



Kristi Cooper **Human Sciences Specialist, Family Life** **Iowa State University Extension and Outreach**

Counties Served: Benton, Linn, Jones, Delaware, Jackson, Dubuque

Areas of Expertise: Lifespan education including sustainable and healthy living, aging & caregiving, parenting & fatherhood, quality child care & child development, relationship education, self-care & stress management, community development, program development and evaluation.

Frequent Clients: Professionals working with families and children including parent educators, early childhood professionals; community leaders, parents, caregivers, ISU Extension Regional and County Directors and staff, council members, elected officials.

Professional Experience

Cooperative Extension Positions

Human Science Specialist, Family Life, Eastern Iowa, 1996- present
Parent Education Coordinator, Linn County ISU Extension, Iowa 1993-1996:
ISU Extension 4-H & Youth Leader, Hancock & Winnebago Counties, Iowa 1984-1992,
UWEX Extension 4-H & Youth Agent, Waushara County, Wisconsin, 1981-1984,
ISU 4-H & Youth Program Assistant, Dickinson, Emmet, Hamilton, Wright counties, Iowa 1979-1981.

Other Professional Experience:

Spiritual Director, 2003 - present
Certified Healing Touch Spiritual Ministries Practitioner, 2003 – present;
Volunteer Coordinator, Family & Youth Ministries, United Methodist Church, Cedar Rapids, Iowa 1993-1996:
Child Care Provider, 1992

Education, Certifications & Professional Development:

- Master of Science, Adult and Extension Education, Iowa State University, 1995;
- Bachelor of Science, Family Environment Family Services, Iowa State University, 1981;

- Mind Body Medicine Advanced Training, 2009, Center for Mind Body Medicine, Washington D.C.;
- Mental Health First Aid, 2014
- ACE Interface Master Trainer, 2015
- Connections Matter; Developing-brain-relationships-community 2016
- Lemonade for Life 2016
- Mindfulness and Yoga for Children 2016
- Crucial Conversations, 2015
- DiSC training, 2015
- Healthy Relationships and Marriage Education Training, 2015
- Navigating Difference, 2016

- Certified Nature Explore Trainer, 2009, Dimensions Educational Research Foundation, Lincoln, Nebraska;
- Certified Powerful Tools for Caregivers Master Trainer, 2008, Legacy Caregiver Services, Oregon;
- Certified Healing Practitioner, Healing Touch Spiritual Ministries, Institute for Spiritual Healing and Aromatherapy, Arvada, Colorado, 2005;
- Certificate in Spiritual Guidance, Shalem Institute, Bethesda MD 2005;
- Certificate in Non-Profit Management, ISU, 2004;

- Powerful Tools for Caregivers, Mather Institute, Chicago, Ill. 2003;
- Latino Families Study, Oaxaca & Mexico City, 2002;
- Certified parent educator – Nurturing Program, Family Development Resources, Inc. Utah, 1993; Active Parenting, Georgia, 1994; Positive Discipline for school agers, Preschoolers, Teens, Sunrise Press, CA 1994-95; Strengthening Families 10-14, ISUEO 1995, 2016; Celebrate Families, ISU Extension 1997,

2007; Great Beginnings for Families, ISU Extension 2007; Inside Out Dads, NFI, 2007; JUNTOS Together for a Better Education, 2015

Leadership/Community Involvement:

