



A highly energetic compassionate professional dedicated to exceeding client needs with a solid list of accomplishments from over 30 years of experience. Particular strengths include strong leadership, communication, analytical and organizational skills, and the ability to train, motivate, problem solve and sustain lasting client relationships.

EXPERTISE

- † Root Cause Analysis, Problem Solving
- † Naturopathy, Indigenous Medicine
- † Cultural Competency, Inclusion
- † Transformational Leadership
- † Academic and Technical Writing
- † Creative Nonfiction
- † Visual Healing, Multimedia
- † Qigong, Yoga

Dr. Phyllis SHU Hubbard

heal@phyllishubbard.com
www.phyllishubbard.com

Publications and Presentations

- † Hubbard, P.S. (2025). A Community-Based Ecosystems Approach for Promoting Health, Well-Being, and Healing. In: Liamputtong, P., (ed) Concepts in Health, Health Behavior and Environmental Health. Springer.
- † Hubbard, P.S. (2023). A Community-Based Ecosystems Approach for Promoting the Health, Wellbeing and Healing of Boys and Young Men of Colour. In: Smith, J.A., Watkins, D.C., Griffith, D.M. (eds) Health Promotion with Adolescent Boys and Young Men of Colour. Springer, Cham. https://doi.org/10.1007/978-3-031-22174-3_3
- † Hubbard, P.S. "Journey to Radiance: Health and Healing Strategies Impact Report." (2020). Print.
- † *Develop a Mental Health Self-Care Toolkit, 2021, Kingmakers of Oakland's Stress Management Workshop for Students*
- † *Transformative Tools for Healing and Sustainability, 2020, Forward Promise Fellowship*
- † *How to Develop a Mental Health Self-Care Toolkit; Strategies for Leveling Up Your Leadership Potential, 2020, University of Louisville's Leadership In Residence Fellowship*
- † *Journey To Radiance: Health and Healing Strategies, 2020, Black Male Achievement Leadership Workshop*



Publications And Presentations

- † *How to Develop a Mental Health Self-Care Toolkit, 2020, The Yunion's Retreat for Teachers*
- † *Transformative Tools for Healing, 2020, Rafiki Coalition's Crisis Response Community Summit*
- † *Healing Centered Strategies for Teachers in the Midst of Change, 2020, Prospect Hill Academy Charter School Teacher Workshop*
- † *Radiant Health Strategies In Motion, 2020, Global Wellness Summit*
- † *How to Increase Immunity, 2020, Masks For The People Humanitarian Workshop*
- † *Developing a Mental Health Self-Care Toolkit, 2020, My Mind Matters Workshop Series*
- † *Making Health How You Work, 2020, Women Healing Women Conference*
- † *Radiant Weight Loss Strategies, 2020, National CARES Virtual Community Wellness Gathering*
- † *The Impact on African American Mental Health During COVID-19, 2020, Color Magazine's Wellness Workshop*
- † *Mental Massage: A Journey Through What Is Good For The Mind, 2020, RHS Mental Health Awareness Workshop Series*
- † *Radiant Health Strategies, 2020, Africa Matters Workshop Series*
- † *Get Radiant! Cultivate Health, Peace and Power in the Midst of a Pandemic, 2020, RHS Workshop Series*
- † *Making Health How You Work, 2020, Culture For Change Retreat*
- † *Qigong and Sound Healing Meditation, 2020, Make The World A Better Place Virtual Retreat*
- † *Holistic Health and Wellness, 2020, Color Magazine's Virtual Wellness Workshop*
- † *Develop a Mental Health Self-Care Toolkit, 2020, Stronger Together Wellness Workshop*
- † *Wellness In the Midst of Chaos, 2020, Exhale: A Clinician Wellness Series*
- † *Healing Strategies for Grief, 2020, Heart To Heart: Friends Helping Friends Workshop*
- † *Making Health How You Work, 2020, Free African Society Seminar*
- † *Breathe! Strategies for Reducing on the Job Stress, 2020, Forward Promise Seminar: Funding Communities of Color to Heal: A Funder Briefing on Disrupting Dehumanization*
- † *Breathe! Strategies for Reducing on the Job Stress, 2020, Forward Promise Seminar: No More Hashtags: Disrupting the Dehumanization of Our Bodies*
- † *Breathe! Strategies for Reducing on the Job Stress, 2020, Forward Promise Seminar: Justifiable Rage, Undeniable Tears: Disrupting the Dehumanization of Our Emotions*
- † *Breathe! Strategies for Reducing on the Job Stress, 2020, Forward Promise Seminar: The Land Isn't Barren: Disrupting the Dehumanization of Our Communities*
- † *Breathe! Strategies for Reducing on the Job Stress, 2020, Forward Promise Seminar: Return Me to Myself: Disrupting the Dehumanization of Our Cultures and Spirits*
- † *Breathe! Strategies for Reducing on the Job Stress, 2020, Forward Promise Seminar: Start at the Root: Disrupting Historical Dehumanization*
- † *How to Develop of A Mental Health Self-Care Toolkit, 2020, Eskolta School Research & Design Retreat For Teachers*
- † *Radiant Health Therapeutic Movement, 2020, COSEBOC Virtual Conference*
- † *Radiant Breath Awareness: Stress Management For Leaders, 2020, Color Magazine Leadership Conference*
- † *How to Develop a Self-Care Toolkit, 2020, Caleb's Kids Self-Care Workshop*
- † *Transformational Leadership from the Inside Out, 2019, American Express Leadership Academy*



