

SHIRA SHAMSI

CERTIFIED MEDITATION EDUCATOR • CERTIFIED LIFE COACH •

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PROFESSIONAL PROFILE

Wellness educator, certified meditation instructor, life coach, and retired college professor with 20+ years of experience spanning higher education, early childhood development, teacher training, curriculum leadership, meditation and mindfulness-based programming. Experienced in designing and facilitating courses, workshops, guided meditations, professional development, and corporate/private wellness experiences. Recognized for excellence in teaching and committed to lifelong learning, human development, compassion, and whole-person well-being.

CORE EXPERTISE

Meditation & Mindfulness	Life Coaching	Wellness & Spirituality
Teacher Training	Curriculum Development	Adult Learning

PROFESSIONAL EXPERIENCE

Meditation Educator & Guided Meditation Facilitator | Independent / Online & Face-to-Face

September 2020 – Present

- Lead meditation instruction, guided meditation sessions, corporate wellness events, private events, and online/face-to-face experiences.
- Led a 12-week Meditation Certification Course at Soul Strong Yoga (Jan–Mar 2024) and an 11-week certification course (Sep–Nov 2022).
- Led a 4-week Seven Spiritual Laws of Success class at Meditation Bar (Feb 2024) and a 5-week Introduction to Meditation course (2022–23).
- Provide ongoing guided meditation sessions through local yoga centers and facilitate themed meditation series including Soularize, Spiritualize, Soul-ace, Soul-utins for Success, and Soul-idity.

Full-Time Instructor, Education & Early Childhood Development | Wharton County Junior College

August 2008 – August 2019

- Taught education and early childhood development courses at an NAEYC-accredited two-year college.
- Courses included Educating the Young Child; Family, School & Community; Child Growth & Development; Wellness of the Young Child; Multicultural Education; Administration of Programs for Young Children I & II; The School Age Child; Emergent Literacy; Child Guidance; and Creative Arts for Young Children.

Curriculum Facilitator | AVANCE Head Start & Early Head Start

August 2005 – May 2008

- Mentored teachers of infants, toddlers, and preschoolers and monitored educational programming for compliance with Head Start Performance Standards.
- Designed and delivered teacher training individually, in small groups, and in large group settings.

Operations Coordinator | HCDE – Head Start, Houston, Texas

August 2003 – June 2005

- Supervised operations across four Head Start centers and organized training for Head Start staff.

Assistant Director | Bethlehem Pre-School Center, St. Charles, Illinois

August 1999 – May 2003

- Supported center leadership, substituted for the director and teachers as needed, and planned and implemented in-service teacher training.

Learning Adventures & Infant-Toddler Teacher | KinderCare

February 2020 – March 2020

- Taught children ages 3–5 using the Learning Adventures curriculum and served infants and toddlers.

EDUCATION & CREDENTIALS

2024 | Gaja Collective — Certified Life Coach

2019 | Gaja Collective — Certified Meditation Instructor

1999 | World Education Services, Chicago — U.S. equivalency of Bachelor's & Master's degrees

1981 | M. S. University of Baroda, India — Master of Science in Child Development
1979 | M. S. University of Baroda, India — Bachelor of Science in Child Development

AWARDS & PROFESSIONAL DEVELOPMENT

- NISOD Award for Excellence in Teaching, University of Texas, Austin — 2018 and 2012.
- Chancellor's Gold Medal for academic excellence — 1981.
- Dr. Pramilla Phatak Award for outstanding research — 1981.
- Srimati Ichhaguar Kunverji Naik Gold Medal for academic excellence — 1979.
- Radical Compassion — 6-week course by Tara Brach and NICAM (2026).
- Body and Mind Are One — Sounds True online course with Zen master Thich Nhat Hanh (June 2023).
- The Power of Prayer — Agape International Spiritual Center and University (May 2022).
- Mindfulness Leadership Certification Course — Soul Strong Yoga (March 2022).
- Mindfulness Foundations Certification Course — Soul Strong Yoga (November 2021).
- Former Master Level Texas Trainer in Early Childhood Education with the Texas Early Childhood Professional Development System (TECPDS), through March 2020.

SELECTED PUBLICATIONS

- Shamsi, M. (March 2020). "Supporting the Child who is Shy in the Classroom." Dimensions of Early Childhood, Journal of the Southern Early Childhood Association, Vol. 48, No. 1.
- Shamsi, M. (July 2015). "The Role of Play in Brain Development." Early Years, Journal of the Texas Association for the Education of the Young Child, Vol. 36, No. 2.
- Shamsi, M. (March 2011). "The Five 'E's of Effective Educating." Innovation Abstracts, NISOD, Vol. XXXIII, No. 9.
- Shamsi, M. (November 2009). "Actionalize, Personalize and Socialize." Innovation Abstracts, NISOD, Vol. XXXI, No. 26.

SELECTED CONFERENCE PRESENTATIONS

- 2019 — "Infant Mental Health," Center for Infant Learning and Development (C.H.I.L.D.), University of Houston.
- 2018 — "Supporting the Student who is Shy in the Classroom," NISOD Round Table, Austin, Texas.
- 2018 — "Supporting the Child who is Shy in the Classroom," Austin AEYC Conference, Austin, Texas.
- 2017 — "Once Bitten Twice Shy—Toward a More Appropriate Response to Biting," Gulf Coast Chapter of TAEYC, San Jacinto College, Houston, Texas.
- 2017 — "Busting Stress, Boosting Growth," Gulf Coast Association for the Education of Young Children Conference, University of Houston—Clear Lake.
- 2017 — "Silence is not Golden," Center for Infant Learning and Development (C.H.I.L.D.), University of Houston.

PROFESSIONAL FOCUS

"To be a constant learner and a giver, to enrich experience, and be an active participant in the field of wellness, spirituality and wholeness, education and human development, through varied and in-depth exposure."