- Flora, Fauna and Family Engagement training co-author 2016-17
- Let's Talk . . . Child Care blogger 2015 - 2016
- Science of Parenting blogger 2015-2017
- Worksite Wellness statewide curriculum team, 2014-present
- Human Science Specialist Search committees, 2012, 2014-2015, 2018
- Eco Healthy Child Care curriculum team, 2013 – present
- On My Own and Okay curriculum team, 2014 – present
- Parents Like Us, child neglect prevention, consultant, 2014
- United Way of Eastern Iowa Health Solutions Team, 2013 – present; ACE's Informed Communities Design team, 2014-present; Community Resilience Coalition 2016 – present
- National Extension Disaster Education Network (EDEN) Community of Practice, Personal health and stress management, 2012 - present
- Nature Explore Trainer Mentor, 2012 - present
- Nature Explore Residential Research Project, Johnson County, Iowa 2011 - 2012
- ISUEco Family Program state leadership, Author Eco Family Blog, Virtual Conference Curriculum Coordinator, trainer, 2011 – 2015
- National Network for Sustainable Living Educators, 2011 - 2015
- Powerful Tools for Caregivers Master Trainer & statewide team leadership, 2008 – present
- Eastern Iowa Mind Body Medicine Coalition, founder and trainer, 2009–2012
- Family Connections Library Coalition steering team, 2007 - present
- Healthy Relationships, ISU Extension program of work committee, 2007–2010, 2015 - present
- Linn County Parent Education Consortium management team, trainer, evaluator, advisor 1999 - present
- Academy for Spiritual Formation Steering Committee, Iowa 2006 – 2009
- Prairiewoods Ecology/Spirituality Center, Hiawatha, Iowa, Program Advisory Committee, 2006–2010
- “Fruit of the Spirit” Healing Practice, Founder & Executive Director, 2003– present
- Partnering With Parents Course, ISU Extension, author and trainer, 2003-2009
- “Me & My Dad, Strengthening Relationships between Dads and Kids” Fatherhood web site, founder and content specialist, 2000 - 2011
- Long Distance Dads, & Stories From Dad project, Iowa Medical & Classification Center, 2004–2006
- Academy of Fatherhood, founder, trainer, 2003-2006
- Academy of Parent Education, founder & director, 2000-2003
- Strengthening Families 10-14 Program, Celebrate Families, Trainer 1996-2007
- Children, Youth & Families At Risk (CYFAR) State advisory committee, 2001-2002
- Certified Advanced Lay Speaker, United Methodist Church, 2000-2005
- CR District United Methodist Church Parish Development Committee, chair 1998-2000
- Parent & Community Network, College Community Schools, steering committee 1998-2002
- Prevent Child Abuse Iowa member 1995-2009
- National Council on Family Relations member 1996-2009
- Spiritual Directors International, member 2004-2012

Honors:

Iowa State University Live Green Award for Excellence in Sustainability 2015
Joint Council of Extension Professionals, National Team Award, Sustainable Living Network, 2013
ISU Extension & Outreach Achievement Award, Mind Body Skills for Flood Recovery, 2011;
ISU Extension, Scholarship & Engagement Partnership Award, Quality Child Care & Research Team, 2008;
ISU Extension Achievement Award, Fatherhood Education, 2006;
NEAFCS National Team Award, Internet Education Technology, 2005
Iowa Association of County Extension Councils, Outstanding Program Award, Long Distance Dads 2005;
ISU Extension Strengthening Families Award, 2005;
ISU Extension Achievement Award, Me & MY Dad, 2002;
National Association of 4-H & Youth agents (NAE4-HA) Achievement in Service Award, 1987;
Iowa State University Extension Young Professional Award 1986

National, Regional and State Presentations:

Iowa State University Professional and Scientific Council, Managing Caregiving and your Career, 2016

NIFA, Powerful Tools for Caregivers program, 2015
Midwest Environmental Education Conference, Coralville, IA, September 2013 – Eco Family Virtual Conference and Nature Explore Iowa
Galaxy IV, National Extension Leadership Conference, Pittsburgh, September 2013 – Climate Change and Sustainability Panel
National Urban Extension Conference, Kansas City, May 2013 – Eco Family Virtual Conference, Poster session
National eXtension Conference, Oklahoma City, October 2012 – Eco Family Virtual Conference
National Urban Extension Conference, Des Moines, May 2011 – Mind Body Skills for Flood Recovery
National Association of Extension Family Consumer Science Educators, Kansas City, 2005 – Fatherhood Education

Publications:

Flora, Fauna and Family Engagement child care training, co-author 2016-17
Wellbeing: What about Me? Curriculum co-author, 2015, 2016
On My Own and Okay, parent/caregiver guide, reviser, 2014
Spoiling Grandkids, a Guide for Parents, a Guide for Grandparents, author, 2013
At Home with Nature book, Dimensions Educational Research Foundation, Nebraska, contributor, 2012
Sustainable Living Handbook, A Citizen's Guide to Thoughtful Action, Oregon State University, reviewer, 2011
Journeys, Healthy Couples, Healthy Families online course for professional counselors, co-author, 2010,
Managing Tough Times, Keeping Your Marriage Strong, publication, co-author 2008,
24/7 Dads, consultant, 2005
Partnering with Parents certification course, co-author 2003,
Family Nutrition Program Parenting curriculum, contributor 1999;
Strengthening Families 10-14 Program curriculum, contributor, 1998