indiana University School of Dentistry.

RESEARCH

Mintz, C., Spolnik, K. J., Mody, D. P., Ehrlich, Y., Eckert, G. J., Flowers, L., & Schrader, S. M. (2025). Comparing auditory vs. virtual reality relaxation in reducing dental anxiety. *Frontiers in Dental Medicine*, 6. <https://doi.org/10.3389/fdmed.2025.1625411>

Shaw, P., Flowers L., Stetzel, L. A Wellness Needs Assessment: Indiana University School of Dentistry. April 2017. Institutional Review Board-approved research to establish a baseline and determine dental student health and wellness needs.

PRESENTATIONS

2025. "Say What You Mean: Mindful, Wise, and Supportive Communication" Indiana Dental Association Midwest Dental Assembly, French Lick, IN

2025. "The Science of Gratitude" Indiana Dental Association Midwest Dental Assembly, French Lick, IN

2025. "Goal Setting" Indiana Dental Association Midwest Dental Assembly, French Lick, IN

2025. "Mind-Body Tools for Relaxation, Resilience, and Focus" Dental Hygiene Study Club, Carmel, IN

2024. "Mindful, Wise and Supportive Communication." Indiana University Department of Family Medicine Kevin B. Gebke Symposium for Wellness. Indianapolis, IN

2024. "Getting Yourself Mentally and Physically Prepared for the New Year." Indiana Dental Association CE E-Learning, Indianapolis, IN

2024. "Mind-Body Tools for Relaxation, Resilience, and Focus." IU Indianapolis Fairbanks School of Public Health Extension for Community Healthcare Outcomes for Indiana Local Health Departments, Indianapolis, IN

2024. "Mind-Body Tools for Relaxation, Resilience, and Focus." Indiana University School of Dentistry Dental Hygiene Reunion, Indianapolis, IN

2024. "Mind-Body Tools for Relaxation, Resilience, and Focus." Kosciusko County Dental Society, Warsaw, IN

2024. "Riding Out the Election: Supporting Each Other and Building Resilience," American Dental Association Annual Meeting – Main Stage Presenter, New Orleans, LA

2024. "Introduction to Meditation," American Dental Association Annual Meeting, New Orleans, LA

2024. "Introduction to Breathing Practices to Reduce Anxiety," American Dental Association Annual Meeting, New Orleans, LA

2024. "Breaking Up with Your Phone and Other Tech Addiction Hacks." Indiana Dental Association Midwest Assembly, French Lick, IN

2024. "Nutritional Psychiatry." Indiana Dental Association Midwest Assembly, French Lick, IN

2024. "Breathing Practices to Reduce Anxiety and Enhance Focus." Indiana Dental Association Midwest Assembly, French Lick, IN

2024. "Mindful Eating." Indiana Dental Association Midwest Assembly, French Lick, IN

2024. "Reversing Inflammation and Its Role in Chronic Disease." Indiana Dental Association Midwest Assembly, French Lick, IN

2024. "Mind-Body Tools for Relaxation, Resilience, and Focus." Indiana Dental Association Midwest Assembly, French Lick, IN

2024. "Question, Persuade, Refer (QPR) Suicide Prevention Training." Indiana Dental Association members, statewide via Zoom.

2024. "Mind-Body Tools for Stress Reduction." Indiana University Department of Medical Genetics, Indianapolis, IN

2023. "Stress First-Aid." Indiana University chapter of the American Association of Women Dentists.

2023. "Mind-Body Relaxation." Indiana University School of Nursing Music Therapy Research Conference, Indianapolis, IN

2023. "Mind-Body Relaxation." IU School of Medicine Ruth Lilly Medical Library staff in-service. Indianapolis, IN

2022. "Mind-Body Tools for Stress Reduction." Indiana District Dental Society Quarterly Meeting, Indianapolis, IN

2022. "Mind-Body Tools for Stress Reduction." The Indiana Network of Healthcare Social Workers Annual Conference, Greenwood, IN

2022. "Mind-Body Tools for Stress Reduction." Indiana University Department of Medical Genetics, Indianapolis, IN

2021. "Mind-Body Tools for Stress Reduction." Boardable – Board Management Software company, Indianapolis, Indiana. Zoom.

2021. "Mind-Body Tools for Stress Reduction." Indiana Louis Stokes Minority Alliances for Minority Participation, offered to underrepresented minority students conducting STEM research at IUPUI. Zoom.

2020. "Mind-Body Tools for Stress Reduction." Continuing education program for Indiana University School of Dentistry alumni and Indiana Dental Association members. Zoom.

2020. "Mind-Body Tools to De-stress." Jack and Jill of America, a youth organization for underrepresented minorities, Indianapolis chapter.

2020. "Mind-Body Tools for Stress Reduction." IUPUI staff advisors. Indianapolis, IN

2019. "Med Talk" for Indiana University School of Medicine. "Ted Talk" style presentation on mindfulness and self-care for medical and dental students. Indianapolis, IN

2019. "Cultivating the Relaxation Response for Enhanced Learning and Patient Care." Department of Medical and Molecular Genetics, Indiana University School of Medicine. Indianapolis, IN

2019. "Cultivating the Relaxation Response." IUPUI Fiscal Officers. Indianapolis, IN

2018. "The Relaxation Response." Indiana University School of Medicine, Department of Pediatric Gastroenterology. Indianapolis, IN

2018. "Encouraging the Relaxation Response for Enhanced Learning." Bepko Learning Center Mentors. IUPUI, Indianapolis, IN. Multiple presentations.

