

# Lindsay Walz M.Ed.

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## Education

### University of Minnesota, Twin Cities Campus

- Master of Education - Youth Development Leadership, 2007 - 2013
  - B.S. Family Social Science/Minor in Youth Studies, 2001 - 2005
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## Professional Experience

### Courageous heARTS

*Founder & Executive Director, September 2012 - September 2020*

- Conceptualized and provided visionary leadership for all stages of development - from launch to strategic planning and final dissolution.
- Built authentic leadership roles for youth at all levels of the organization - including board and paid staff positions.
- Managed daily operations of our storefront studio, including coordination of volunteers for public drop-in hours and special events.
- Developed programs focused on youth leadership, creative self-expression, creative entrepreneurship, and community building, including our unique Open Studio concept.
- Designed a 9-month paid apprenticeship program for ages 16-24 focused on building skills in expressive arts coaching, learning styles, restorative practices, and trauma-informed engagement.
- Partnered with youth to design a coloring book featuring their artistic interpretations of favorite Twin Cities landmarks.
- Hired local artists to teach classes to youth and adult participants.
- Supervised and mentored over 30 high school and college interns from STEP-UP Minneapolis, St. Kate's, and University of Minnesota, as well as hundreds of volunteers.
- Co-facilitated monthly reflection circle for staff and volunteers.
- Planned special events, including fundraisers, launch parties, youth art sales, and other creative community gatherings.
- Generated, designed, and managed all marketing and external communications, including social media and e-newsletters.
- Designed, built and updated the [organization's website](#).
- Developed partnerships with area nonprofits, schools, and businesses, including: the RestART Room at Roosevelt High School, youth art displays at local coffee shops, and coloring book sales at area businesses.
- Responsible for grant writing, donor development, earned revenue strategies and fundraising events.
- All other duties I assigned myself.

### Walz Well-Being, LLC

*Coach & Consultant, 2014 - Present*

- Design and teach workshops for agencies and individuals focused on trauma, resilience, youth development, and leadership.
  - Coach individuals to transform life challenges into purposeful action through education and personal resilience practices.
  - Consulted with a 50 person agency over 12 months to develop actionable steps toward trauma-informed services and operational frameworks utilizing values-based assessment, staff training, and implementation coaching.
  - Have given keynote addresses and participated in panel discussions to
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audiences as large as 400 people.

### **NorthStar Youth Worker Fellowship**

*Project Manager, February 2016 - Present*

- Support current fellowship participants as a mentor and writing coach.
- Meet with various stakeholders to build a strategic vision for the future.
- Facilitate panel discussions with fellowship alumni at local conferences.
- Coordinated three cohorts of fellowship alumni through a process to transform their written ideas into online e-studies, in partnership with the Humphrey School of Public Affairs at the University of Minnesota.
- Built a [functional website](#) to serve as a repository of practitioner wisdom and professional development for the field of youth work.
- Designed marketing content for public distribution.

### **Lutheran Social Service of Minnesota**

***Program: It's All About the Kids/Empowering Students to Achieve (ESA)***

*ESA Supervisor, January 2011-February 2014*

- Coordinated be@school truancy services for Hennepin County.
- Managed hiring process for ESA positions.
- Supervised two educational support staff, providing regular performance coaching and annual review.
- Assisted with the development and oversight of the annual program budget with the program director.
- Maintained agency-wide Community Partners Online certification with Minneapolis Public Schools.
- Continued to fulfill the work responsibilities of an ESA, as described below, with small caseload.

*Lead Educational Support Advocate, November 2009 - December 2010*

- Oversaw program implementation, partnership development, documentation and data gathering.
- Provided coaching and case consultation to new staff.
- Partnered with an external evaluator to develop teacher, student, and family surveys and facilitated administration.
- Collaborated with the IT department to implement and maintain a web-based program for data gathering and case documentation - served as "super user" for the housing department.
- Collaborated on grant writing to sustain services and grow new initiatives.
- Continued to fulfill the work responsibilities below with small caseload.

