



Nancy Spangler
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Nancy Spangler is a workplace consultant, trainer, and leadership coach whose mission is to build individual and organizational resilience and to encourage collaborative solutions. Nancy began her career as an occupational therapist, working in or consulting with several health systems, helping to develop some of the country's first training programs in stress and pain management, as well as programs for individual well-being and organizational change management. Later, she collaborated with major global employers to help establish the American Psychiatric Association (APA) Center for Workplace Mental Health, and she represented the APA at major national meetings and conferences. Nancy's Ph.D. dissertation work examined the factors that contribute systemically to individual resilience and organizational performance, including social neuroscience, leader and team development, and the key role of trust. Her current focus on mental health and well-being includes early detection, preventive approaches, and mindful skill building for individuals, as well as the complex systems that contribute to and support total health and individual/organizational resilience.