

Judith A. Sedgeman, EdD

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Profile

My strength is inspiring people to understand their potential to express wisdom, to eliminate stress, and to access individual leadership. I facilitate people to tap into their innate resiliency, and to realize how to bring out the best in themselves and others, no matter the challenges. I involve people in understanding and creating constructive, dynamic relationships and organizations that are visionary change leaders.

Education

West Virginia University, Morgantown, West Virginia, USA	EdD, Educational Psychology	2008
Trinity College, Hartford, Connecticut, USA	MA, English	1967
Wellesley College, Wellesley, Massachusetts, USA	BA, English	1964

Experience

Managing Partner: Sedgeman Consulting LLC

2009 - present

Sedgeman Consulting is dedicated to facilitating healthy, visionary individuals, organizations and communities. Services include mentoring, consulting, retreats, strategic planning, leadership development and developing on-line courses and programs to elicit wisdom from within. Consulting services provided at an hourly or daily rate for clients who are deeply committed to building from their own strengths. By referral only. Website: www.three-principles.com. Blog: <http://three-principles.com/blog/>. Locally, I provide a *Rediscover Joy!* Group to the Women's Resource Center of Manatee County intermittently, as well as offering mental health mentoring services to individual clients through the Women's Resource Center. I offer groups specifically for Veterans through Goodwill of Manatee County and offer a self-directed online program, [Peace for Veterans](#), at no cost to Veterans. I facilitate retreats and meetings for a variety of non-profits in Florida and elsewhere.

Program Consultant: Center for Sustainable Change

2015-2017

Center for Sustainable Change is a global organization dedicated to disseminating the Three

Principles and supporting community change around the world. I develop and review programs for the Center, and also offer three programs, Awakening Community Circles, a weekly webinar; Community Leadership Development, a quarterly webinar offering; and online educational programs for a variety of audiences.

Initiative Consultant: The Patterson Foundation

2013-2015

The Patterson Foundation of Sarasota, FL, engages in planned partnerships with the institutions it supports, and acts as both a “knowledge donor” and a “financial donor.” When an institution is chosen for support for a project, an Initiative Consultant is assigned to provide intellectual capital to the project. I was the Initiative Consultant for a three-year project at The Ringling College of Art & Design, Sarasota, FL, to develop a curriculum transformation project known as The Ringling College Collaboratory. In that role I worked closely with the President and the leadership of the College and the Foundation. I also worked closely with other consultants to both organizations and the project. My role was to convene the right people, create partnerships, and ask the right questions.

Director, Institute for Public Policy and Leadership at the University of South Florida, Sarasota-Manatee.

2009-2011

Transformed the organization to make The Institute for Public Policy and Leadership a bridge between the resources of the academic community and the diverse constituencies it serves. My mission was to showcase faculty and student expertise, engage civil public dialogue, and build appreciation for excellence in scholarship and education. Delivered as many as six high quality programs each year with respected speakers/panelists on subjects of importance, such as Civility in Politics, Immigration Reform, Environmental Economics, Cybersecurity, Redistricting. Partnered with other organizations and non-profits to develop new programs and expand outreach. Provided a Leadership series for the Young Professionals of the Sarasota Chamber of Commerce. Doubled the average audience for IPPL programs and generated substantial publicity and public interest in the university. Produced frequent television programs for METV, a local public television station. Served as facilitator for leadership and strategy meetings at the University; also invited to facilitate for other organizations. Served as Ombudsman for USFSM students. Was named liaison to the Lifelong Learning Academy and helped develop a faculty research/lecture program in conjunction with LLA. Served as a member of the Advisory Committee for Imagination in Education in the College of Education at USFSM.

Education Director, West Virginia initiative for Innate Health, West Virginia University Health Sciences Center, Morgantown, West Virginia, USA

2003-2009

Developed and taught Master’s level courses, both on-line and classroom, in Resiliency and Leadership for the Public Health program in the Department of Community Medicine, as well as a Continuing Education on-line course in resiliency that is offered globally through WVU Extended Learning. Consulted to leadership groups in both public and private sector across West Virginia. Created and taught a course in Advanced Professional Writing. Created a month-long Leadership

Module for the Faculty Development Program, presented as a blended offering (classroom and on-line). Co-directed an international conference, *Creating a Dialogue between Science and Spirituality*, held in Morgantown, WV in 2005. Inducted into the prestigious Academy for Excellence in Teaching and Learning at the Robert C. Byrd Health Sciences Center of WVU. Committee service: Technology Task Force to create input about distance education for the 2010 WVU strategic plan; elected to WVU Faculty Senate, as well as to the Faculty Senate Executive Committee. Served as founding Leadership Director for the Center for Excellence in Women's Health; member of the Faculty Development Advisory Committee, with which I worked to create an on-line Faculty Development program offered to all new WVU faculty, as well as working to create an on-line Faculty Leadership Institute. Mentored medical students and other professional students referred by faculty and deans for academic and personal issues. Created, delivered and researched a stress elimination program for all students at a Morgantown high school. Published a theory article on the Mind-Consciousness-thought (MCT) definition of psychological well-being, and a pilot study of an MCT intervention on HIV-positive patients. Participated in further research of MCT interventions with HIV-positive patients and PTSD patients. Participated in research on stress in Medical Residents with the Department of Emergency Medicine.

