

# Meet the Nature and Forest Therapy Guides

Before we jump into guided Forest Bathing, get to know the guides behind the experience!



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**Everett Marshall** is the Director of People, Performance and Culture for the Center for Organizational Excellence, Inc. He has over 20 years of management and consulting experience in both the public and private sectors. After serving as a Surface Warfare Officer in the Navy, he worked in the private sector with a global business consulting /IT services company focused on the development of recruiting and training programs. He has worked as a consultant to several federal agencies in the areas of organizational change, facilitation, team building, leadership coaching, and stakeholder engagement/alignment, and has also served as a federal employee during his tenure as the Director of Strategic Outreach for the US Naval Academy. Everett has been an active participant in the non-profit sector, where he served as a past president of the Chesapeake Bay Organizational Development Network. He holds certifications as an Appreciative Inquiry Coach/Consultant, Licensed Human Element Practitioner TM , Certified Nature and Forest Therapy Guide, and in the delivery of Emotional Intelligence Assessments. Everett is an active member of the Society for Human Resource Management (SHRM) and the Association of Nature and Forest Therapy Guides and Programs (ANFT).



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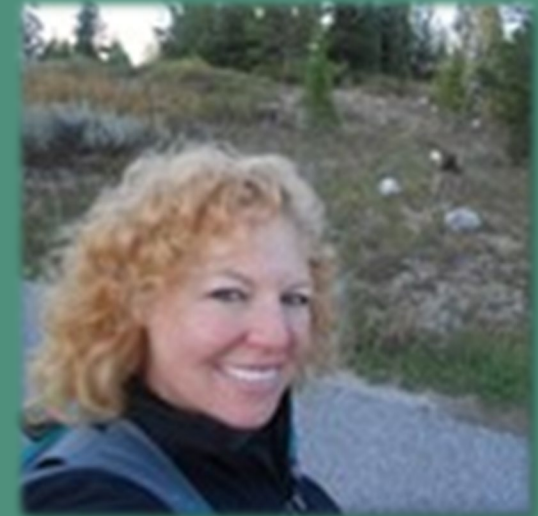
**Tamberly Conway**, Ph.D., Founder and CEO, Conservation Conexions, LLC, serves as an Association of Nature and Forest Therapy (ANFT) Certified Guide, ANFT Certified Forest Therapy Trail Consultant and Director of the ANFT Certified Forest Therapy Trail Program. Dr. Conway served for 12 years with the USDA Forest Service Conservation Education Program in Washington, D.C. where she focused upon diversity engagement in health and nature, forest health/human health relationships and community empowerment in conservation. During her tenure with the USFS, she worked to propel Forest Therapy within the agency and among the diverse communities through funding bilingual Forest Therapy sessions at community events, engaging with Park Rx America in health and nature collaborations, and the implementing of the first-ever bilingual ANFT Forest Therapy training in collaboration with a number of diverse partner organizations. Dr. Conway is serving to advance the first ANFT Certified Forest Therapy Trail on National Forest lands, on El Yunque National Forest in Puerto Rico. Dr. Conway holds a B.S. in Wildlife Management from McNeese State University, a M.S. in Forest Recreation Management, and a Ph.D. in Forestry, focusing on Human Dimensions in Natural Resources from the College of Forestry and Agriculture at Stephen F. Austin State University.



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**Toby Bloom** is the National Program Manager for Tourism and Interpretive Services for the US Forest Service. Some of the current initiatives she leads are the National Forest Explorer Mobile App; strengthening recreation economies in forest gateway communities; working with Tribes to promote genuine interpretation and responsible visitation to native heritage sites on Forest Service- managed lands; promoting healthy people and forests through innovative public lands and public health partnerships; and working with Interpretive Associations to improve visitor experience and appreciation of the National Forests. Toby was previously the Latin America and Caribbean Program Specialist for the Forest Service International Programs division. Before joining USFS, she worked with local communities to develop ecotourism projects in high biodiversity areas of Latin America and the Caribbean as the Director of Wildlife Ecotourism for Humane Society International, as a technical expert for USAID in Honduras, and in several other consultancies in the region. Toby started her tourism career as a tour guide through the US, Canada, and Mexico. She received her master's degree in Sustainable International Development with a focus on ecotourism from Brandeis University. Believing deeply in nature as a key aspect of a healthy life, Toby became the first Forest Service employee to be certified as a Nature and Forest Therapy Guide in January of 2019 under the Association of Nature and Forest Therapy. Toby also serves as an ANFT mentor and Trainer's Assistant.



