



Melinda Asztalos

PhD

Education

PhD in Exercise Psychology

Ghent University

Oct 2005 - May 2010
Ghent, Belgium

-- self-developed PhD project investigating the relationship between physical activity and exercise on the one hand, and self-awareness and specific aspects of mental health on the other

-- PhD thesis: "*Specific Relationships between Physical Activity & Mental Health. The importance of considering gender & refining recommendations*" - Ghent University 2010, ISBN: 9789078836070

-- formulating and establishing the concept of '*mindful movement*'; published in the scientific journal *Psychology of Sport and Exercise* - Asztalos et al. 2012 "*Sport participation and stress among women and men*" - PSE 13, 466-483

-- this work was continued and expanded into the book "*the CRACK - freedom while stuck in human form*" - 3M System/ New Energy 2023, ISBN: 9789083295053

Predocctoral Research Training

Ghent University

Oct 2004 - Jun 2005
Ghent, Belgium

-- PhD project preparation
-- development of original research design

Additional info

Nationality **Belgian of Hungarian descent**

LinkedIn **linkedin.com/in/mindfulmoves3mh
umandevlopment**

Website **www.the-crack.com**

About

Written and oral communication, acquiring knowledge and understanding, and teaching adults are valuable exchanges that are of great importance in my life. I have 12 years of university education and have been a scholar of mind and consciousness for 25 years. I also strive daily to improve my ability to be truly present in each moment. This is why I created and adopted the motto "*BE in all you DO*".

A major goal in my life is to develop EQUANIMITY - the state in which we function as balanced individuals. EQUANIMITY enables me to make meaningful contributions to this world, which is essential to experience the satisfaction of having made a difference. My sincere intention is to leave every situation and encounter a little better than I found it. When that is not an option, I focus on contributing by keeping myself balanced.

Master after Master

Ghent University

Oct 2003 - Jun 2004

Ghent, Belgium

-- in-depth study of Exercise and Health Psychology, Movement Sciences, and Pedagogy; magna cum laude

Master of Science in Kinesiology and Rehabilitation

Oradea University

Oct 1993 - Jun 1997

Oradea, Bihor County, Ro

summa cum laude

Postgraduate Degree

Oradea University

Oct 1998 - Jun 1999

Oradea, Bihor County, Ro

-- specialization in Rheumatology and respiratory therapy; cum laude

Teachers College

Oradea University

Oct 1993 - Jun 1997

Oradea, Bihor County, Ro

-- graduate teacher for regular and special education

Scholar

Tibetan Buddhism Vajrayāna

Nov 1999 - Present

Hamburg, Immenstadt im Allgäu, Velez-Malaga, Benalmadena, Huy, Budapest, Becske, Oradea

-- teachings of the Gelug school of Tibetan Buddhism (Vajrayāna) in direct transmission from HH the Dalai Lama Tenzin Gyatso

-- lectures, initiations and retreats for learning about the nature of the mind and phenomena, and various meditations of the Karma Kagyu tradition of Vajrayāna Buddhism where the teachings of the Buddha are given in a modern and practical way

TEACHERS: HH the Dalai Lama Tenzin Gyatso, 17th Karmapa Trinley Thaye Dorje, 14th Shamarpa Mipham Chokyi Lodro, Pema Chödrön, Maniwa Sherab Gyaltzen Rinpoche, Lama Ole Nydahl, and Karma Trinlay Rinpoche

Skills

COMMUNICATION sensing

people and getting the

message across in a way

adapted to the audience

ORGANIZATION creating and

executing a good work plan,

taking charge and delegating,

keeping the work environment

tidy, fulfilling administrative

obligations seamlessly

ANALYSIS strong powers of

observation, noticing details

that are overlooked,

recognizing patterns that are

not immediately obvious to

others, listening between the

words, reading between the

lines

PERSEVERANCE not giving up

in the face of challenges and

finding creative solutions

when problems seem blocked

STRONG WORK ETHIC

intrinsic motivation to make a

meaningful contribution and

leave each encounter and

situation a little better than

how I found it

INTEGRITY and RELIABILITY,

driven to do what is right,

bringing more awareness to

any situation, strengthening

interpersonal bonds and

promoting a safe work

environment

Work experience

Teacher of adults, life coach, facilitator of personal breakthroughs and personal development

Own Sole Proprietorship

Sep 2015 - Present

Region Aalst - Ghent - Antwerp, Be

- Establishing a method of consciousness development that uses '*mindful movement*' to reveal the mind and ego and to promote self-understanding and self-acceptance
- Researching the structure of personality and the dynamics within a person's character, exploring different ego types, and identifying the dominant aspects of the ego within a personality
- Creation of three original consciousness development techniques: '*The 3M Power Posture*', '*The 3M Freedom Breathing*', and '*The HaLoFeHo Game*'
- Private and Group Lectures, Workshops, Individualized Trajectories

