

WILSON C. MCLEAN, PH.D., CWP, RYT, EFCA

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SUMMARY STATEMENT

Life advancement and organization development specialist dedicated to ensuring that people, families, and work cultures establish the foundations they need to flourish. Through a holistic approach grounded in empathy and expertise, I teach executive function, applied wellness, and select soft-skills development to enhance cognitive abilities, build capacity, and increase overall effectiveness. Serving as strategic support and trusted advisor, I motivate, guide, and empower clients to achieve their goals and be positioned for sustainable growth. Values-centered. Skills-driven. Results-oriented.

FOCUS AREAS

Subjective well-being	Life & energy management	Interpersonal communications
Executive functioning skills	Organizational health & wellness	Educational workshops & trainings
Behavior & lifestyle change	Structures, systems, & processes	Public speaking & presenting

PROFESSIONAL EXPERIENCE

Culinary Concepts AB, LLC (CCAB), Charlottesville, Virginia, www.culinaryconceptsab.com **2023 - Present**
Director of Program Development

- Develop and improve program curriculum, design, and delivery to ensure student retention, satisfaction, and overall program effectiveness; create and revise curriculum guides, syllabi, and other programmatic materials.
- Collaborate with CEO and team to achieve organization's goals while finding ways to increase impact and reach through strategic planning, student and sponsorship outreach, and implementation of targeted program initiatives.
- Develop and strengthen partnerships, sponsorships, and collaborative relationships to pursue strategic plans, build ecosystems, expand networks, and create opportunities that will increase program awareness and overall impact.
- Create marketing and outreach materials, surveys, impact and summary reports, and lead market R & D efforts to strengthen operations, improve training programs, raise brand awareness, and pursue expansion plans.

Integrative Wellness Alliance, LLC (IWA), Charlottesville, Virginia, www.iwalife.com **2019 - 2024**
Founder & Managing Partner

- Manage wellness coaching and consulting business, leading a team of specialists that provides individuals and organizations bespoke life advancement and professional development programs, trainings, and advisory services.
- Deliver 1-on-1 coaching sessions for executives, emerging leaders, and young adults to improve behaviors, mindsets, and lifestyles through a focus on improving executive function, applied wellness, and soft skills.
- Work with families and small teams to enhance systemic health and foster sustainable growth through strategic advising and holistic support services, interpersonal communications training, and improving executive function.
- Select organization development projects: created operations and program manual for private mental health company; led private wellness center in organizational redesign; created and facilitated management and interpersonal communications training; designed and led curated immersions to Lake Atitlan, Guatemala.

Wilson McLean & Associates, LLC (WMA), Boca Raton, Florida, www.wcmandassociates.com **2015 - 2024**
Founder & Managing Partner

- Served as family healthcare consultant and advocate; worked 1-on-1 with clients and supported families in crisis to address, manage, and heal select mental health struggles through family coaching and education programs.
- Enacted strategic, compassion-driven behavioral interventions via the creation of customized family recovery programs; developed personalized strategies; and provided ongoing support, guidance, and psychoeducation.

Florida Atlantic University, Boca Raton, Florida **2015 - 2020**
Adjunct Instructor

- Taught in-person and online undergraduate courses in Social Theory, Public Management, Human Resources, Organization Development and Behavior, Organizational Ethics, and Administrative Communications.
- Developed, organized, and delivered original course syllabi, designs, curriculum, lectures, and activities with a focus on experiential learning, critical thinking, Socratic Method, and soft skills-driven education.

Advatest, LLC, Palm Harbor, Florida

2019

Organization Development Consultant

- Designed and facilitated a healthcare field agent training and orientation; provided training in HIPAA compliance, technical skills, and soft skills (communication, interpersonal effectiveness, empathy, and mindfulness).
- Worked with executive team (CDO & CEO) to develop healthy, vibrant, people-centric culture.

Connected Warriors Organization, Boca Raton, FL

2013 - 2014

Executive Director

- Developed and executed advancement plans; increased reach from 7 to 15 states and to two international army bases; weekly class offerings increased 50%; raised over \$100,000 from private donors in a six-month period.
- Facilitated creation and execution of a national trauma-informed teacher education and training program.

EDUCATION

Florida Atlantic University, Boca Raton, FL

May 2019

Doctor of Philosophy, Public Administration; Fields of concentration: Organization Development & Behavior, Leadership, Organizational Health and Wellness, Management, and Administrative Theory

- **Dissertation:** *Investigating Healthy Organizations: Development and Testing of a Public Organization Wellness Quotient (WQ)*
- **Societies/Awards:** Pi Alpha Alpha Honor Society; Phi Kappa Phi Honor Society; 2018 FAU 3 Minute Thesis Graduate Competition runner-up: <https://www.youtube.com/watch?v=08p8KTFQuM8>

Florida Atlantic University, Boca Raton, FL

May 2013

Bachelor of Arts, Interdisciplinary Studies; Social Science (focus on psychology and sociology)

Bachelor of Arts, History (minor in English)

- Received two undergraduate degrees, taking classes with a total of 194 credits
- Combined GPA: 3.78; *Magna cum laude* (in each degree)

TEACHING

Courses Taught (2014-2019)