2018, 2016. "Dealing with Stress." Dental Hygiene Students. IU School of Dentistry. Indianapolis, IN

2017. "Mindfulness-Based Stress Reduction." Faculty and staff of the Pediatric Diabetes Research Team at Indiana University School of Medicine Wells Center, Indianapolis, IN

2017. "Mindfulness-Based Stress Reduction." Religions, Conflict, and Peace Themed Learning Community Freshman Seminar. IUPUI, Indianapolis, IN

2017. "Mental and Emotional Wellness." Society for Professionalism and Ethics (dental student chapter). IU School of Dentistry, Indianapolis, IN

2016. "Mindfulness-Based Stress Reduction." McKinney School of Law Students. IUPUI, Indianapolis, IN

PUBLICATIONS

Book

Flowers Leslie (Author, Editor), Dean Marion E. Broome (Editor, Epilogue) Patricia D'Antonio (Foreword). *A Legacy of Leadership: Indiana University School of Nursing 1914-2014*. Bloomington: Indiana University Press: June 16, 2014

Publications - Editor

IU School of Dentistry Alumni Bulletin Magazine. Two editions/year, 2015 to present.
IU School of Dentistry News Bites. Weekly internal newsletter, 2015 to present.
IU School of Dentistry Alumni Update. Quarterly alumni e-newsletter, 2015 to present.
IU School of Dentistry Social Media: Facebook, Instagram, LinkedIn, YouTube, 2015 to present.
Indiana Department of Environmental Management quarterly newsletter, annual report, 1996-1999. Evanston Hospital Corporation PILOT Magazine. Quarterly development magazine. 1989-1992.

Magazines – Reporter/Writer

Journal of the Indiana Dental Association

Flowers L. (2021 Vol 4) Cultivating calmness and choice: mind-body tools for relaxation and reflection at Indiana University School of Dentistry, p.34-39.

Indiana University School of Nursing

Flowers L. (2010, Summer). IUSON Alumna spends vacation healing Haitians. *The Pulse of Indiana Nursing*, Volume 4, Issue 2.

Flowers L. (2008). The Case for Support. Donor Solicitation.

Flowers L. (2008). Preparing Next Generation Scientists; Nursing Informatics Brings Health Tools Directly to Patients; Simulation in Nursing Education: Super Users. *Research: Making an Impact/ Compassionate answers to rigorous questioning*.

Flowers L. (2008). IUSON scholars lead national studies. *Research: Making an Impact/Compassionate answers to rigorous questioning*, p. 5.

Nursing Spectrum/Nurse Week

Flowers L. for Dickenson-Hazard, N. (2007). Managing the needs of the second-career nurse. *Nursing Spectrum/NurseWeek Pathways to Professional Development*, p. 26-27.

Flowers L. for Dickenson-Hazard, N. (2007). Eight skills for a healthy nursing career. *Nursing Spectrum/NurseWeek Career Fair*, p. 32-34.

Flowers L. for Dickenson-Hazard, N. (2007). Planning an active retirement. *Nursing Spectrum/ NurseWeek Career Fair*, p. 132-134.

Flowers L. for Dickenson-Hazard, N. (2008). Mentoring grows both mentor and mentee. *Nursing Spectrum/NurseWeek Career Fair*, p. 70-72.

Flowers L. for Dickenson-Hazard, N. (2008). Nurse on board. *Nursing Spectrum/NurseWeek Career Fair*, p. 78-80

Flowers L. (2008). Cancer Risk on the Night Shift, p. 16-17

American Nurse Today/American Nurses Association

Flowers L. (2008, February). Leadership: A conversation with Joanne Disch, AARP Board Chair. *American Nurse Today/American Nurses Association*, p. 28-29.

OR Manager

Flowers L. Do Medicare's latest code changes help or hurt ASCs. 2017 Aug;28-31.

Flowers L. ASC quality reporting deadlines moved up in 2019. 2018 Jan;29-31.

Flowers L. Mobile devices: A menace to propriety and patient privacy. 2017 Sept; 33-35.

Flowers L. Walk the talk: Words matter when it comes to patient safety. 2017 Nov;29-31.

Flowers L. Peer review inspires high performances from providers. 2017 Dec;26-28.

Flowers L. CMS proposes delay for mandatory implementation of OAS CAHPS Survey. 2017 Oct;29-31.

Flowers L. Your ASC is for sale - what is next? 2018 Feb; 28-31.

Flowers L. Bonus plans reward peak performance. 2007 Feb;23(2):23, 25, 28.

Flowers L. Profitable ASCs also provide charity care. 2006 Nov;22(11):27, 29, 31.

Flowers L. Conduct codes address OR behavior. 2006 Oct;22(10):23-5.

