

Sandra Schrock

For over 30 years, Sandra has held various executive positions within the financial services industry. Through the years she had the opportunity to gain experience in many aspects of the industry such as sales and marketing positions, branch banking management, and profit



and loss responsibilities. One of her assignments included Division President for Bank One's Retail Lending organization which had assets of \$60 billion and over 7,000 employees.

One of her most rewarding and challenging roles was to manage J. P. Morgan Chase's branch banking network of 3000 branches and over 30,000 employees. Having this opportunity was particularly gratifying since she began her career as a teller. This unique perspective helped her to understand how to coach branch bank management to achieve extraordinary results.

As an Executive Vice President at J. P. Morgan Chase, Sandra had the opportunity to lead the branch network through high-profile mergers and acquisitions. This experience gave her a deep understanding and appreciation for the need to help others through the change process and to help them build a foundation that would enable them to achieve success in their new environment.

Upon leaving financial services, Sandra began to reflect on her experiences as a leader and included that today's leaders are working harder and more hours than ever before and are seeing lower employee engagement and declining productivity and profitability. She became convinced that there was a need for a new way to lead that would be applicable in all industries and to all levels of management. Her interest in finding a solution to solve some of the

problems plagued by today's over-worked, stress-out leader led her to the study and practice of mindfulness. Incorporating her learning from coaching busy executives, she developed a Functional Mindfulness program that offers practical ways to incorporate mindfulness into our lives without adding any more time to our day. She is now founder and CEO of Levelhead, a firm focused on providing mobile learning solutions for individuals and organizations.

Sandra graduated from the University of Memphis with a B.A. in psychology and is also a graduate of Arizona State University where she acquired her Master of Business Administration and is currently a Ph.D. candidate in Psychology specializing in mindfulness in the workplace.