

MEG GRANT

EDUCATION:

Bachelors of Arts in English and History, Texas State University/San Marcos

Masters of Education in Counseling Psychology, Texas State University/San Marcos

PROFESSIONAL EXPERIENCE:

Counselor and Assistant Director in the Counseling Center at Texas State/San Marcos

Instructor in the English Department and University College at Texas State/San Marcos

Professional Development Program faculty at Texas State/San Marcos

Member of the University Quality team for ten years

Meg is a founding member of the Board of Directors of Yoga and Health. She continues to serve on the Board of Directors as Vice President. She brings a wealth of experience and leadership to our organization.

Meg Grant is a native Central Texan who has lived on the San Marcos River in Martindale, Texas, for many years. She loves and appreciates the privilege of working with students in counseling at the university. She is also a certified instructor for team training, facilitation training and Stephen Covey's *Seven Habits of Highly Effective People*. Additional topics she enjoys speaking about include *How Personality Preferences Affect Our Interactions at Work and at Home*, *How to Run Effective Meetings*, *Managing and Resolving Conflict*, *Enriching Interpersonal Relationships*, and *Keeping One's Balance in a World of Change*. She has worked extensively as a speaker for student and employee groups as well as being a private consultant, facilitator and speaker in the area and state. Some groups she has worked with include Leadership San Marcos, the San Marcos Chamber of Commerce, Central Texas Medical Center, El Buen Pastor Mission of Austin, Chi Omega National Fraternity, Davis Memorial Hospital, Priority Retail, Priority Personnel, Texas State Alumnae Association and Texas State Arts League.

She has served on various volunteer boards for different organizations, including the Board of the Campus Christian Community, the Advisory Committee for the Austin District Superintendent in the United Methodist Church, Central Texas Medical Center Foundation Board, the San Marcos Commission on Women in the Community, and the Board of the Samaritan Center of San Marcos and Austin. In "another lifetime" she served as a city council woman and mayor of her hometown of Martindale, Texas. She is a graduate of the Episcopal Church EFM program, and she is currently an active participant in St. Mark's Episcopal Church's Wisdom School and in the Bauman's Seminars.

Meg loves and enjoys many things, including outdoors activities like hiking, sea kayaking and biking, and hobbies like reading, collecting antique furniture, playing board games with family and friends, and traveling to national parks. Personally and professionally, she is deeply interested in practices and activities that bring wholeness and wellness to individuals.