
Olivia Ellis (M.S., M.A.)

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EDUCATION

PhD. Positive Developmental Psychology - Claremont Graduate University
Claremont, CA.

Aug. 2017 - Current

M.A. Positive Developmental Psychology and Evaluation - Claremont Graduate
University Claremont, CA.

Aug. 2017 - May 2020

Master's thesis: What Makes Emerging Adults Feel Loved? Cultural Consensus of Felt
Love Experiences in Emerging Adulthood

M.S. Exercise and Health Sciences - Miami University Oxford, OH.

Jan. 2015 - May 2016

B.S. Human Nutrition, Foods & Exercise - Virginia Polytechnic Institute and State
University Blacksburg, VA.

Aug. 2010 - May 2014

RELEVANT COURSEWORK

- Positive Relationships Across the Lifespan
- Foundations of Positive Psychology
- Theories and Concepts in Lifespan Development
- Intermediate Statistics
- ANOVA
- Applied Multiple Regression
- Categorical Data Analysis
- Research Methods
- Applied Developmental Psychology

RESEARCH EXPERIENCE

**Graduate Student Lab Manager: Well-Being and Developmental Methods
Research Lab** - Claremont Graduate University, Claremont, CA.

Fall 2019-2021

- Understanding love from a developmental perspective through the Cultural Consensus
Theory perspective
- Assessing pathways to well-being across adulthood during the COVID-19 pandemic
- Creating surveys to assess availability for lab meetings
- Organizing and leading lab meetings
- Supporting new lab members become involved and integrated in the lab

TEACHING EXPERIENCE

Adjunct Professor Pepperdine Graduate University, Malibu, CA

April 2021 - Present

- **Individual, Couple & Family Development PSY-658 (Online Class)**
Pepperdine Graduate University (Summer 2021- Present)

Adjunct Professor College of the Desert, Palm Desert, CA

August 2016 - Present

- **Personal and Community Health KINE-010-2450 (Online Class)**
College of the Desert, Palm Desert, CA. (Fall 2019, Spring 2020)
- **Yoga Teacher Training Progressive KINE-019-2564 (Module 2)**
College of the Desert, Palm Desert, CA. (Fall 2018)
- **Yoga Teacher Training Essentials KINE-018-2566 (Module 1)**
College of the Desert, Palm Desert, CA. (Fall 2018)
- **Pilates Mat Work KINE-072-2586 & KINE-098-2325**
College of the Desert, Palm Desert, CA. (Fall 2017, Spring 2018, Spring 2019, Fall 2020)
- **Yoga KINE-098-2578, KINE-098-2349 & KINE-098-0472**
College of the Desert, Palm Desert, CA. (Fall 2017, Spring 2018 & Summer 2018, Spring 2020)

Teaching capabilities: Led lectures in-person, online synchronous, and online asynchronous. Creates an inclusive environment with diverse teaching methods and diversity in assessments offered to students. Held office hours for students and participated in instructor continuing education to be a lifelong learner of how to best support students.

PEER-REVIEWED MANUSCRIPTS

Ellis, O., Heshmati, S., & Oravec, Z. (2022). What makes early adults feel loved? Cultural consensus of felt love experiences in early adulthood. *Applied Developmental Science*, 1–17. <https://doi.org/10.1080/10888691.2022.2158086>

Heshmati, S., Ramdass, J. V., Rombaoa, J.P., **Ellis, O.**, Abazari, A., Heshmati, H., & Mansfield, M. E. (2022). Survey examination of resilience, psychological, and relational well-being during COVID-19: A developmental and cross-cultural dataset [Data article]. *Data in Brief*, 108735. <https://doi.org/10.1016/j.dib.2022.108735>

ACADEMIC CONFERENCE PRESENTATIONS

Ellis, O., Heshmati, S., Oravec, Z. (2019, May). *Do emerging adults agree on what makes people feel loved: A Cultural Consensus Theory approach*. Poster Presentation at the Association for Psychological Science (APS), Washington, DC.

BOOK CHAPTERS

Heshmati, S., Cabrerros, E., I., **Ellis, O.**, Blackard, M. Love and friendship across the lifespan. Oxford Research Encyclopedia of Psychology. Oxford University Press.

PROFESSIONAL AFFILIATIONS

- American Psychological Association (2019-2020)
- Western Positive Psychology Association (2017-2021)

PROFESSIONAL DEVELOPMENT TRAINING

Distance Education Certification Training - College of the Desert (Spring 2020)

Teaching Practicum and Portfolio - Preparing Future Faculty Program at Claremont Graduate University (Fall 2020)

Pedagogy for Ethical Education - Preparing Future Faculty Program at Claremont Graduate University (Summer 2020)

PROFESSIONAL EXPERIENCE

Cardiac Rehabilitation Program Coordinator - Eisenhower Health, Rancho Mirage, CA.