PAD 2258 Changing Environment of Business, Government, & Society (5 semesters)
PAD 3104 Organizational Behavior & Administrative Communication (1 semester)
PAD 3438 Communication Skills for Public Managers (2 semesters)
PAD 3712 Information Technology in Public Administration (1 semester)
PAD 4414 Managing People in the Public Sector (1 semester)
PAD 4604 Administrative Processes & Organizational Ethics (1 semester)
PAD 6106 Organizational & Administrative Behavior (2 semesters; *Graduate Course)

WRITING

- McLean, W. "Organizational Change and Organizational Development". *Public Administration and Organization Theory: An Annotated Bibliography*, ed. by Tulasi Acharya and Kay Traille, Routledge, 2024, pp. 106-116
- McLean, W. (2019). "Toward Foundations of a Healthy Organization: Introducing the Holistic Organizational Wellness (HOW) Framework." *Reviewed by *Organization Dynamics*.
- McLean, W. & Sementelli, A. (2018). "A Critical Review of Organizational Spirituality: All Signs Point Toward Health!" *Reviewed by *International Journal of Organizational Analysis*.
- McLean, W. (2019). "Investigating Healthy Organizations: Development & Testing of a Public Organization Wellness Quotient (WQ)." Dissertation. Florida Atlantic University, Boca Raton, FL.
- McLean, W. (2019). "Construct Validity and Content Issues with FEVS (2017)." (Journal Article).
- McLean, W. & Miller, M. (2019). "Overcoming Organizational Traps with Healthy and Candid Communication." (Journal Article).

Works in Progress (non-academic)

- McLean, W. *Learning to Love: A Workbook for Well-being*. (Book). Coming Summer/Fall 2025.
- McLean, W. *Dearest Surprise! Reflections and Revelations on Becoming a father*. (Book). Coming Summer/Fall 2025.
- McLean, W. *I Wanna Get High: A Journey into the Abyss of Addiction and the Quest for Overcoming*. (Book). 2026.
- McLean, W. *I Wanna Be Free! A Practical Guide for Parents, Friends, Families, and All Those Intimately Involved with Addiction*. 2026

CONFERENCES

- “Investigating Healthy Organizations: Development & Testing of a Public Organization Wellness Quotient (WQ).” (3MT Presentation). Presenter at the 2019 Conference of Florida Graduate Schools. Florida International University, Miami, Florida, April 17-18, 2019.
- “Toward Foundations of a Healthy Organization: Introducing the Holistic Organizational Wellness (HOW) Framework.” Presented at the Florida Atlantic University SPA Colloquium, Boca Raton, Florida, March 30, 2018.
- “The Fireteam Hierarchy: A Physical Structure for Healthy Leadership.” Presented at the Florida Atlantic University SPA Colloquium, Boca Raton, Florida March 31, 2017.
- “A Critical Review of Organizational Spirituality.” Presented at the 11th Annual Organization Studies Conference: Spirituality, Symbolism & Storytelling in Mykonos, Greece, May 18-22, 2016.
- “Understanding Mimetic Institutionalization through the Ice Bucket Challenge.” Presented at the Florida Atlantic University SPA Colloquium, Boca Raton, Florida, March 2015.
- The Woodenfish Project: Exploring Guanyin & Chinese Buddhist Pilgrimage Sites. Workshop participant. Putuo Shan Island, Zhejiang Province, China, August 4-13, 2013.

SERVICE

Equine-Assisted Therapies of South Florida, *Volunteer* **2020 - 2021**

- Served as horse lead and support while children with disabilities participated in Equine-Assisted therapy.
- Participated in orientation to equine-therapy, equine training, and working with children with severe disabilities.

Tri-County Animal Shelter, *Volunteer* **2015 - 2020**

- Served as dog walker and sitter for dogs who had been abandoned, neglected, and/or abused.
- Participated in orientation and weekend training for working with abused dogs to provide safe, secure interactions

FAU Distinguished Teacher of the Year Selection Committee, *Lead Facilitator* **2019**

- Served on selection committee as graduate student representative for College of Design & Social Inquiry
- Researched vetted, and interview all potential candidates and helped to narrow field to final 10 DTOY candidates

Fresh Coat, Inc., *Board of Directors* **2018 - 2019**

- Served as founding board member for 501(c)(3) that enhances communities by improving the physical spaces.
- Worked with board to develop organization’s mission/vision, core values, and strategic plan.

Connected Warriors Organization, *Volunteer* **2011 - 2013**

- Taught weekly meditation and yoga classes to veterans and their families; specialized in designing and delivering yoga/meditation classes that were “trauma-conscious” and assisted those suffering from PTSD
- Volunteered for fundraising and awareness events in South Florida region

CERTIFICATIONS

- HIPAA Certified for Business Associates, HIPAA Exams (2022), #19600
- Certified Yoga Teacher (RYT - 200hr), Yoga Alliance International (2012)
- Certified Wellness Practitioner (CWP), National Wellness Institute (2019), #59066406, 5-year certification
- Ongoing participation in select mental health, wellness, and org. development education programs, conferences, workshops, and trainings.
- *Currently completing executive function coaching certification for children and adults via Executive Function Coaching Academy (EFCA).

**Personal and professional references available upon request*