



UBC Health, Wellbeing & Benefits External Vendor List

In addition to our [internal workshops and programs](#), UBC’s Health, Wellbeing and benefits team works with a set of reputable external providers. See below for a list of speakers, researchers and wellbeing experts to support your next team event, speaker series or retreat.

Emotional Intelligence	Financial wellbeing
<p>Emotional Intelligence Training (The Knowledge Academy)</p> <p>Leading with Emotional Intelligence (Sally Halliday, RCC)</p>	<p>Money Management Skills workshops/webinars (Credit Counselling Society of BC)</p> <p>Money Coach (Melanie Buffel) Individual support or workplace workshops</p>
Mental Health Literacy	Mindfulness
<p>Mental Fitness (University of New Brunswick) Individual or group, \$59.59 pp</p> <p>Leading a Mentally Health Workplace, Online, (Morneau Shepell) Please email efap.info@ubc.ca to arrange</p> <p>Building Blocks for Mental Health, Online, (Morneau Shepell) Please email efap.info@ubc.ca to arrange</p>	<p>Workplace Mindfulness training programs (The Calm Monkey, Wendy Quan)</p> <p>Mindfulness/Emotional Resilience Labs (Stillness Labs) Online or virtual team-based training</p> <p>Mindful Leader or Organization Training (MindwellU) Mixed-modality support (web, in-person, app)</p>
Organizational/Team wellbeing	Stress Management and Resilience
<p>Resilience 1-day course (Leadershape) Up to 30 participants, \$6000</p> <p>Workplace wellbeing workshops (Megan Pinfield, PhD, RCC) A range of topics with the ability to customize</p> <p>Organizational Change/Change Management (UBC’s Preferred Vendor list)</p>	<p>Stress and Resilience education programs (Thara Vayali)</p> <p>Adaptive Resilience, online, \$127 pp (Search Inside Yourself Leadership Institute)</p> <p>Helping the helper – Understanding & Coping with Cumulative Stress (Morneau Shepell) Please email efap.info@ubc.ca to arrange</p> <p>Wellbeing, Happiness and Team-work (Vancouver Brain Lab) Customized interactive workplace workshops</p>



UBC Faculty Experts	
A list of some faculty members doing research and work in wellbeing related to the topic areas above. <i>*See below for a separate list of IBPOC Faculty Researchers at UBC</i>	
Emotion regulation; stress; health behaviors	Christiane Hoppman
Emotional expression, and self-regulation	Jessica Tracy
Financial Wellbeing & Happiness	Elizabeth Dunn
Introspection and self-awareness	Kalina Kristoff
Stress & Resiliency	Kimberly Schonert-Reichl Anita Delongis
Stress & Physical Activity	Eli Puterman
Social Relationships/ Connection	Frances Chen

Other topics and expertise related to wellbeing:

	UBC Specific	External
Equity, inclusion, identity, diversity	Equity and Inclusion Office	Cicely Blain Consulting
Indigeneity, de-colonization, healing	First Nations House of Learning or The UBC Learning Circle	Decolonizing Practices with Nahanee Creative
Sustainability, environment, climate change	UBC Sustainability or UBC Farm Workshops and Indigenous Initiatives	

IBPOC Faculty Researchers at UBC*

The following is designed to be used as a non-exhaustive list of faculty members and graduate students at the University of British Columbia whose research interests focus on the different perspectives and challenges facing Indigenous people, Black people and People of Colour.

Faculty Member	Research Interests
Dr. Dina Al-Kassim	postcolonial anti-colonial feminist queer theory psychoanalysis Subjectivity comparative literature: Arabic, English, French



Dr. Phaniel Antwi	critical black studies; settler colonial studies; black Atlantic and diaspora studies; Canadian literature and culture since 1830; critical race, gender, and sexuality studies; material cultures.
Dr. Erin Baines	transitional justice; the politics of humanitarianism and forced displacement study of gender, youth and armed conflict.
Dr. John Paul (JP) Catungal	queer of colour geographies, critical race and ethnic studies, diaspora and transnationalism, critical pedagogy, the scholarship of teaching and learning, lived geographies of sexual and racial minorities in educational spaces.
Dr. Litsa Chatzivasileiou	philosophical and ethical issues of gender, ethnicity, and sexuality, post-colonial studies, whiteness and masculinity studies, indigenous women’s writing (including autobiography and testimony), cultural studies on women, consumption, and corporeality.
Dr. Gillian Creese	Intersections of gender, sexuality, racialization and class; Processes of immigration and settlement in Canada; Gender, racialization, work and trade unions.
Dr. Vanessa Andreotti	Education for/about international development Global Citizenship Education Global Justice Ethics of Internationalization
Claudia Díaz (PhD student)	role of early childhood education policies in educational inequalities, examining how social spaces for children intersect with issues of social class, race, and gender
Dr. Denise Ferreira da Silva	Female Genital Cutting, Police Brutality, Black Political Mobilization, the rhetoric of the “War on Terror”
Dr. Sneja Gunew	Cross-Cultural Perspectives On Women, Identity, Food Diaspora, Indigeneity, Ethnicity: The Multiculturalism of Post-colonialisms in Contemporary Canada and Australia
Dr. Mark Harris	Indigenous rights in relation to cultural heritage, land claims, the stolen generations, intellectual property and criminal justice issues
Dr. Annette Henry	race, class, language, gender and culture in socio-cultural contexts of teaching and learning in the lives of Black students,



