

Biographies for Tim Atkinson



2-Line Bio:

Dr. Tim Atkinson is an educator, coach, and certified mindfulness teacher. He coaches high-level performers in medicine and leadership.

Short Bio:

Dr. Tim Atkinson published 20 articles on organizational development, leadership, and corporate burnout. His work with burnout and anxiety led to the development of his first book, *Unwind: A Christian's Guide to Battling Stress, Worry, and Anxiety*. Read more about him at timatkinson.net. Email him at tim@timatkinson.net

Medium Bio

Dr. Tim Atkinson published 20 articles on organizational development, leadership, and corporate burnout. His work with burnout and anxiety led to the development of his first book, *Unwind: A Christian's Guide to Battling Stress, Worry, and Anxiety*. Tim currently uses professional coaching to help doctors in training and medical faculty excel through professional coaching and mindfulness techniques. He is a continually improving cyclist and yoga enthusiast and has dabbled in model trains over the years. He lives with his family and two Golden-doodles, Finn and Kodi, in Arkansas.

Website: timatkinson.net. Email: tim@timatkinson.net

Long Bio:

Before settling in as a professor in an academic role, Dr. Tim Atkinson held every job from stock-boy to the President of a government organization that funded and promoted tech-based startups. Think Shark Tank. After completing his degree in Biology at Tennessee Technological University, he worked for several private laboratories performing water purity tests and designing waste-treatment facilities. For a while, he studied yeast DNA at Vanderbilt University Medical Center. During this time, he discovered a knack for administration. He eventually landed a job as a Research Administrator at Meharry Medical College. His career skyrocketed. He jumped into the business, became deeply involved, and worked his way up to Director, and eventually Assistant Provost at the University of Central Arkansas. Tim completed a Master's degree in Education from Vanderbilt and a Doctorate in Education from the University of Arkansas-Little Rock. Dr. Atkinson demonstrated his ability to work with people from all walks of life. The governor appointed him President of the Arkansas Science and Technology Authority to support technology startup companies. The Governor of Arkansas later invited Tim to speak about tech-based economic development, including a panel at the National Governor's Association. He was

also the keynote speaker to a crowd of 1500 for the University of Arkansas, College of Arts and Sciences awards ceremony. In retrospect, he discovered that his ambitions led to burnout and anxiety. Tim struggled for years to find a way to manage anxiety effectively. Using his interests in organizational behavior, and while serving as a leader and faculty member, he published 20 articles on organizational development, leadership, and corporate burnout. His work with burnout and a personal struggle with anxiety led to the development of his first book, *Unwind: A Christian's Guide to Battling Stress, Worry, and Anxiety*. After a productive career as a leader and administrator, Tim finally discovered his calling. He decided to devote the rest of his career to helping other people succeed. Tim currently uses his leadership and organizational research background to assist doctors in training and medical faculty to excel through professional coaching and mindfulness techniques. So far, he has helped several young doctors pass their boards, improve their professionalism, and learn to develop their careers as busy physicians. Tim is a continually improving cyclist, yoga enthusiast, and has dabbled in model trains and RC cars over the years. He lives with his family and two Golden-doodles, Finn and Kodi, in Arkansas.

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Speaker Introduction:

Before settling in as a professor in an academic role, Dr. Tim Atkinson held every job from store clerk to the President of a government organization that funded and promoted tech-based startups. Think Shark Tank. After completing his degree in Biology at Tennessee Technological University, he worked for several private laboratories performing water purity tests and designing waste-treatment facilities. For a while, he studied yeast DNA at Vanderbilt University Medical Center. During this time, he discovered a knack for administration. He eventually landed a job as a Research Administrator at Meharry Medical College. His career skyrocketed. He jumped into the business, became deeply involved, and worked his way up to Director, and eventually Assistant Provost at the University of Central Arkansas. Tim completed a Master's degree in Education from Vanderbilt and a Doctorate in Education from the University of Arkansas-Little Rock. Throughout his career, Dr. Atkinson demonstrated his ability to work with people from all walks of life. The governor appointed him President of the Arkansas Science and Technology Authority to support technology startup companies. Using his interests in organizational behavior, and while serving as a leader and faculty member, he published 20 articles on organizational development, leadership, and corporate burnout. His work with burnout and a personal struggle with anxiety led to the development of his first book, *Unwind: A Christian's Guide to Battling Stress, Worry, and Anxiety*. After a productive career as a leader and administrator, Tim finally discovered his calling. He decided to devote the rest of his career to helping other people succeed. Tim currently uses his leadership and organizational research background to assist doctors in training and medical faculty to excel through professional coaching and mindfulness techniques. Let's give a warm welcome to Tim Atkinson.

3 Fun Facts You Didn't Know About Me:

1. Received a five-dollar tip from George Jones (The legendary country singer) just for a cup of coffee and two pieces of toast.

2. As a young child, my first taste of fear was being chased by two angry dogs, but I somehow outran them!
3. My younger brother is one of the YouTube sensation founders of CinemaSins.