Teacher for geriatric and neurological patients, lecturer for paramedical and nursing staff, physiotherapist

OCMW Lebbeke, Residential Care Center Hof ter Veldeken

Oct 2013 - Present

Lebbeke, Be

- Teaching, treating, and monitoring patients from two departments within the facility that I am responsible for; managing the mobility needs of 65 patients including decisions regarding fixation
- Organizing lectures for patients on mindful movement and fall prevention
- Organizing lectures for paramedical and nursing staff on various topics: correct positioning of patients for comfort and support, conscious posture for ergonomic health care work, edema therapy and how to be present in the body, and conscious and peaceful dying (more on lectures at the end of the CV)
- Leader of the Workgroup Lifting and Positioning
- Member of the Palliative Workgroup

Health scientist

Scientific Institute of Public Health (WIV-ISP) - currently Sciensano

Jun 2010 - Jan 2012

Brussels, Be

- Scientific research on public health with a focus on physical activity and nutrition
- Policy-supporting scientific research for the Flemish Action Plan on Nutrition and Physical Activity 2009 - 2015

Languages

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| English | ● ● ● ● ● |
| Dutch | ● ● ● ● ● |
| Hungarian | ● ● ● ● ● |
| Romanian | ● ● ● ● ● |
| Italian | ● ● ● ● ● |

PhD researcher, scientific collaborator

Ghent University

Oct 2005 - May 2010

Ghent, Be

- Researching the relationship between physical activity and mental health
- Developing and establishing the concept of mindful movement
- Research on self-awareness

Life coach

Authorized therapist

May 2002 - Oct 2003

Oradea, Bihor County, Ro

- Fieldwork and research on the relationship between human movement and self-awareness
- Laid the groundwork for a doctoral project on mindful movement

Health journalist

Daily newspaper "Vest" and monthly magazine "Bihoreanul"

Sep 1998 - Oct 2001

Eastern Hungary and Western Transylvania, Debrecen - Oradea

- Daily health news, case reports, and studies on social and life issues
- Awareness campaigns on physical and mental health issues
- Educational sections on topics ranging from philosophy to medicine to spirituality

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BOOKS

2023 - *"the CRACK - freedom while stuck in human form"*. Author/ editor: Melinda Asztalos. ISBN: 9789083295053

2010 - PhD Book *"Specific Relationships between Physical Activity & Mental Health. The importance of considering gender & refining recommendations"*. Author/ editor: Melinda Asztalos. ISBN: 9789078836070

SCIENTIFIC PUBLICATIONS

2015 – A1 publication *"Cross-Sectional Associations Between Sitting Time and Several Aspects of Mental Health in Belgian Adults"* – Journal of Physical Activity and Health 12(8):1112-8. doi: 10.1123/jpah.2013-0513. Epub 2014 Oct 20. Impact Factor: 1.38. First author: Melinda Asztalos; co-authors: Katrien De Cocker, Ilse De Bourdeaudhuij and Greet Cardon. The abstract of this paper was published in the 2011 Book of Abstracts of the IEA World Congress of Epidemiology (7-11 August 2011, Edinburgh, Scotland, United Kingdom)

2014 – A1 publication *"Influence of physical activity, waist circumference, and BMI on subjective health among Belgian adults"* – European Journal of Public Health, Apr;24(2):205-9. doi: 10.1093/eurpub/ckt069. Epub 2013 Jun 11. Health Promotion International, pre-submission. Impact Factor: 1.942. First author: Melinda Asztalos, co-authors: Stefanie Vandevijvere, Elisabeth H.M. Temme, Herman Van Oyen, and Inge Huybrechts

2012 – A1 publication *"Sport participation and stress among women and men"* – Psychology of Sport and Exercise 13, 466-483. Impact Factor: 2.218; 5-Year; Impact Factor: 2.538. First author: Melinda Asztalos; co-authors: Katrien Wijndaele, Ilse De Bourdeaudhuij, Renaat Philippaerts, Lynn Matton, Nathalie Duvigneaud, Martine Thomis, Johan Lefevre, and Greet Cardon

2011 – A1 publication *"Physical activity and the potential independent detrimental mental health outcomes of sedentary behaviour in the general population"* – Journal of Epidemiology and Community Health 65(Suppl 1):A90-A90, DOI: 10.1136/jech.2011.142976c.76 First author: Melinda Asztalos; co-authors: Johan Van Der Hayden, Ilse De Bourdeaudhuij, and Greet Cardon

