



## Key Executive Women in Leadership Forum: Future of Excellence in Leadership & Public Service Session #2 | Meeting Your Mind: Harnessing the World's Greatest Resource

### Speaker Bios



#### Carol Hyman

Executive Director, Applied Mindfulness Training, Inc.

Carol S. Hyman, Executive Director of Applied Mindfulness Training, Inc. and a writer, teacher, and consultant with a degree in psychology, has practiced and taught mindfulness and related disciplines for more than four decades. A partner in a renovations company, she was the director of a non-sectarian meditation program in Atlanta, Georgia, before she and her husband uprooted that life to spend a year in a bus, traveling the U.S. and Canada, homeschooling their children and teaching meditation. They settled in Vermont, where Carol served as editorial project manager for a collection of previously unpublished writings by Anne Morrow Lindbergh, and where she still lives. Carol's book, *Meeting Your Mind*, was published in 2019.



#### Dr. Ruth Zaplin

Sr. Executive-In-Residence, Key Executive Leadership Programs

Ruth Zaplin is an Executive-in-Residence, School of Public Affairs, Department of Public Administration & Policy and Director of International Programs, Key Executive Leadership Programs at American University. Dr. Zaplin served as a senior advisor and project director with the National Academy of Public Administration in Washington, DC and founded the Academy's Global Leadership Consortium. As a Senior Manager at BearingPoint, she led enterprise-wide transformation plans, large-scale government reform, workforce restructuring, and work redesign initiatives in both the public and private sectors. Selected achievements include: leadership development, succession planning, and diversity study for the Centers for Disease Control and Prevention; designing a Government Center for Innovation to strengthen the capability of the State of Qatar's public sector leaders and serve as a leadership development model of excellence for the Middle East; and leading the organizational change effort to integrate the core IRS financial management systems. Equally adept at bridging research, organizational theory and practice, her background includes executive leadership of a nationally known non-governmental organization and social science research in criminal justice.

Dr. Zaplin has two nationally known textbooks in criminal justice and numerous book chapters related to leadership development. She holds a DPA, MPA, MA, and BA. She is certified to score the subject-object qualitative research methodology developed at Harvard University. She received her Executive Coaching accreditation from Georgetown University and is certified as a Professional Certified Coach (PCC) by the International Coach Federation.