

POOJA R. MOTTI

Education

- 2002-2003 **LONDON SCHOOL OF ECONOMICS & POLITICAL SCIENCE** **LONDON, UK**
MSc in International Relations
- Dissertation work on 1997 Asian Economic Financial Crisis
- 1995-1999 **UNIVERSITY OF MICHIGAN** **ANN ARBOR, MI**
Bachelor of Arts (B.A.) With Distinction in Economics, GPA 3.73/4.0
- Coursework in economics, statistics & social psychology
 - Phi Beta Kappa

Academic Scholarships and Honors

- Phi Beta Kappa, 1999
- Class Honors, 1997
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- James B. Angell Scholar, 1997 (straight A's for two or more consecutive semesters)
- James B. Angell Scholar, 1998 (straight A's for two or more consecutive semesters)
- College of LSA Scholarship, 1997-1999
- Pauline M. Conger Scholarship, 1996-1998

Research Interests

- Mindsets, Belief Systems, Language in Children's books, Stereotype Formation/Threat in early childhood, Motivation, Achievement, Self-efficacy, Gender Gaps

Psychology Research Experience

- Collaborator, Markman Lab, Stanford University, Fall 2018 to Present
- Research Affiliate, Cognitive Development Lab, New York University, 12/2017 - 6/2018 (developed original research question and conducted study using linguistic analysis and machine learning, testing children in museums, coding, calling study participants, and training)
- Research Assistant, Survey Research Center (SRC), Institute for Social Research (ISR), University of Michigan, Ann Arbor, 1995

Other Research Experience

- Two years of independent research in writing proposal and manuscript for *The 3-Day Reset* (Seal Press/Perseus Books, 2014)
- Research Consultant, Institute for Agriculture and Trade Policy (IATP), 2007-2008
- Research Analyst, 1998-2005 (see experience below)

Publications (Books, Papers, Select Web Articles)

- **Motti, P.R.** (2014). *The 3-Day Reset*. Berkeley, California: Seal Press/Perseus Books Group. ISBN: 9781580055277.
- **Motti, P.R.**, David Wallinga, M.D., Janelle Sorensen, Brian Yablon, M.D. (2009). Not So Sweet: Missing Mercury and High Fructose Corn Syrup. Institute for Agriculture and Trade Policy, Minneapolis, MN.

- **Mottl, P.R.** New York's Official State Snack Far From Wholesome? (5/2014). The Huffington Post. www.huffingtonpost.com
- **Mottl, P.R.** PepsiCo CEO: Saint or Sinner When It Comes to Our Health? (6/2010). The Huffington Post. www.huffingtonpost.com
- **Mottl, P.R.** 5 Reasons To Save \$77 Billion Worth Of Inactivity. (4/2010). The Huffington Post. www.huffingtonpost.com

Professional Experience

2019 –	LAZARD LABS	PALO ALTO, CA
	Talent Acquisition & Partnerships Lead	
	<ul style="list-style-type: none"> • Responsible for screening, sourcing data scientists for a growing AI team • Fostered partnerships with Enterprise and Academic Partners 	
Apr 2009 – Present	AUTHOR & WRITER Founder, Mindfully21 LLC	NEW YORK, NY
	<ul style="list-style-type: none"> • Author of the self-help healthy eating book: <i>The 3-Day Reset</i>. Berkeley, California: Seal Press/Perseus Books Group. • Sold hardcopies to date - print: 7,100 • Sold Ebook copies to date: 1,791 • Work endorsed by: <ul style="list-style-type: none"> ○ John Mackey, Co-Founder of Whole Foods Market ○ Dr. Alejandro Junger, <i>New York Times</i> bestselling author of <i>Clean</i> ○ Dr. Sara Gottfried, <i>New York Times</i> bestselling author of <i>The Hormone Cure</i> ○ Cheryl Forberg, RD, <i>New York Times</i> bestselling author • Focus on self-help in areas of food, wellness, and personal achievement. • 2011 Graduate of Natural Gourmet Institute's professional Chef Training Program (600 hours) with focus on seasonal, healthful, healing, whole, local, and traditional foods. • Mentored by Annemarie Colbin, PhD, an early pioneer of the health-food movement and Founder and CEO of the Natural Gourmet Institute. • Blogger on HuffingtonPost.com since 2009, invited by Founder of the Huffington Post, Arianna Huffington. • Work featured in Time.com, <i>Good Morning America</i>, Good Day Austin, Martha Stewart Radio, Womenshealthmag.com, WomansDay.com, Well + Good NYC, The South Asian Times (print), Shape.com, Serendipity Magazine (print), Newsday (print), New York Family, Mindbodygreen.com, IndiaWest, HuffPost Live, Huffingtonpost.com, Glamour.com, Gaiam.com, Fit Nation Magazine, Examiner.com, Edible Silicon Valley, Cosmopolitan (print), Austin American-Statesman. • Currently writing manuscript and proposal for second book – a children's book anthology of groundbreaking United States politicians, past and present. 	
2008 – 2009	RESEARCH CONSULTANT Consultant to Non-Profits/NGO's Focusing on Food & Agriculture Sustainability.	NEW YORK, NY
2006	MERRILL LYNCH INTERNATIONAL Associate Fixed Income research associate in Structured Solutions Group.	LONDON, UK
2005	UNITED STATES FEDERAL RESERVE BANK OF NEW YORK Economic Analyst One of two senior analysts leading credit market and credit derivatives research.	NEW YORK, NY

- 2004 – **MORGAN STANLEY & CO. INC.** **NEW YORK, NY**
2005 **Research Analyst**
One of five analysts assisting senior professionals research, structure, and execute derivative transactions for Fortune 500 corporate clients.
- 2000 – **BEAR, STEARNS & CO. INC.** **LOS ANGELES, CA**
2001 **Research Analyst**
Conducted industry research to assess company's competition, supported senior professionals in discounted cash flow modeling/coding, advisory work, and due diligence processes.

Media Appearances

WGN TV, Chicago, 2010
Good Morning America, 2010
Martha Stewart Radio, 2011
The Better Show, 2014
Good Day Austin, 2014
Satellite Media Tour, 2014 (included 20 radio and 20 television interviews for *The 3-Day Reset* book tour)
Huff Post Live, 2015

Guest Speaking and Teaching

Green Festival, New York City, New York (2012)
Book Passage, Corte Madera, California (2014)
Cavallo Point Lodge Cooking School, Sausalito, California (2014)
CUESA Farmers Market, San Francisco, California (2014)

Other and Interests

Art of Living program (meditation, pranayama, and mindfulness training).
Completed Stanford University's The Center for Compassion and Altruism Research and Education (CCARE)
Compassion Cultivation Training (CCT) 8-week course, New York, New York, 2016

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