



Curriculum Vitae

Name: Gretchen Day

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Education

National University, San Diego CA

- PhD Psychology (expected graduation Dec. 2026)

North Central (National) University, San Diego CA

- Master's degree in psychology (2024)
- GPA: 3.99
- Member of PSI CHI; International Honor Society in Psychology (Current)

Brigham Young University

- Bachelor's degree in communication studies with a minor in family sciences (1996)

Professional/Academic Work Experience

- Group Fitness and Studio Instructor Manager University (2024)
- Consultant to a 2-million-dollar S-Corp financial firm. Cost analysis of client acquisition from A, B, and C-level clients and business strategy (2008 to 2021)
- Yoga Energy Inc. Studio Owner (2002 to 2016)
- Utah County Certified Wedding Officiant (October 2023 to Current)

Publications/Presentations:

- Author of 8 value-based children's psychology books based on Ph.D. research of Dr. Janja Lalich & Dr. Steven Hassan (both endorsed). Books sold and donated in over 12 countries. (2020 to Current)
- Day, G. (2020). Protecting Children from Unethical Persuasion.
- Day, G., Jackson., S. R., Day, C. (2021). My Belief or Yours? (Critical Thinking 101).
- Day, G. (2021). Being Positive and Present makes us SAFER, K?
- Day, G. (2021). I have a Choice!
- Day, G. (2021). The Value of Hard Work and Doing Your Best (A Family History Story).
- Day, G. (2021). Finance 101 for Kids (3 Little Pigs Style).
- Day, G. (2021). A Cheetah's Quest Towards her North Star.
- Day, G., (2021). Open Hearts.
- Communications Review, Values in Education Published (1994)

Grants/Awards

- IGNITE 2024 Psychonomic Research Conference Grant Recipient/Attendee (Nov. 2024)
- Mrs. Utah International 2021, platform, “Replacing US versus THEM thinking with TOLERANCE.” Speaker and presenter at monthly book donations for children.

Volunteer Experience

- Utah State Prison Teaching Volunteer Resiliency Program (1996 and 2024)
- Sterling Scholar Portfolio Coordinator (3 candidates, 1 state finalist, 1 runner-up)
- Legal Rep. for homeless/ADA habitability enforcement 4th district (2024-Current)
- Trust Attorney coordination as Legal Guardian (2021-Current)
- Legal Guardian Mental Health Court Advisor (2021-2023)
- Overseer Drug Court coordinate plans biweekly with public defender (2022-2024)
- High Risk Young Adult assistance in applying for SNAP and Medicaid (2022)

Professional Affiliations

- Member of PSI CHI; International Honor Society in Psychology (Current)
- Hard and Soft Yoga Institute, *Positive Psychology and Biofeedback* (2002-Current)
- CPR, AED, and First Aid certified (Current)
- ACE Group Fitness certified (2024-Current)
- Spinning Certified (1998-Current)
- Silver Sneakers certified (2024-Current)
- Pilates certified (2007-Current)
- Kickboxing certified (1999-Current)
- Aqua Extreme VASA completion (2024-Current)
- Scuba Diver certification (June 2022-Current)
- Zumba certification (March 2024)
- Buti Yoga certification; RYT Yoga Alliance approved (April 2022)
- Inbalance Vinaysa Flow 200-hour; RYT Yoga Alliance approved (Aug.-Oct. 2021)
- Odaka Yoga; 65-hour; RYT Yoga Alliance approved (Fall 2020 and Jan. 2021)

Professional References

- Lisa Morely owner at Loop Yoga in Orem (714) 705-3434
- Mary Blackwell, PhD., National University; mblackwell@nu.edu
- Mary Streit, PhD., North Central University; mstreit@nu.edu