

PHPR Summit 2025 Speaker Bios and Contact Info

Ashley DePaulis, Embodied Success - ashley@theinnerathlete.co

Ashley is a Play & Resilience Specialist who helps ambitious professionals shift from stressed-out modes to feeling more energized and free by integrating play and levity into their work and lives. She blends the science of health, play, and performance with the body's innate wisdom to restore balance for work-life success and unlock the vitality of their youthful spirit. Ashley leads workshops and coaching sessions that infuse play into the workday, fostering creativity, reducing stress, and enhancing team dynamics. She is passionate about creating environments where individuals and teams can thrive, collaborate, and innovate. Ashley is an advisor to the board of directors at Let's Play America and affiliated with the US Play Coalition

Bailey Wallace, Jefferson County Public Library - Bailey.wallace@jeffcolibrary.org

Bailey is the Public Services Manager at Jefferson County Public Library and oversees the Standley Lake Library and Adult Services. She has worked in libraries for over 10+ years in public, correctional, and academic library settings. Her professional goal is to help build thriving communities by connecting users to library services and spaces.

Brian Kates, City of Colorado Springs - brian.kates@coloradosprings.gov

Brian has served as the Parks Operations Administrator for Meadows Park Community Center since 1998. He is also the co-founder of the Colorado Public Health | Parks & Recreation Collaborative. Brian has been instrumental in the collaborative efforts between municipalities, public health, education and community members for the past 20 years.

Bridget Kiely, Jefferson County Public Library - Bridget.Kiely@JeffcoLibrary.org

Over an 18-year career Bridget has worked in museum, academic, and public libraries with teens and folks who've aged out of teenagerhood, aka adults. Catch her reading sci-fi adventures centering found family, learning obscure animal facts, and experimenting with bright nail polishes. Or, more professionally, you may encounter her at an outreach event somewhere in Jefferson County where she's now employed as an Adult Services Outreach Coordinator connecting library services to the community.

Christine Chopyak, Arlosoul – chris@arlosoul.com

Chris is a creative entrepreneur, small business owner that has supported businesses, universities and NGOs across the globe with skilled facilitation, visual strategy, and organizational development for over 20 years. Using battle-tested tools of the trade, Chris has the uncanny ability to combine strategy, design thinking and innovation with pictures and color, turning everyday work into meaningful and thoughtful strategy and action. Honing her skills with Fortune 100 companies and many nationally recognized nonprofit organizations, Chris built the foundation for her first book, the business best seller, *Picture Your Business Strategy: Transform Decisions with the Power of Visuals* (2014 McGraw-Hill Professional). Seen as a “go-to” resource for organizational leaders, teams, heads of government, educators and entrepreneurs this book outlines how to visualize complex challenges using pictures to create solutions. A new book is in the works as are new online programs.

Cynthia Chung Aki, Golden Lotus Foundation – info@goldenlotusfoundation.org

Cynthia is the Founder, President & CEO, Golden Lotus Foundation™; President & CEO, Cynthia Chung Aki Consultant LLC, registered and licensed dietitian, public health nutritionist, health and business solutions consulting; Colorado State Board of Accountancy since 2014; El Paso County Board of Adjustments from 1999 to 2005; Principal, Colorado Springs Chinese Language School from 2002 to 2010; El Pomar Foundation Emerging Leaders Development Program, Asian Advisory Council since 2004; graduate Center for Creative Leadership Community Leadership (CCL) Program 2005, Leadership Pikes Peak (LPP) Signature Program 2007, Colorado Springs Leadership Institute (CSLI) 2009; volunteer, Humane Society of the Pikes Peak Region (HSPPR) since 1999; retired military; US Air Force veteran.

D.L. Pos Ryant, Apprentice of Peace Youth Organization (AOPYO) - pos@aopyo.org

Pos is a Strategy consultant and facilitator with Arlosoul. In this role, Pos has supported strategic planning sessions with local and national businesses and nonprofits. In his strategic planning role Pos has previously led planning sessions with The SHARE Network, Civic Canopy, Guided By Humanity and others. He has worked and trained staff, students, counselors and interns in cultural competence, organizational strategy and facilitation. Pos is also the Executive Director and Co-Founder of The Apprentice of Peace Youth Organization (APOYO), a nonprofit that focuses on reducing mental health stigma and increasing life skills through wellness. In this leadership role, Pos is charged with strategy, positive youth development and building community while creating innovative ways to address mental health stigma and the intersectionality of youth violence. One way he does this is through Tai Chi, infusing the practice and APOYO's philosophy into a fully integrated lifestyle movement that empowers students through a whole person approach that incorporates leadership, arts, wellness, and skilled trades. He has an extensive background in working with youth in sports and social emotional learning from coaching basketball to teaching wellness and positive mental attitude strategies. Pos is proud to work in the arena of mental health stigma awareness and reduction working with youth locally, nationally, and abroad.

