

Dr. Nancy Markham Bugbee, PsyD, MA, MBA, BCC

President and CoFounder of Institute for Life & Care

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I am a Counselor, Coach, Mentor and Clinical Chaplain who specializes in helping people in any life season experience well-being through living with meaning and purpose.

AREAS OF EXPERTISE

- Counselor/mentor/consultant for professionals/leaders; people in transition; people seeking holistic personal growth in any season of life. Specialties: 1. meaning-centered personal/professional growth/development of “best self”; 2. inner-resilience development to balance compassion fatigue, vicarious trauma, life transitions, burnout; 3. integrative well-being (body, mind, heart, soul) in any season of life.
- Co-Founder of the Institute for Life & Care in 2007 (with LaFawn Hall Biddle) serving as CEO/Board President/Senior Faculty. Recruited, trained, developed, supervised faculty and staff.
- Author/program developer and practitioner of *THRIVING FROM WITHIN*®. (A meaning-centered, whole-person model for personal growth and professional development.)
- Author/program developer and practitioner of *Heart & Soul Care* (Education/training for eldercare/companioning; recruitment, training and supervision of volunteers. Care for the well-being of team members.)
- Board Certified Clinical Chaplain/Director of Spiritual Care. Interfaith Spiritual Care for hospital/hospice patients, families and staff. Trained and supervised volunteers.
- Co-Author of *Story Catchers* (a non-clinical workbook derivative of TFW).
- Personality theories: Enneagram; Myers-Briggs Type Indicator; Highly Sensitive Persons (HSP).
- Spiritual director (private practice).
- Management Consultant, Ernst & Young, Boston. Organizational development for professional firms. Co-author of *Two-Tier Partnerships and Other Alternatives* (American Bar Association).

Nancy Markham Bugbee, PsyD, MA, MBA, BCC (cont.)

GRADUATE EDUCATION

- PsyD: Doctor of Psychology in Pastoral Logotherapy (meaning-centered counseling and care), Graduate Theological Foundation, Sarasota, FL.
- Board Certifications by the College of Pastoral Supervision and Psychotherapy as well as the Center for Spiritual Care and Pastoral Formation (now part of the Spiritual Care Association).
- Four units of Clinical Pastoral Education/ 2 supervisory.
- Thirteen, and counting, professional development seminars at: Princeton Theological Seminary; Duke University School of Medicine (research); Andover Newton Theological School; Viktor Frankl World Congress; Life Quality Institute; Critical Incident Stress Management; Coaching Institute.
- MA, Spiritual Formation, Regis University, Denver.
- Graduate of Spiritual Formation for Spiritual Directors, Vincentian Studies Institute, Denver.
- MBA, Simmons College Graduate School of Management, Boston.

PERSONAL

- Passionate about helping people discover meaning and higher purpose in their lives and becoming their best to give their best.
- Signature Strengths: Emotional/relational IQ; discerning the best in others; empathic, compassionate guidance/presence; life-long learning; encouragement; creativity/innovation/idea generation.
- Enneagram type: One; MBTI type: INFJ.
- Love of learning and growing, music, art, animals, biographies, contemplative practices, celebrating life.
- Mother of three (one daughter deceased).
- Boston native; living in Denver since 1986.