2011 – Official State Report requested by the Flemish Health Minister --- Federal Scientific Institute of Public Health --- *"Health Impact Assessment of Physical Activity: the impacts of Physical Activity and Sedentary Behaviour on Public Health (Mortality and Chronic Conditions) in the Flemish Adult Population"*, PHS Report 2011-044, Book deposit D/2011/2505/81. First author: Melinda Asztalos; co-authors: Jean Tafforeau, Viviane Van Casteren, and Herman Van Oyen

2010 – A1 publication *"The relationship between physical activity and mental health varies across activity intensity levels and dimensions of mental health among women and men"* – Public Health Nutrition, 13(8), 1207-1214. Impact Factor: 2.749. First author: Melinda Asztalos; co-authors: Ilse De Bourdeaudhuij and Greet Cardon. This study was presented at the 2009 Congress of the International Society of Behavioural Nutrition and Physical Activity, and its abstract was published in the 2009 ISBNPA Book of Abstracts

2009 – A1 publication *"Specific associations between types of physical activity and components of mental health"* – Journal of Science and Medicine in Sport, 12(4), 468-474. Impact Factor: 2.542. First author: Melinda Asztalos. Co-authors: Katrien Wijndaele, Ilse De Bourdeaudhuij, Renaat Philippaerts, Lynn Matton, Nathalie Duvigneaud, Martine Thomis, William Duquet, Johan Lefevre, and Greet Cardon

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CONGRESSES AND SYMPOSIA

- October 26, 2023: 8th Congress on Geriatric Psychiatry with an international panel discussion. *"From bad to worse - About aggression in the elderly"*. University Psychiatric Center, Catholic University of Leuven, Belgium
- March 17 and April 25, 2023: *"Conscious movement in healthcare: mindfulness and positioning for patient comfort and ergonomic working"*. WZC Hof ter Veldeken, Lebbeke, Belgium
- October 28, 2021: 7th Congress on Geriatric Psychiatry with an international panel discussion. *"Out of sight, out of mind - On loneliness and mental health in the elderly"*. University Psychiatric Center, Catholic University of Leuven, Belgium
- November 14, 2017: *"Mindfulness in edema therapy: be present in your legs!"* WZC Sint-Remigius Care Center, Pittem, Belgium
- March - April, 2015 and October - November, 2016: *"Mindfulness in edema therapy: be present in your legs!"* WZC Hof ter Veldeken Care Center, Lebbeke, Belgium
- May 11-15.05.2016: 2nd International Conference on Mindfulness. Symposium Mindfulness and movement - *"The 3M System: mindful movement or how to BE in all that you DO"*. Sapienza University Rome, Italy
- 1-3.09.2015: Euro Health Care & Fitness Summit. Lecture *"Mindful movement - Physical activity that facilitates the realization of the mind"*. Valencia, Spain
- 22.02.2011: Seminar Scientific Institute of Public Health: *"Physical activity and mental health"*. Scientific Institute of Public Health, Sciensano Brussels, Belgium
- 2010-2011: Time management en planning* Systematic Reviews & Meta-analyses* Reference Manager* Health Impact Assessment* Risk Assessment. Scientific Institute of Public Health, Sciensano, Brussels, Belgium
- 17-20.11.2010: 20th Congress of the European Childhood Obesity Group (ECOG) *"2010 and beyond. Taking childhood obesity off the menu. The political aspects of childhood obesity"*. European Parliament, Brussels, Belgium
- 17.09.2010: Mobility & Health International Conference - Belgian Federal Public Service Mobility and Transport. Belgian Presidency of the European Union. The European Week of Mobility, Brussels, Belgium
- 17.12.2009: Kinesiology in Flanders: *"Brain Drain versus Brain Gain"*, Proceedings 14th VK Symposium, Catholic University of Leuven, Belgium
- 18.06.2009: Research Mentoring Technical University Lisbon, Portugal
- 18-20.06.2009: Oral Session *"Psychosocial issues in physical activity and obesity"* Congress of the International Society of Behavioural Nutrition and Physical Activity, Lisbon, Portugal
- 2-3.04.2009: Panel Discussions Cambridge Amsterdam Ghent Exchange Meeting. Medical Research Council, Cambridge, United Kingdom

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OWN CREATION LECTURES

Lecture 1. Conscious movement in health care: mindfulness and positioning for patient comfort and ergonomic work

How we can increase the autonomy and quality of life of our patients/residents by positioning them correctly, and how we can work more productively and be better protected from injury by consciously positioning our bodies and moving biomechanically correctly for the task at hand.

How we can become aware of our posture and movements so that we will have an easier time in our old age - a long-term investment in knowledge and understanding to create a new generation of older people who will be easier to treat patients as well.

The adults of today who develop awareness will become the elderly of tomorrow who know how to be present in their bodies, how to move correctly and safely, and how to work with their caregivers for greater convenience for all.

