



Biography

Dr. Jannell MacAulay is a combat veteran who served 20 years in the U.S. Air Force, as a pilot, commander, special operations consultant, international diplomat, and professionalism instructor. With her innovative leadership style, she was the first leader to introduce mindfulness as a proactive performance strategy within the United States military.

Throughout her career she gained experience leading and building teams, designing & implementing complex organizational change, and creating innovative solutions to optimize the human weapon system when operating in rugged and high-stress environments. With over 3000 flying hours in the C-21, C-130, & KC-10, and extensive education in performance and wellness, she specializes in high-performance under stress with a holistic approach.

She currently serves as a Leadership and Human Performance consultant for the Department of Defense, government sector, and corporate America. She is the co-founder of Warrior's Edge, a high-performance mindset training program she developed with Pete Carroll of the Seattle Seahawks and high-performance sports psychologist, Dr. Michael Gervais.

Dr. MacAulay is a graduate of the U.S. Air Force Academy, has a Masters Degree in Kinesiology from The Pennsylvania State University, and a Ph.D. with work in the field of strategic health & human performance. She is a certified wellness educator, yoga instructor, and holds a certificate in plant-based nutrition.

Dr. MacAulay is a TEDx speaker, military spouse, and mother of two, who is on a mission to help individuals excel in high-stress and rugged environments, by showing them how to lean into each moment to find their best selves.