



# CONSTANCE LEIGH MILLER

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## PROFESSIONAL SUMMARY

Ordained Buddhist nun since 1978. Compassionate educator, passionate about helping others - especially teachers and educators - to find their inner strengths and abilities for flourishing as human beings, and to be able to likewise transmit that to their students, thereby positively transforming schools into tools for human flourishing. Extensive experience working with adults in a variety of adult learning contexts, both private and public. Adept at combining contemplative practices with contemporary innovative educational methods, enabling learners to discover and cultivate their inner values, human qualities, and emotional strengths in order to contribute ethically and positively to their lives and to the world in which we live.

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## WORK HISTORY

**President**, 02/2020 - Current

**Associazione educazione Etica, Emotiva e Sociale**, Santa Luce, (Pisa) Italy

- Brought together and inspired teachers, educators and parents to create a new and innovative educational organization capable of training teachers in the fundamental skills of teaching social-emotional and ethical competencies to children of all ages, specifically through bringing Emory University's SEE Learning program to Italian schools.
  - Guided this organization for five years in growth and expansion towards recognition by Ashoka Foundation as one of the 100 Changemakers in 2023.
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**Resident Teacher & Program Development Coordinator**, 01/2013 - Current

**Istituto Lama Tzong Khapa**, Pomaia, (Pisa) Italy

- Developed new and innovative course structures focused on interdisciplinary course content, bringing a new public to engage with the Institute
- Developed and implemented effective teaching approaches that consistently facilitated positive learning experiences in course participants
- Conducted successful research verifying the efficacy of newly developed course programs
- Cultivated successful learning community of returning students enthusiastic to continue to practice and study together

Specific courses developed and taught:

- **The Art of Happiness.** A 9-month course focusing on the art and science of flourishing, involving a contemplative and experiential approach, including contents from spiritual and philosophical traditions, the neurosciences and psychology.
  - **Cultivating Compassion: A Cognitive and Contemplative Approach.** A 3-module intensive experiential course uniting contemplative methods and content with scientific and philosophical material and approaches. (On-going)
  - **The Art of Connecting with Children and Adolescents.** A 3-module course for teachers, parents and others who work/live with children and impact their lives. An experiential and contemplative approach to exploring the values we transmit to children through "modelling" in our behavior and actions, and how greater inner self-awareness and attention can help us to connect with our human qualities and values and to transmit them better to our future generations.
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**Instructor**, 05 – 06/2024

**Università di Padova**, Padova, Italy

Instructor in the science and practice of compassion, supplementary sessions as a part of internship phase of the University of Padova's Master in Contemplative Studies (2022-23).

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**Instructor**, 05/2018 - 10/2024

**Università di Pisa**, Pisa, (Pisa) Italy

Instructor of meditation and the pedagogy of teaching contemplative practices to adults and youth in the yearly University of Pisa Masters Degree in Neuroscience, Mindfulness, and Contemplative Practices.

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**Instructor**, Master degree program for academic year 2022 - 2023

**Università di Bologna**, Bologna, Italy

Instructor of meditation and the practice of contemplative techniques as a basis for care to health-care professionals in the University of Bologna's Masters in Mindfulness and Contemplative Practices in Neuroscience and in the Health Fields.

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**Instructor**, 12/2020 - 12/2020

**Università di Roma La Sapienza**, Rome, (Lazio) Italy

- Taught in the Advanced Training Course: "Mindfulness and Wellbeing in Schools" utilizing both traditional and innovative contemplative and cognitive learning methods
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**Instructor**, 07/2018 - 10/2018

**Università di Roma La Sapienza**, Rome, (Lazio) Italy

- Taught in the graduate-level Advanced Training Course: "Compassion: Practices, Application and Neuroscience" utilizing both traditional and innovative contemplative and cognitive learning methods

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## SKILLS

- Development of innovative and interdisciplinary educational programs focusing on human flourishing
- Excellent teaching skills
- Manuscript preparation and editing
- Individual adult mentoring
- Teaching contemplative practices and pedagogical methods
- Developing comprehensive approaches to social-emotional learning and ethical education

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## EDUCATION

***The Evergreen State College***, Washington State, USA, 09/1973 - 06/1978

**Bachelor of Arts: Psychology and Comparative Religion**

Engaged in study and research for 18 months in Nepal culminating in submitting a final thesis focusing on depth psychology and Buddhist contemplative practice, entitled "Tara: Jungian Psychology and Buddhist Practice"

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***Claremont Graduate School***, Claremont, California, USA, 09/1978 - 02/1979

**Education and Pedagogical Theory**

Initiated study in the Ph.D. in Education program. Incomplete.

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***Emory University, CCSCBE***, Atlanta, Georgia, USA, 03/2021 - 02/2022

**Certified SEE Learning L1 Facilitator: Social, Emotional, Ethical Learning**

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***Emory University, CCSCBE***, Atlanta, Georgia, USA, 08/2024 - 01/2025

**Certified CBCT Teacher: Cognitive-Based Compassion Training**

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## PUBLICATIONS

Published article on original research completed on the benefits of the course "The Art of Happiness".

**Article:** *The Art of Happiness: An Explorative Study of a Contemplative Program for Subjective Well-Being*, in *Frontiers of Psychology*, Volume 12, February 2021

<https://doi.org/10.3389/fpsyg.2021.600982>

**Co-authors:** Nicola de Pisapia, Antonino Raffone, Constance Miller, Clara Rastelli, Lucia Calabrese

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**LANGUAGES****English:**

Native

**Italian:**

Fluent

*Autorizzo il trattamento dei miei dati personali presenti nel CV ai sensi dell'art. 13 d. lgs. 30 giugno 2003 n. 196 - "Codice in materia di protezione dei dati personali" e dell'art. 13 GDPR 679/16 - "Regolamento europeo sulla protezione dei dati personali".*

A handwritten signature in black ink, reading "Constanca Leigh Millos". The signature is written in a cursive, flowing style.