Director, Sydney Banks Institute for Innate Health, West Virginia University Health Sciences Center, Morgantown, West Virginia, USA 1998-2003

Established an institute to expand the vision for wellness in bio-psycho-spiritual health. Developed internal consulting for health sciences leaders, "Creating Leadership from Within." Offered seminars and facilitated leadership sessions throughout West Virginia and other states. Consulted to, and presented seminars, for, the Ministry of Public Health in New Zealand. Developed graduate courses for the Master's in Public Health Program at WVU, and guest-lectured in the Schools of Medicine, Dentistry, Pharmacy and Nursing, and the Faculty Development Program. Participated in development of a research instrument for psychological well-being. Published a weekly e-column on psychological well-being, "Reflections," that became one of the most-often accessed WVU offerings. Provided human resources training for the Bank of Ireland, Dublin, Ireland, for 10 days. Traveled throughout the United States to promulgate interest in the principles that underlie and describe innate health.

Consultant, Pransky & Associates, La Conner, Washington, USA 1990-1998

Provided individual mentoring and seminars to business groups and executives from all over the country and internationally, with a strong focus on health care leaders. Offered training and seminars in Australia numerous times over five years and conducted a country-wide training series for the Ministry of Public Health in New Zealand. Was part of team that developed a national leadership training program for executives. Served as editor for a book on consulting based on the Principles of Mind, Thought and Consciousness and presented at several national conferences.

CEO, Medical Care Management Systems, Inc., Bradenton, Florida, USA 1985-1990

Started a company to provide business management and planning to medical practices in response to economic turmoil and changes in regulation. Grew to 44 employees in service to 170 physicians in the Central Florida area. Developed innovative practice management and billing systems. Trained doctors and their staffs in “the human factor” to improve patient service, foster positive bedside manner, and prevent stress and burnout. Fulfilled leadership roles in the Chamber of Commerce, United Way, the Small Business Administration, and the New College Music Festival of Florida. Company sold to an accounting firm.

VP Human Resources, Community Bank of Manatee, Bradenton, Florida, USA 1983-1985

Assisted in the development of a family-owned community bank, including staff training, marketing, community relations, and developing a strategic plan for growth.

Editor, *The Floridian Magazine*, St. Petersburg, Florida, USA 1978-1983

Brought the Sunday magazine of *The St. Petersburg Times* from near-cancellation to the best-read section of the newspaper within two years. Revamped the format and focus of the magazine and incorporated “Centerpiece” stories, strong, investigative pieces by the best reporters/writers in Florida. One story won the Pulitzer Prize in 1979. Lectured on Ethics and other topics at the Poynter Institute for Journalism. Served on the Board of Directors of *Florida Trend Magazine*. Offered seminars on innovations in Sunday magazines at press association meetings.

Reporter and Columnist, *The St. Petersburg Times*, St. Petersburg, Florida, US 1970-1978

Started as a “stringer” and became a beat reporter, covering police, city and county government, and then became an investigative reporter. Won numerous state journalism awards, and also served as an evening news reporter for the first Cable TV newscast in Bradenton, operated by *The St. Petersburg Times*. Developed a prize-winning weekly column, “Judy’s People.”

Lecturer, University of Maryland Overseas Division, Naha, Okinawa 1968-1970
Teacher, Christ the King High School, Okinawa

Taught courses in English Literature and Modern American Poetry for the University of Maryland on Air Force and Marine bases. Taught English at a missionary high school for students from all over the Orient. Advised students in starting a literary magazine.

Lecturer, English, Perkinston Junior College, Perkinston, Mississippi, USA 1967-1968
Lecturer, University of Mississippi Extension, Keesler Air Force Base, Biloxi, Mississippi, USA

Developed a remedial English course. Taught English Literature and American Literature. Participated in developing the school’s accreditation self-study. Participated in faculty leadership development efforts.

Taught college English courses to Air Force personnel at Keesler Air Force Base.

Reporter and Columnist, West Hartford News and Connecticut Life Magazine West Hartford, Connecticut, USA **1964-1967**

Covered the human side of major political and social change taking place because of Viet Nam War era political upheaval and the Civil Rights Movement. Developed a popular weekly column, "Bubbles from the Soap Box."

Editor, Arthur D. Little, Inc., Cambridge, Massachusetts, USA **1963-1964**

Worked with international consultants in a variety of fields to produce high-quality consulting reports for clients including governments, universities, and international organizations.

Skills

Leadership consulting and development with particular focus on higher education and health care; strategic thinking; training educators; human relations; teaching prevention through resiliency; developing collaborative work groups; public speaking, coaching and mentoring. Certified by The Three Principles Foundation as a teacher of the Principles of Mind, Consciousness and Thought as discovered and taught by Sydney Banks. Certified by Sloan-C Consortium as an on-line educator. Certified by the American Psychological Association as a Counselor and named a Fellow of the American Psychological Association.