*Educational Support Advocate, August 2008 - November 2009*

- Advocated for students' educational and social-emotional needs both in school and at home.
  - Created individualized case plans with students and families to address academic, behavioral, or attendance concerns.
  - Monitored attendance, grades, and behavior through consistent communication with schools, parents, and community service providers.
  - Partnered with school and community agencies to provide appropriate interventions for academic or behavioral concerns.
  - Developed and implemented assessment tools to identify student needs, address home learning environments and maintain case plans and goals.
  - Collaborated with the program manager to write and secure a federal grant, adding two additional ESA staff to the housing department, which expanded this role from a single position to a focused area of service.
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- Networked with district officials and community-based organizations to secure and maintain partnerships.

**Program: Karibu House**

*Independent Living Skills Coordinator, July 2005 - February 2008*

- Re-designed Independent Living Skills program to include a weekly curriculum and more clear participant expectations.
- Facilitated weekly groups focusing on topics within the themes: employment, health and wellness, money management, transportation, community resources, and housing.
- Marketed the ILS program to community leaders and county officials who offered support through donations and youth referrals.
- Counseled and motivated youth to engage in positive interactions, complete program expectations, and pursue life goals.
- Collaborated with co-workers and county social workers to develop individual case plans and goals for youth and ensure that progress is made in desired areas.
- Maintained proper records and documentation, including written reports noting youth's progress toward goals.

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**Notable Presentations**

**2019:** Provided keynote address on topic of trauma and resilience for an international gathering of 400+

**2017:** Presented and responded to questions, from a survivor's perspective, to 200 members of the National Transportation Safety Board

**2015-2017:** Presented professional development workshops focused on trauma awareness and resilience to nonprofits and agencies including: Minneapolis Public Schools, City of Minneapolis, Headway Emotional Health Services, Blue Earth County (MN), Zumbro Education District and more.

**2015:** Presented Ripples of Resilience model at a training with UMN College of Education and Human Development's Office of Professional Development.

**2009:** Keynote speaker for *Footprints of Disaster* Conference, a behavioral health conference for emergency response professionals..

**2008:** Panelist for *Footprints of Disaster* Conference.

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**Published Writings**

**2017:** Guest editor for special issue of the Journal of Youth Development, [Practitioner Inquiry Matters: Questions by and for Youth Workers](#)

**2014:** Contributor for the book [Story Circle Stories](#) by Rose McGee & Ann Fosco

**2012:** [Toward a Youth-Centered Approach: Creating a \(New\) Standard Operating Procedure through Shared Values](#) in *Moving Youth Work Forward: Reflections on Youth-Centered Practice in Minnesota*

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**Media Appearances**

**Postcards: Pioneer PBS**

2018: [Courageous heARTS](#)

**Star Tribune**

2017: [10 years after 35W bridge collapse survivors find renewed purpose](#)

2013: [Bridge survivor sees art as healing tool for youth](#)

2012: [Lindsay \(Petterson\) Walz: On a mission](#)

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**Minnesota Public Radio**

2009: [Two years later, a 35W bridge survivor reflects on the tragedy](#)

2008: [Bridge collapse survivor searches for touch of healing](#)

2007: [Survivors of 35W bridge collapse still healing in body and soul](#)

**Others:** TLC, ABC, WCCO (TV and radio). Kare11, Fox 9, KSTP, NPR, Aljazeera America, KFAI radio, Minnesota Monthly, Pioneer Press, RetroReport

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**Community  
Volunteerism**

**June 2020 - present:** Facilitate weekly anti-racist accountability circle with friends and neighbors.

**2018-19:** Presented information about stress and trauma to high school students in the Health Careers program at Roosevelt High School.

**2016-18:** Presented about my career pathway to high school students in AchieveMpls' College and Career Readiness programs.

**2015-16:** Served as a Coming of Age mentor and advisor for two years at First Universalist Church.

**2015:** Taught a three-session seminar titled "Engaging the heart: Youth work practices that promote self-care and well-being" to masters-level students in the Youth Development Leadership program at the University of Minnesota.

**2009-2013:** Participated in restorative justice diversion conferences for youth through the Seward Longfellow Restorative Justice Partnership as both a conference facilitator and community representative.

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**Awards &  
Recognitions**

2019: Living Generously Award from Thrivent Financial

2016: Featured Alumni for [CE+HD Connect](#)

2015: Featured Magic Maker in the book [Infinite Purpose](#)

2014: [Rising Alumni](#) from the University of Minnesota

2013: Honoring the Next Generation Award from the Arts & Healing Network

2012: Fellow with the Walkabout Youth Worker Fellowship (now NorthStar)

2011: LSS participant with multi-agency Developing Leaders Within program