November 2020 - Present

- Facilitates workshops on what research says contributes to a healthy heart to cardiac rehab patients. Topics include: stress management, positive relationships, eating well, and building a healthy mindset.
- Led Zoom workshops open to all community members on positive psychology and physical fitness.

Spinning® Master Instructor, Online Instructor, & Lead - Mad Dogg Athletics, Venice, CA.

April 2018 - June 2018 & May 2020- Present

- Assisted in the Master Instructor (MI) Pre-Camp by assessing and providing feedback to 20 Master Instructor Candidates from all over the world (countries include: Italy, Mexico, Brazil, Nicaragua, etc.) in efforts to prepare them to become international fitness presenters.
- Provided feedback on the preparation of global education materials.
- Leads indoor cycling instructor certifications.
- Films fitness classes.
- Provides feedback to instructors on the app to maintain alignment with the brand.

Group Fitness Area Manager - In-Shape Health, California

July 2018 - September 2019

- Managed 140 instructors employed at 5 locations
- Fitness classes facilitate over 100,000 member check-ins per month
- Established rapport with employees remotely

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- Strategically planned to drive performance metrics
 - Facilitated coaching conversations with employees to drive member retention and employee performance
 - Managed payroll and staff scheduling
 - Responded to member feedback

Group Fitness Instructor & Personal Trainer- WTS International, Rancho Mirage, CA.

August 2017 - March 2020

- Conducted fitness assessments, personal training and group fitness classes
- Classes ranged from Barre, indoor cycling, chair yoga, strength training classes, etc.

Fitness Director - Venus de Fido, Palm Desert, CA.

July 2016 - August 2017

- Developed and implemented brand new standard operating procedures
- Hired employees and independent contractors
- Managed day to day operations of personal training and group fitness instructors
- Collaborated with spa, culinary, dog, and retail departments
- Created targeted social media marketing campaign and drove revenue
- Created budget and department goals

Assistant Director of Fitness - Miami University, Oxford, OH.

August 2014 - March 2016

- Promoted from intern to Assistant Director within 4 months of employment
- Oversaw approximately 100 classes a week with 30+ instructors
- Directed special events, utilized Photoshop and InDesign to create promotional materials, and marketed classes

Front Desk Associate - The Elms Hotel, Oxford, OH.

January 2015 - May 2016

- Assisted guests through reservations, check-in and check-out procedures
- Aimed to make The Elms Hotel feel like home for every guest

Nutrition and Fitness Intern & Guest Instructor - Rancho La Puerta “World’s Best Destination Spa” - 2010, 2011, 2013, 2014, 2015); Tecate, Baja California Mexico.

May 2012 - Present

- Led hikes; taught fitness classes
- Compiled nutrition information to create presentations for guests and community
- Presentations published and utilized in Tecate museum

Student Director of Virginia Tech’s Extended Orientation Program - Virginia Tech New Student and Family Programs; Blacksburg, Virginia

September 2011 - August 2014

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- Began as a customer in 2010, then hired 2 years as in an entry level position (2011, 2012), promoted to an executive level position (2013), and then promoted to a Program Director (2013).
 - Assisted in the hiring and training of over 100 employees to represent the university to welcome approximately 1,000 incoming students
 - Developed and facilitated team bonding and professional development exercises

Special Events Coordinator, Personal Training Supervisor, Personal Trainer & Group Fitness Instructor - Virginia Tech Rec Sports; Blacksburg, Virginia

August 2011 - May 2014

- Instructed fitness classes ranging from strength training, cycling, CXWORX®, BODYCOMBAT®, Pilates, and various others.
- Personal Training Supervisor: Oversaw over 30 personal trainers, assisted with the training, hiring, evaluating, and day-to-day operations involving the student trainers
- Special Events Coordinator: Organized events on campus to promote fitness programs; ranged from “Free BodPod Week”, “Women in the Weight Room”, “Partner Yoga”, and various others

FITNESS INDUSTRY PUBLICATIONS

“Creating Moments of Connection during COVID-19”

IDEA Fitness Journal; November 2020

“Building Authentic Leaders in the Fitness Industry”

IDEA Business Success; August 2020

“How to Help Participants Savor the Experience”

IDEA Fitness Journal; November 2020

“Creating Pre-Class Rituals”

IDEA Fitness Journal; June 2019

“Creating Healthy Competition in Spinning® Classes”

Spin® Life Blog; May, 2019

“Inspire the Emotions that Motivate”

American Fitness Magazine; Spring 2019 Issue

“How to Help Participants Find Flow”

IDEA Fitness Journal; September 2018