Flowers L. ASC leaders see bigger salary increases. 2006 Oct;22(10):29-31.

Flowers L. Inexpensive ideas to keep staff happy. 2006 Sep;22(9):30.

Flowers L. Best practices for retaining your 'sages'— nursing staff over age 50. 2006 Sep;22(9):1, 16, 19.

Fernsebner B, Flowers L. OR leaders grapple with shortage; two-thirds hiring new grads. 2006 Sep;22(9):1, 9-13.

Flowers L. Efficient ASCs are designed that way. 2006 Aug;22(8):26-7, 29-30.

Flowers L. Tips for enforcing patient escort policies. 2006 Jul;22(7):25-7.

Flowers L. Being prepared for emergency transfers. 2006 Jul;22(7):28-9.

Flowers L. Successful managed care contracting. 2006 Jun;22(6):26-8.

Flowers L. Performing effective quality improvement studies. 2006 May;22(5):24-5, 29-30.

Flowers L. ASC safety begins with patient selection. 2006 Apr;22(4):25-7.

Flowers L. Teach-back improves informed consent. 2006 Mar;22(3):25-6.

Flowers L. Insurers heat up propofol controversy. 2006 Mar;22(3):32-3, 35-6.

Flowers L. Eye center switches to all oral sedation. 2006 Feb;22(2):24, 26, 28.

Flowers L. Are your elderly patients safe to go home? 2006 Jan;22(1):21, 23, 25.

Flowers L. Coding correctly for full reimbursement. 2006 Jan;22(1):27.

Flowers L. A positive approach to negative people. 2006 Mar;22(3):22, 26.

Flowers L. Being open about errors is norm at Children's Hospital. 2005 Jun;21(6):14, 16.

Flowers L. Credentialing: what managers need to know. 2005 Dec;21(12):23, 25, 27.

Flowers L. A plan for managing problem employees. 2005 Nov;21(11):29-30.

Flowers L. What's needed to mentor new leaders? 2005 Oct;21(10):24, 26, 28

Flowers L. ASCs voice concerns to CMS on Medicare reimbursement. 2005 Oct;21(10):40, 42, 44.

Flowers L. ASC managers earn less but more satisfied. 2005 Oct;21(10):36, 38, 40.

Flowers L. OR team helps to win Baldrige award. 2005 Sep;21(9):25, 27.

Flowers L. Getting nurses on board the change train. 2005 Aug;21(8):20.

Flowers L. Uniform preop review for high-risk patients. 2005 Jul;21(7):20-1.

Flowers L. Recovering from an 'oops': best ways to make amends. 2005 Jun;21(6):1, 12-4.

Flowers L. Meeting patients' language needs. 2005 Feb;21(2):20, 22, 24.

Flowers L. Giving culturally competent care another element in patient safety. 2005 Feb;21(2):1,17-8,24.

Flowers L. Benchmark data drives QI projects. 2004 Nov;20(11):24-5, 28.

Fernsebner B, Flowers L. ASC managers juggle competing demands. 2004 Oct;20(10):33-4, 37.

Flowers L, Maddi S. "Hardy nurses" less likely to burn out. 2004 Sep;20(9):22-3.

Flowers L. What it takes to meet the goal of being nation's 'safest hospital'. 2004 Jul;20(7):1, 14-6.

*Krampf L. Dolphins, not sharks, needed for leadership. 1996 May;12(5):27-8.
Krampf L. Secrets of successful self-managing teams. 1996 Jan;12(1):22-4.
Krampf L. Managers tell how they made the top 100 hospitals list. 1995 Mar; 14-15.
Krampf L. Nurse liaison supports family during surgery. 1994 Sep;10(9):25-6.
Krampf L. Small rural hospitals meet efficiency goals. 1994 Aug;10(8):21-2.
Krampf L. Experienced RNs elusive for rural hospitals. 1994 Mar;10(3):24-5.
Krampf L. California hospitals, ORs respond to earthquake. 1994 Mar;10(3):1, 18.
Krampf L. 'Systems thinking' helps avoid the short-term fix. 1994 Jan;10(1):15-6.
Krampf L. Self-directed work teams empower staff. 1993 Sep;9(9):21.

Delicious! Magazine

Krampf L. (1996, February). Wash away your worries. p. 46-48.
Krampf L. (1996, September). Baby your baby's skin. p. 66-68.
Krampf L. (1996, July). Treasures from the sea. p. 38-39.
Krampf L. (1996, March). Get a jump on jet lag. p. 36-37.
Krampf L. (1996, August). Vitamins & minerals. p. 28-32.
Krampf L. (1996, April). Green giants: the new superfoods. p. 26-28.
Krampf L. (1996, May). 12 ways to younger skin. p. 66-69.
Krampf L. (1995, October). Serene, stress-free skin. p. 46-48.

Business & Health/Solutions in Managed Care Magazine

Krampf L. When companies get together, do not let benefits fall apart. 1996 Sept;41-46
Krampf L. Do you have what it takes to self-insure? 1995 Dec;13(12):17-8, 20, 24-6.
Krampf L. When employers get tough about unhealthy habits. 1996, March;21-28.

**Krampf is Leslie's maiden name*