Publications And Presentations

- † *Transformational Leadership Through Healing Centered Engagement, 2019, California State University, Chico Cross-Cultural Leadership Center Seminar for Faculty*
- † *Healing Through Empowerment, 2019, California State University, Chico Cross-Cultural Leadership Center Student Workshop*
- † *Breathe! Strategies for Reducing Stress, 2019, Louisville Urban League Leadership Retreat*
- † *Transformational Leadership from the Inside Out, 2019, Forward Promise Fellowship Retreat*
- † *Imani: Reigniting Black Love and Joy, 2019, Rafiki Coalition Black Health and Healing Summit*
- † *Journey To Radiance: A Podcast for BMA Leaders, 2019, Podcast Movement Conference*
- † *Qigong Healing Strategies for Black Males, 2019, Restoration Retreat at Lincoln Hills*
- † *Transformational Leadership from the Inside Out, 2019, Black Child Legacy Conference*
- † *Breathe! Strategies for Reducing on the Job Stress, 2019, Urban Strategies Council Seminar*
- † *Transformational Leadership from the Inside Out; Qigong, 2019, BMA Leadership Fellowship*
- † *Transformational Leadership from the Inside Out; Qigong, 2019, COSEBOC National Conference*
- † *Stewardship of the Soul for Sistahs: The Journey to Living with Intention, 2018, Association of Black Foundation Executives Women's Retreat*
- † *Leveling Up: It's an Inside Job, 2018, Urban League of Nebraska Young Professionals Black Young Professional's Symposium*
- † *Transformational Leadership from the Inside Out, 2018, Restorative Justice for Oakland Youth Staff Meeting*
- † *Transformational Leadership from the Inside Out Fellowship, 2018, Fellowship Leadership Series for Frederick Douglass Academy*
- † *Radiant Health Strategies for Stress Management, 2018, Crack The Code to Health Day Retreat*
- † *Healing Strategies for Social Change Leaders, 2018, MBK Rising Oakland Conference*
- † *Transformational Leadership from the Inside Out, 2017, RJOY Leadership Seminars for Violence Prevention Workers*
- † *Radiant Health Strategies for Restorative Justice Practitioners, 2017, Restorative Justice National Conference*
- † *Transformational Leadership from the Inside Out; Qigong: Radiate The Great Eight, 2017, Rafiki Coalition's Black Health and Healing Summit*
- † *Transformational Leadership from the Inside Out; Qigong: Radiate The Great Eight, 2017, COSEBOC National Conference*
- † *Transformational Leadership from the Inside Out; Qigong: Radiate The Great Eight, 2017, MBK Alliance Long Beach Conference*
- † *From Survive to Thrive, A Retreat for Survivors of Sexual Trauma, 2017, Swarthmore College's Retreat for Survivors of Sexual Trauma*
- † *Self-Care Strategies for Black Families, 2017, Black Family Development's Leadership Seminars*
- † *Feel Great! Lifestyle Strategies for Preventing Metabolic Syndrome, 2017, New Mexico State Office of African American Affairs STEM Conference*
- † *Sharpening The Saw Through Mindfulness and Meditation, 2017, BAM Wealth Management Retreat (now called Buckingham Strategic Partners)*
- † *Transformational Leadership from the Inside Out, 2017, Association of Black Foundation Executives Women's Retreat*



