



**Dena Samuels, PhD** serves as a mindfulness-based diversity, equity, and inclusion author, speaker, leadership trainer, and consultant. An award-winning tenured professor, she taught at the University of Colorado – Colorado Springs in the Women’s & Ethnic Studies program for 20 years while consulting around the U.S. and beyond. Her passion is to inspire people to raise their personal and social awareness to live more fulfilling, connected, and meaningful lives; and to assist organizations, campuses, and corporations in building more diverse, equitable, and inclusive cultures. Samuels’ latest book, [\*The Mindfulness Effect: an unexpected path to healing, connection, & social justice\*](#) (Night River Press, 2018) offers 25 mindfulness practices and activities for health/wellness, self-empowerment, culturally inclusive leadership, social and environmental justice. To accompany this book, she offers [\*The Mindfulness Effect Journal & Practice Planner\*](#), which serves as a workbook for reflecting on the practices in the book, and for creating a personalized plan to incorporate mindfulness into readers’ lives. Her previous book, [\*The Culturally Inclusive Educator: Preparing for a Multicultural World\*](#) (Teachers College Press, 2014) provides transformative inquiry and specific strategies for building cultural inclusion both personally and institutionally. Over her extensive career, [Dr. Samuels](#) has been interviewed in print, radio, online, and on TV, including by the Colorado affiliate station of NPR; and by the Huffington Post. She is also a featured speaker in Thomas Keith’s upcoming documentary, *How Does It Feel to Be a Problem?* (2019). Samuels volunteers as co-facilitator of the monthly [Second Tuesday Race Forum](#) of Denver, and was a founding member and co-chair of [The Privilege Institute](#), the institutional home of the annual [White Privilege Conference](#). In Denver, Samuels serves as a culturally inclusive, trauma-sensitive yoga and mindfulness instructor.