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**Manuela Siegfried** was born and raised in the beautiful, bio diverse country of Costa Rica. Having a biologist as a father, he made contact with nature an intrinsic part of her life. This passion led her to work as a naturalist tourism guide for 3 years. She came across the concept of Shinrin-Yoku and the Association of Nature and Forest Therapy and immediately felt inspired and related to it. Manuela was trained and certified in 2018 and has been guiding very actively since then. She is passionate about helping people awaken their senses and slowing down in a natural setting so they can reconnect with themselves and the more than human world. Falling in love again with the natural world helps to rediscover our intimate, personal relationship with the forest and we become aware that we actually ARE nature. Manuela is also a mentor and trainer of guides with the Association of Nature and Forest Therapy and is absolutely committed and in love with her job. Manuela served as a principal trainer for the “Colorful Changes” ANFT Cohort 49, which was the first bilingual ANFT cohort trained in Puerto Rico, funded by the USDA Forest Service, and which consisted of 22 diverse individuals from Puerto Rico, the Continental US (Colombia, Germany, Argentina, US), Mexico and Nicaragua. Manuela provided extensive service in the transcreation/development of the Spanish-language training manual in collaboration with translation services provided by the US Forest Service Limited English Proficiency Initiative. Manuela played a significant role in the design and development of the recently released Spanish-language ANFT Website.



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**Jackie Kuang** is a trainer and business manager with the Association of Nature and Forest Therapy Guides and Programs. She's a certified forest therapy guide trained in 2017 at Sugarloaf Ridge State Park, and has been guiding regularly in her community ever since. She's one of the first guides to pioneer guiding walks remotely via Zoom when the pandemic made guiding in-person unsafe for many months in 2020. Born and raised in China, Jackie came to the United States in 1990 to pursue her PhD in American Literature. She has had a diverse background in various fields such as teaching, translating, marketing, and practicing as a Certified Public Accountant. One of her greatest joys in guiding is witnessing the positive impact on participants' well-being.



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**Monica Ines Perez-Equia**, a tourism and sustainability expert, has experience working for industries ranging from health government, technology, finance and education. She co-founded Love in Motion, a Puerto Rican non-profit organization under Section 501(c)(3) with the mission to provide the necessary tools and empowerment through hope and education for the development of community-based tourism in the Caribbean. Love in Motion maintains a collaborative agreement with the El Yunque National Forest of the U.S. Forest Service, Department of Agriculture, to co-create voluntourism, trails and wellness programs. She also co-founded Local Guest, a social enterprise that co-creates and promotes sustainable tourism experiences. Finally, she recently co-founded Bana, a new digital platform that works as a guide for making daily decisions that can lead to a better quality of life while supporting local practices, products and services striving for sustainability. She has a Master's Degree in Integrated Marketing Communications from Suffolk University, and a Bachelor's degree in communications, PR and Advertising from the University of Puerto Rico. She is a Certified Interpretive Guide Trainer from the National Association of Interpretation, has special Certifications in Organizing Communities for Change from the Institute of Healthcare Improvement and is currently working to complete her practicum to become an Association of Nature and Forest Therapy Certified Guide.



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**Jamie Shadid**, who is based in Colorado, serves as Certified Nature and Forest Therapy Guide through the Association for Nature and Forest Therapy. She is a two-time young adult breast cancer thriver who found great comfort in Forest Therapy while undergoing her recent cancer treatments. She is now guiding remote Forest Therapy sessions for cancer patients and cancer survivors and thrivers, in support of their healing journeys.



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