Publications And Presentations

- † *Black Male Achievement Health and Healing Strategies, 2017, Oakland Winter Retreat for Oakland Community Leaders*
- † *Black Male Achievement Health and Healing Strategies, 2017, Sacramento Winter Retreat for Sacramento Community Leaders*
- † *Wellness Strategies for Black Male Leaders, 2017, Abernathy Magazine's Black Male Leadership Retreat*
- † *Qigong, 2017, Target Excellence's Back to School Conference*
- † *Transformational Leadership from the Inside Out Intensive, 2016, Association of Black Foundation Executives Women's Retreat*
- † *From Man to Superman: Male Super Power in the 21st Century, 2016, Determination Black Men's Group Seminar*
- † *Radiant Health Strategies for Wellness and Stress Management, 2016, BAM Wealth Management Alliance National Conference now called Buckingham Strategic Partners)*
- † *Transformational Leadership from the Inside Out, 2016, Louisville Urban League Leadership Retreat*
- † *Black Male Achievement Health and Healing Strategies, 2016, African American Male Achievement Manhood Development Program Teacher Training*
- † *Transformational Leadership from the Inside Out, 2016, African American Male Achievement Manhood Development Program Teacher Retreat*
- † *Black Male Achievement Health and Healing Strategies Orientation 2016, Black Male Achievement Health and Healing Strategies Cavallo Retreat*
- † *Qigong Healing Strategies for Social Justice Leaders, 2015, W.K. Kellogg Foundation's America Healing Conference*
- † *Breathe! Strategies for Reducing Stress, 2015, La Montanita Coop Community Wellness Seminar*
- † *Breathe! Strategies for Reducing Stress, 2015, New Mexico State Office of African American Affairs STEM Conference*
- † *About Naturopathy; How to Make Vegan Coco Pudding, 2015, KRQE This Morning News Show*
- † *Breathe! Strategies for Reducing Stress on Campus, 2015, Rutgers University's Graduate Student Wellness Workshops*
- † *Eye of The Storm: Qigong Strategies for Breast Health, 2015, Breast Cancer Project's Control the Controllable Wellness Retreat*
- † *Qigong Therapeutics, Exercises and Meditations for Sexual Health, 2015, The Standard Workshop Series*
- † *Qigong Dance, 2015, The Standard Workshop Series*
- † *Radiant Weight, Loss, 2015, The Standard Workshop Series*
- † *Transformational Leadership from the Inside Out, 2015, Rumble! Young Man Rumble Louisville Conference*
- † *Qigong, 2015, Escape Conference*
- † *Breathe! Strategies for Reducing Stress, 2015, BMe National Conference*
- † *Breathe! Strategies for Reducing Stress; Transformational Leadership from the Inside Out, 2014, Rutgers University's Graduate Student Orientation Seminars*



Publications And Presentations

- † *Practical Ayurveda, 2014, The Standard Workshop Series*
- † *Walking Style Qigong, 2014, The Standard Workshop Series*
- † *Introduction to Your Primary Chakras, 2014, The Standard Workshop Series*
- † *Transformational Leadership from the Inside Out, 2014, Overtown Youth Center Wellness Retreat*
- † *Radiant Health Strategies for Women, 2014, A Day of Wellness Retreat*
- † *Power Breathing, 2013, Summit Eden Series at Powder Mountain*
- † *Lean and Clean in 2013, The Standard Workshop Series*
- † *Transformational Leadership from The Inside Out, 2013, The Standard Workshop Series*
- † *Introduction to Your Primary Chakras, 2013, The Standard Workshop Series*
- † *Leadership and Empowerment From the Inside Out, 2013, United Way of Broward County Commission on Substance Abuse Teen Leadership Conference*
- † *Strategies for Reducing Stress; Qigong Strength and Resilience Training, 2013, BME and OSF Joint National Conference*
- † *Lifestyle Strategies for Breast Cancer Prevention, 2012, Breast Cancer Project Wellness Retreat*
- † *Believe In Yourself, 2012, Overtown Youth Center Wellness Retreat*
- † *Leadership and Empowerment From the Inside Out, 2012, United Way of Broward County Commission on Substance Abuse Teen Leadership Conference*
- † *The Eye of The Storm: Harnessing Love, Power and Harmony in the Midst Of Chaos, 2012, The Standard Workshop Series*
- † *Radiant Weight Loss, 2012, The Standard Workshop Series*
- † *Qigong Healing Form, 2012, The Standard Workshop Series*
- † *The Valorous Goddess: Women and Power in the 21st Century, 2011, The Matriarch Gathering Retreat*
- † *Transformational Leadership from the Inside Out Part I and II; Qigong Strength Training, 2011, OSF Leadership Conference*
- † *How to Ace the Job Interview; I'm Qualified, Why Can't I Get the Job? 2011, African American Research Library and Cultural Center's Professional Development Day Retreat*
- † *Radiant Health Strategies For Reducing Stress, 2010, Prudential's "Women Rock" Conference*
- † *Transformational Leadership from the Inside Out, 2009, OSF National Conference*
- † *Get Your Health In Perspective, 2009, Prudential's "Women Rock" Conference*
- † *Get Your Health In Perspective, 2009, The Whole Expo*
- † *Get Your Health In Perspective, 2009, Santa Fe Expo*
- † *Get Radiant! Achieving Radiant Health in the Real World, 2009, Santa Fe Soul Workshop*
- † *Radiant Health Strategies for Self-Love and Empowerment, 2009, The Matriarch Gathering Retreat*
- † *Get Your Health In Perspective, 2008, The Whole Expo*
- † *Health In Perspective: Body, Mind and Money, 2008, The Lt. Governor's Summit on Financial Education*
- † *Radiant Health Strategies Through Optimism, Courage, Harmony and Balance, 2008, Prudential's "Women Rock" Conference*
- † *Radiant Health Strategies for Community Healing, 2008, New Mexico Black Expo*



Visual Glimpse Of Presentations



California State University, Chico, 2019



MBK Alliance Long Beach Conference, 2017