Emmanuel Didier, Didier Design Studio - ed@didierdesignstudio.com

Emmanuel is a landscape architect, artist, and founding principal of Didier Design Studio. A leading figure in public garden design, Emmanuel has collaborated with top botanical gardens across the nation. Parallel to his design practice, he teaches graduate level design studios at the University of Colorado Denver and lectures nationally and internationally. Emmanuel brings a highly creative design approach paired with an innate ability to communicate, collaborate, and inspire people. His recent work focuses on revealing site and ecology through artful interventions. His designs respect and express an authentic sense of place and identity while inviting people to connect to nature - both experientially and intellectually. Emmanuel holds a Master of Architecture and a Master of Landscape Architecture from the University of Virginia as well as a Fine Arts degree from the Ecole des Beaux Arts in his native country of France.

Jo Burns, JoBurnsConnects, LLC – jo@joburnsconnects.com

Jo Burns (CTRS) is known for her work bringing together professionals from parks, recreation, public health and built environment. She has created nonprofits and founded a few community groups that bring all sorts of people together to learn, collaborate and improve health. Jo is a skillful connector with

experience in community, camp, professional trade association, and higher education parks and recreation settings. Jo is passionate about helping folks find belonging and connection in their communities. Given the opportunity, Jo would rather be outside doing most anything rather than sit in front of her computer. The PHPR Summit is one of her favorite days of the year.

Kate Davenport, Didier Design Studio - kate@didierdesignstudio.com

Kate is a landscape architect with a deep interest in revelatory ethics and aesthetics for landscapes. Her work is grounded in observation and listening; discovering and cultivating what is already precious and essential to a site. Her passion for meshing art and ecology through plant-driven design has gained greater clarity over 15+ years of experience as a designer, installer, and grower. Kate holds a Master of Landscape Architecture from the University of Colorado Denver and a B.A. in Fine Art from Colorado College. She is a registered landscape architect in Colorado, and co-stewards a 5-acre plot in Berthoud, Colorado, devoted to cut flower production, habitat enhancement, and experimental projects linking ecology, agriculture/floriculture, and reciprocal garden making.

Lexi Bulich, City of Lafayette - lexi.bulich@lafayetteco.gov

Lexi joined the City of Lafayette as the Fitness Coordinator in August 2021 after 12 years as the Regional Fitness Manager with the Colorado Athletic Clubs. In October 2023, she was promoted to Fitness Supervisor as a reflection of her dynamic leadership and immense program growth. She was awarded "Fitness Professional of the Year" by CPRA in 2022, the "Innovation Core Value Award" by City of Lafayette in both 2023 and 2024. In 2024, she presented at the NRPA conference, the CPRA conference for the second time, and passed her CPRP exam! She holds multiple fitness certifications, can teach just about everything, and is a Master Trainer for LaBlast Fitness. In her spare time, she enjoys getting outdoors with her husband and two sons.

Melinda Benz, Melinda Benz LLC - rdn@melindabenz.com

Melinda (she/her/hers) is a Registered Dietitian Nutritionist in Colorado with a virtual nutrition private practice specializing in plant-rich nutrition and vegan lifestyle. Her goal is to offer practical and evidence-based vegan nutrition education. She collaborates with her clients to implement personalized dietary changes to support them in feeling more confident in their food choices and including more plant foods into their daily routine. Melinda brings an enthusiastic and down-to-earth approach to nutrition science and advocates for making plant-based eating more fun and fulfilling while meeting nutritional needs. You can learn more about Melinda's nutrition services at MelindaBenz.com or visit her YouTube channel, Connected Vegan Dietitian, to access educational content on various plant-based and vegan nutrition topics.

Russ Carson, Community Impact Collaborative - russ.carson@icollab.com

With a PhD in Health and Kinesiology, 250+ publications and presentations, and 25 years of experience across public, academic, and business settings, Russ speaks passionately about the importance of optimally using research and data for community health impact to share with his audiences.

Dr. Sue Paul, SeniorScapes, Inc. - Sue@SeniorScapes.org

Sue is a senior living consultant and expert in age-friendly design, healthy aging, and dementia care. She is the founder of SeniorScapes and a brain health expert.

Thomas Thompson, City of Colorado Springs - thomas.thompson@coloradosprings.gov

Thomas is the Senior Advisor for Neighborhood, Leadership, and Faith Communities in the Mayor's Office of Community Affairs at the City of Colorado Springs. He has served the last 30 years helping leaders scale their teams, level up their leadership, and navigate what's next in their life and career.

Tim Jones, Longer Tables - tim@longertables.org

Tim is the Executive Director for Longer Tables, a minister, and an Emmy award-winning video producer. He is an expert at bringing people from all walks of life together to create connection and belonging through meals, because humans flourish when they feel seen, known and included.