Lecture 2. Mindfulness in edema therapy: be present in your legs!

Why is it necessary to promote circulation, how to bandage correctly and how to use positioning and mobilization to resuscitate and support circulation.

How to treat your legs lovingly and appreciate the work they do for you. Developing a new attitude toward the body, where people consciously express their gratitude toward their bodies instead of simply demanding that the body does what they want and when it doesn't, they condemn, punish or even hate it.

Awareness about the body, the legs, blood circulation and why medication should only be used as a supplementary tool instead of senselessly swallowing pills to resolve physical complaints. Edema is a perfect example of how medication (diuretics) replaces the much more necessary conscious handling of the legs - a trend that should be abandoned.

Lecture 3. Dying comfort: why it is helpful to develop an attitude with which we live as a preparation for death

Why it is important to change our attitude toward death and how we can ease the dying process and better support dying and grieving people. Understanding death and embracing the natural course of a human life.

Imagine how much easier we could practice mindfulness in everyday situations and during our usual pursuits (by the way, mindfulness has been scientifically proven to be directly related to happiness), if we adopted an attitude in which everything we do contributes to our great triumph from this life: a successful death.

And what is that then, a successful death, you may ask.

Well, you know that feeling of satisfaction at the end of a day when you were exactly as productive as you wanted to be and accomplished everything you wanted to do?

That same feeling of satisfaction corresponds to a successful death. It is letting go in complete peace and gratitude.

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OWN CREATION WORKSHOPS

Workshop 1. The same core in you and me - how to celebrate individuality without forgetting that we are all in the same boat

This work introduces *The HaLoFeHo Game* that promotes self-discovery, self-understanding, and self-acceptance. These in turn support tolerance for the peculiarities of others.

The HaLoFeHo Game is designed based on the SWOT matrix, a highly regarded tool that helps executives make informed and calculated decisions in team management to contribute to their organization with added value.

In *The HaLoFeHo Game*, you are the leader with executive power who must manage a complex system, namely your being. Obviously, you must know your team in order to manage it. So, the first step is to become aware of your personality with all its parts, your body, mind, and ego with all its aspects, the conditioning of your upbringing and environment, your ambitions and fears, and all your strengths and weaknesses. You must have the most knowledge about the dynamics within your personality and how your ego works. Every little trick, every little detail that allows your mind to trick you into becoming afraid or furious should become a known member of your team.

Once you know your team inside out, you can become an expert at managing it. The goal, which stems from excellent team management, is to be a balanced individual and live a good, contented life.

Thus, you must ensure that your team cooperates well, that is, that all your parts work nicely together.

This workshop is a very powerful tool for team building in organizations, families or couples because it helps colleagues, family members and partners get to know each other on a deeper level and increases tolerance for otherness, which is one of the most important personal skills, and ranks at the top of the list, along with communication and problem solving.

Workshop 2. My feelings are valid: how to be honest about how you really feel and how to help others respect your feelings

This work involves learning about the three ego types and gaining the essential understanding that the ego is not the enemy of goodness and happiness, once a distinction has been made between the ego and ego-dominance. This distinction, however, is crucial.

Whatever ego aspect dominates the personality, once awareness is added to the mix, that aspect of the ego becomes harmless and in some cases can even become an asset. For example, a person with arrogance as their main ego aspect can do serious damage by disrespecting the feelings of others, but once they become aware of the arrogant trait, it can be used to develop a healthy sense of self-confidence and for encouraging others who are more insecure.

In this workshop, you will learn to see the ego in a different light: as a puppy that needs guidance to keep from misbehaving. You will be given permission to be honest at the most personal level. The more you accept the deepest, darkest secrets of your personality, the more relaxed you will be. In fact, your being will reach an unparalleled level of relaxation. Moreover, you will be less judgmental of yourself and others. After this, you will no longer be under pressure to meet the expectations of yourself or others about how you should be. Your individuality will no longer be a problem, and the otherness of others will no longer bother you.

Imagine a world where everyone has the freedom to be as weird as they want to be, where no one is expected to be anything other than merely honest and true. That world does not have to be a utopia; we can create it together.

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Workshop 3. Astute Leadership

This workshop is for service leaders and offers valuable insight into using motivational leadership in managing people rather than exerting control that causes tension. We also see how assertiveness can be made enjoyable. You will learn how to EMPOWER rather than OVERPOWER.

PERSONAL INTERESTS

- my catbaby Kicsike
- nature
- walking in the woods, mountain hiking, rock climbing
- sunsets (especially at the sea)
- selected music, smooth jazz, Leonard Cohen
- wellness, sounds of Tibetan flute and hang drum
- inspiring films
- the night
- Yoga, Qi-Gong
- researching various subjects, learning
- teaching, creative expression, "*perfecting*" communication