	Black oral histories, and Black women teachers’ practice in Canada, the U.S. and the Caribbean
Dr. Dallas Hunt	a study of urban Indigeneity in the ‘reconciliation era’ a study on the histories of settler colonialism on the prairies a study on small, Indigenous publishing houses a study on settler replacement narratives and Indigenous futurities a study on/collection of the poetry of Anishinaabe writer Kateri Akiwenzie-Damm
Jules Koostachin	practices and methodologies of indigenous women creating digital stories from the margins of society
Dr. Minelle Mahtani	She is also the Senior Advisor to the Provost on Racialized Faculty where she supports the recruitment and retention of racialized faculty; Her show was unapologetically anti-racist and feminist in its approach, focusing on the stories of systemically disadvantaged communities
Dr. Dory Nason	contemporary Indigenous Feminisms and related Native women’s intellectual history and literature.
Dr. Pat O’Riley	Ecojustice and Sustainability Education Global North/Global South Collaborations Ecoliteracies Ecotechnologies Ecopedagogies Equivalency of Indigenous Knowledges and Practices in Education Cross-cultural Education
Dr. Pilar Riaño-Alcalá	historical memory, the lived experience of violence and the ethnography of social repair; performance and community public art; exploring critical research methodologies that foster interactive, process-based methods and tap into the various ways of knowing and organizing knowledge.
Dr. Leslie Robertson	Indigenous and settler historiographies; colonial regimes of difference; life story and oral histories; radical methodologies; forms of power and representation in the context of urban marginalization
Dr. Becki Ross	history of sexuality, ‘the family’, gender relations, qualitative methods, anti-racist studies, critical sport studies, queer culture



Dr. Deena Rymhs	Indigenous literature informed by the environmental humanities, gendered histories of colonization, and theories of biopower
Dr. June Scudeler	intersections between queer Indigenous studies, Indigenous literature, film, and art
Dr. Chris Shelley	feminist and intersectional theories, LGBTQ health and wellness, social justice and mental health, feminist and Indigenous counselling practices.
Dr. Sunera Thobani	critical race, postcolonial, transnational and feminist theory; intersectionality, social movements and critical social theory; colonialism, indigeneity and racial violence; globalization, citizenship and migration; South Asian women's, gender and sexuality studies; representations of Islam and Muslims in South Asian and Western media; Muslim Women, Islamophobia and the war on terror.
Dr. J. S. Kofi Gbolonyo	West African traditional music and dance, Ewe indigenous knowledge, language and culture, Orff-Schulwerk pedagogy, multicultural music education, Ghanaian brass band and choral music.
Dr. Gloria Onyeoziri-Miller	African and Caribbean Literatures African and Caribbean Women Writers Utopian Studies, Memory Studies and Marginalized groups
Dr. Elizabeth Hirsh	Inequality, Gender and Race Discrimination, Work Organizations, Law
Dr. Harper Keenan	Gender race sexuality Colonialism early childhood and elementary education
Dr. Nicholas James Hudson	social class studies of race studies of language literature and history
Dr. Ryuko Kubota	language education multicultural education culture and language race and language teaching language ideologies critical applied linguistics
Dr. Shannon Walsh	Film Making Production and Exploration in Visual Arts



	<p>AIDS / HIV Political Culture, Society and Ideology Ideological, Political, Economical and Social Environments of Social Transformations Sexuality Social Determinants of Health</p>
Dr. Antje Ellermann	<p>Migrations, Populations, Cultural Exchanges Migratory Flows Public Policies Identity and Transnationality Role of Governments and Institutions</p>
Dr. Handel Wright	<p>(post)multiculturalism and multicultural education Cultural Studies Youth Studies Critical Race Theory identity, citizenship and belonging Africana studies postcolonialism and decolonization</p>
Dr. Lisa Loutzenheiser	<p>anti-oppressive education queer studies curriculum theory Youth Studies curriculum policy qualitative methodologies ethnography Gender Studies social inequality sexuality education alternative education marginalized youth LGBT2SQ Race Studies in Education</p>
Dr. Gaoheng Zhang	<p>Migration Studies Mobility Studies Postcolonial Studies Gender and Masculinity Studies Race Theory Film and Media Studies Rhetoric and Communication Studies Cultural Theory Italian-Chinese relations Italy's global networks Modern and contemporary Italian literature and culture</p>
Dr. Leila Harris	<p>water politics water governance Environmental justice gender and social difference</p>



	equity and social justice participatory resource management Turkey and Middle East Africa Ghana South Africa
Dr. Gerry Veenstra	racial health inequalities social class and health intersectionality theory and health Bourdieuian field theory, lifestyle practices and health culture and class
Dr. Amy Metcalfe	Higher Education Faculty Internationalization Campus Environments