

Carol O'Dowd, M.P.A., M.Div., MI, RP

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Registered Psychotherapist, Arvada, Colorado 2015 – present

Offers individual and group counseling to adults dealing with trauma and life changes. Served on Board of Colorado Association of Psychotherapists since 2010 and served as President since 2014. Completed certification in Japanese Psychology 2010 from TōDō Institute and completed training in Applied Existential Psychology at Boulder Psychotherapy Institute in 2016.

Ordained Buddhist Priest, Longmont Buddhist Temple

May 2003 to 2015

Completed training and ordination in the Jodo Shinshu tradition by the Hongwanji-ha, Kyoto, Japan. Served as Assistant Minister, Tri-State Denver Buddhist Temple and led regrowth of Longmont Buddhist Temple. In addition to leading services, officiating marriages, conducting funerals and teaching classes, offered spiritual counseling and led support groups. Community outreach involved bringing different Buddhist groups together. Served as volunteer Chaplain at North Suburban Medical Hospital 2004. Became certified mindfulness instructor in 2005. Received 2009 international Outstanding Buddhist Women Award along with 24 others in Bangkok, Thailand from Association for the Promotion of Status of Women.

Consultant, Prajna Partnerships, Inc.

October 1991 to September 1998; November 2001 to February 2005

Carol has helped government, non-profit and for-profit entities form a variety of partnerships to offer education, training, and access to services. She has helped Boards, employees, and volunteers with maximizing performance in the midst of difficult times. Her successful community partnership models have been recognized at state and national levels.

Projects for international, state and regional agencies, counties, cities, towns, school districts, and corporations as well as neighborhood, faith-based and special interest organizations have included:

- designing and guiding vision and goal setting sessions for cities, counties, districts, regional and state agencies as well as non-profit associations; results include partnerships to implement community programs and new relationships to improve community connections and maximize resources
- facilitating group processes for committees and structures ranging in size from 5 to 250 members
- teaching collaborative leadership and community outreach for organizations and associations
- coaching appointed/elected officials/CEO's on maintaining a healthy organization
- conducting training sessions for employees on techniques for improving productivity while reducing stress

Carol has been invited guest lecturer at area community colleges, Naropa University, School of Mines as well as several schools and community groups. Carol combines western and eastern approaches to give groups and institutions tools for partnering with wisdom (prajna) to effectively manage change and achieve success. Her workshops and retreats in the United States, Thailand and Indonesia consistently resulted in participants taking techniques into the workplace and building successful partnerships.

Director of Community Partnerships, City of Thornton

September 1998 to October 2001

Established Thornton Partnerships for Community Health, a coalition of 37 government agencies, health providers, hospitals, clinics, churches, schools, neighborhood groups, and businesses active in Thornton. Partnerships conducted a community health assessment, identified two top community health priorities and formed teams that implemented 10 additional projects ranging from bringing a clinic to serve low-income families into the community to support conferences for teens. Part of the

effort included creating a "Neighborhood Network" that created 21 institutions providing free meeting space and display areas for the dissemination of health care information.

City Manager, City of Aspen
May 1990 to October 1991

Recruited to manage city government with 200 employees and a \$28 million budget. Implemented a 10-year capital budgeting process, developed user-friendly budget summaries for citizen review. Began physical assets management plan after identifying deteriorated and malfunctioning infrastructure. Recommended long-term infrastructure management program. Conducted organizational assessment and identified needed changes.

Town Manager, Snowmass Village, Colorado
August 1988 to May 1990

Management: Instituted program budgeting and a two-year operating budget. Simplified organizational structure and reduced 13 departments to seven. Designed and planned for approximately \$8 million of employee housing constructed in 1990. Oversaw completion of over \$2 million of transit facility improvements for Village. Community Relations: Led a planning process that garnered broad community support and community consensus on long-range goals. Formed the Roaring Fork Forum with cities of Aspen, Basalt, Carbondale, Glenwood Springs, Snowmass Village, and counties of Pitkin, Eagle, and Garfield.

Town Manager, Morrison, Colorado
September 1985 - August 1988

Management: Instituted formal goal setting procedures for Town Board. Computerized financial systems and reduced administrative staff. Contracted out Building Department functions. Established positive working relationships with county/state agencies. Recruited consultants and directed review of a \$250,000,000 retail mall proposal of 3,000,000 square feet. Managed budget and oversaw construction of \$1.2 million wastewater treatment plant within budget and on schedule. Brought contract plant management in-house to increase services and reduce operational costs. **Community Development:** Developed alternative reservoir location and financing. Negotiated with state agencies to resolve interstate interchange off and on-site impacts of construction to business and Town property. Wrote Area Comprehensive Plan and managed facilitated public review process. Coordinated negotiations to annex property, obtain easements, land, and buildings.

Local Services Director, Denver Regional Council of Governments, Denver, Colorado
June 1982-September 1985

Administration: Managed legislative and lobbying program. Directed Circuit Rider Program and contracts. Secured permanent funding for the annual awards program to promote innovative local government management techniques. Supervised DRCOG Training Program and expanded course offerings. Helped develop local intergovernmental agreements to share services or service delivery. **Government Relations:** Local government liaison; staffed Chief Administrative Officers Advisory Committee; spoke at local government, state, and national association meetings; negotiated regional/state policy issues as directed by Executive Director.

PREVIOUS MANAGEMENT AND TRAINING EXPERIENCE

Consultant/Trainer; Denver, Colorado January 1980 - June 1982

Wrote and conducted training programs on improving membership services and government relations for associations and governments.

Training Director, State Association of County Commissioners of Florida, Tallahassee, Florida September 1978-October 1979 (One year grant)

Coordinated annual conference for 500 and developed specialized training workshop series.

Membership Services Director, International City Management Association, Washington, DC March 1976 - September 1978

Supervised membership services for 7,000 members. Redesigned systems to reduce the cost of operations. Managed National Public Employer Labor Relations Association secretariat services and the Academy for Professional Development
Frequent speaker to state associations.

Administrative Assistant, Bay Child Care Center, Hillsborough County, Tampa, Florida 1973

Designed volunteer program to expand services of in-patient children. Wrote operations manual.

Executive Assistant, University of South Florida Student Government, Tampa, Florida 1972

Represented students on university committees and boards, supervised 16 member staff

Central Florida College Coordinator, Presidential Primary Campaign, Tampa, Florida 1972

Recruited and supervised ten volunteer staff for campaign headquarters. Trained 40 volunteers.

EDUCATION/CERTIFICATIONS

Certificate in Marriage and Family Therapy Colorado School for Family Therapy 2012

Certificate in Family Mediation, Colorado School for Family Therapy 2011

Certified Nikan/Morita Instructor, TōDō Institute, Monkton, Vermont 2010

Kaikyoshi 2012, **Kyoshi**, 2007 **Tokudo** 2003 Hongwanji-ha, Kyoto Japan

Masters of Divinity, Naropa University 2006

Certified Mindfulness Instructor, Naropa University 2005

2 units of Clinical Pastoral Education, Samaritan Counseling 2004 -2005

Summer Seminar and online courses, Institute of Buddhist Studies 2001, 2004

Executive Leadership Seminars, (Menninger 1999; Aspen Institute 1990; University of Colorado 1989)

Masters in Public Administration, Florida State University 1975

Bachelors in Psychology and Sociology, University of South Florida 1973

AWARDS

- Outstanding Women in Buddhism, APSW, Thailand 2009
- Community Partner Award, HealthONE 2004
- Outstanding Achievement Award, Adams County Social Services 2004
- Making A Difference Award, Adams County Head Start 2004
- Community Partner Award, HealthONE 2000
- Local Government Excellence Award, U.S. Federal Executive Board 2000
- Colorado Woman of the Year, Colorado Women’s Leadership Coalition 1999
- Vision 2000 Award, U.S. Small Business Administration, Washington D. C. 1998
- Circle of Leadership Award, Girl Scouts Mile High Council 1997
- Helping Hands Award, Arvada Resources for Ministry and Service 1994

COMMUNITY ACTIVITIES

- Denver Botanic Gardens Volunteer 2017 – to present
- Colorado Association of Psychotherapists Board Member 2010, Vice President 2011, President 2012 – present
- Partnerships for Healthy Communities Board Member 2008 - 2010
- HOPE Online Learning Academy Board Member 2007 - 2008
- HealthONE Ethics and Human Values Committee Member 2003 – present
- North Suburban Human Values and Ethics Committee Community Rep 2003 – present
- Northglenn-Thornton Ministerial Alliance Member 2005 - 2007
- Tri-state Denver Buddhist Temple Minister’s Assistant 2003- 2008, Board 1999 - 2002, BWA Board 2000 -2005
- Adams County Head Start Policy Council Board of County Commissioners rep 2004
- Buddhist – Christian Community at St. Paul’s Steering Committee 2002 – 2003
- Colorado Women in Government Member 1987- 2002, President 1988, 2001 - 2002
- Morrison Natural History Museum Board Member 1995 to 2002
- Leyden Creek Community Association Chair and founding member 1998 - 2001
- Colorado Coalition on Race Relations Chair 1998
- Transportation Research Board Public Involvement Committee 1996 – 2000

- Institute of Management Consultants Member 1995 to 1999; Certification Committee '96, '97
- Colorado Women's Economic Development Council Governor appointed Chair 1997 Council Member 1995 - 1999
- Regis University Guest Lecturer; multi-group facilitation 1995
- International City Management Association Member 1976 to 1999, Awards Committee '91-'94
- 1997 CO Statehouse Conference on Small Business Chair 1997
- Colorado Women's Chamber of Commerce Board Member 1997
- Summit '96 hosted by Kellogg School of Management Steering Committee Member 1996
- Rocky Flats Citizen Advisory Board Chair 1993 (Congressionally formed)
- Low-Level/Low-Level Mixed Waste Committee DOE appointed Member 1992
- Colorado City and County Management Association Member 1985 to 1999, President 1989-1991
- Metropolitan City Managers Association Member 1983 to 1999, President 1987
- Snowmass Chapel and Community Center Board Member 1988 – 1989
- University of Denver Adjunct Professor, Public Policy 1985
- Trainers Resource Service Board Member 1978