

Dr. Gino Collura

Executive Leader and Behavioral Scientist



Personal Info

Email

drginoc@gmail.com

Phone

813-352-2080

Skills

Public Speaking

Didactic Planning

Cultural Consonance

Quantitative & Qualitative Research

Strategic Leadership

Organizational Optimization

Partnership Development

Strategic Communication

Fundraising

Strategic Management

Languages

Spanish ★★★★★

English ★★★★★

Media Features

NBC Interview The Sweetness of Doing Nothing: <https://www.wfla.com/bloom-tampa-bay/the-sweetness-of-doing-nothing-for-mental-health/>

Executive Leader and Behavioral Scientist With a Keen Expertise in Organizational Growth, Management, and Leadership.

Work History

2022-01
- present

Owner

Big Guava Management, Tampa, Florida

- Provide Clients With Expertise and/or Training In The Following Areas: Strategic Relationship Management, Psychosocial Leadership, Stress Management, Biocultural Analysis, Resiliency, Cross Cultural Assimilation/Acculturation, Public Speaking

2023-01
- present

Founder

Husband Strength & Wife Strength , Tampa, Florida

- Subscription Service That Improves Interpersonal Relationships Nationwide.
- Oversee All Operations, Strategic Partnerships, Workflows, and Content Management.
- Lead Cross Country Workshops For Faith Based Organizations, Corporations, and Support Groups.
- Oversee Financial Management Activities Such as Budgeting, Forecasting, and Cash Flow Monitoring for Improved Financial Stability.
- Prepare Annual Budgets with Controls to Prevent Overages.
- Cultivate Forward-thinking, Inclusive and Performance-driven Company Culture to Lead Industry Innovations.
- Champion Continuous Improvement Efforts Within the Organization, Streamlining Operations for Increased Efficiency.
- Conduct Target Market Research to Scope out Industry Competition and Identify Advantageous Trends.
- Create Organization's Mission and Vision Statements for use by Employees.

2021-01
- 2023-01

President

Ultraviolet Living, Tampa, Florida

- Florida Based Private Duty Nursing and Wellness Advocacy Organization.
- Oversaw All Internal Health and Wellness Advocacy Operations, Workflows, and Client Management.
- Provided Leadership and Relationship Management Training to Health Advocates and Nurses Across the Country.
- Assisted Medical Advocates and Nurses with Long-term and Short-term Care Plan Assessments to Encourage Positive Health Outcomes for Clients.
- Provided Emotional Well-Being, Relationship Resiliency, Identity Management, and Positive Psychology Development Workshops for Health Advocates and all Internal Team Members.
- Facilitated Strategic Business Development Efforts with Care Coordination Partners Across the Country.
- Developed and Implemented New Strategies and Policies in Collaboration with Executive Partners to Establish and Achieve Long-Term Business Objectives, Providing Company with Strong and Sustainable Organizational Leadership.
- Hired and Managed Employees to Maximize Productivity while Training Staff on Best Practices and Protocols.
- Employed Optimal Safety Practices to Reduce Worksite Complaints and Hazards.
- Navigated Complex Regulatory Environments While Maintaining Compliance Across all Aspects of the Organization's Operations.

NBC Interview The Power of Being Present: <https://www.wfla.com/bloom-tampa-bay/the-power-of-being-present-why-it-can-be-difficult-whats-going-on-in-the-brain/>

NBC Interview Giving Up The Need To Always Be Right: <https://www.wfla.com/bloom-tampa-bay/giving-up-the-need-to-always-be-right/>

NBC Interview Routines & Human Behavior: <https://www.wfla.com/bloom-tampa-bay/the-downside-to-routines/>

NBC Interview Relationship Management: <https://www.wfla.com/video/dr-gino-collura-Relationship-expert-and-founder-of-husband-strength-bloom-health-club/8885280/>

NBC Interview Goal Setting: <https://www.wfla.com/bloom/way-to-be-a-better-person-the-importance-of-setting-goals/>

ABC Action News Healthy At Home: Tips To Improve Memory: https://www.youtube.com/watch?v=awyrYTq_gyE

ABC Action News Healthy At Home: Brain Health and Intermittent Fasting: https://www.youtube.com/watch?v=a_5bU56ILEc

NBC Interview Strengthening Your Marriage: <https://www.wfla.com/bloom/how-to-strengthen-your-marriage/>

NBC Interview What Men Want In Relationships: <https://www.wfla.com/bloom-tampa-bay/what-men-want-in-Relationships/>

NBC Interview Husband Strength & Wife Strength: <https://www.wfla.com/bloom-tampa-bay/wife-strength-husband-Dr.GinoColluraStrength-launches-in-tampa-bay/>

NBC Interview Screen Time and Children's Brains: <https://www.wfla.com/bloom-tampa->

- Managed Crisis Situations Effectively While Minimizing Disruption to Daily Operations.
- Supported Project Management Team for Optimal Performance.
- Established a Culture of Accountability by Setting Clear Expectations and Holding Individuals Responsible for Results.
- Mitigated Regulatory Risks by Overseeing Adherence to Insurance and Safety regulations.
- Delivered Operational Excellence by Optimizing Resources, Processes, and Overall Cost Structure.
- Developed Strong Partnerships with Cross-Functional Teams for Improved Collaboration and Efficiency.
- Championed Corporate Social Responsibility Initiatives, Fostering Goodwill Within the Community and Industry.

2018-01
- 2023-01

Senior Executive Coach

CEO Effectiveness, Tampa, Florida

- Executive Coaching Firm Specializing in Human Optimization and Performance.
- Exclusively Served and Coached "C Suite" Personnel.
- Personally Served 14 Different Corporations Throughout Florida.
- Expertise in Cultural Assimilation, Leadership Facilitation, Stress Psychology, and Behavioral Optimization.
- Oversaw Companywide "C Suite" Engagements to Ensure Client Goals and Milestones were met.
- Identified and Implemented Competency Models and Recommended/Delivered Integrated Learning and Development Tools and Programs.
- Facilitated Lasting Success for Businesses Facing Succession Planning Challenges by Helping Identify Potential Future Leaders and Preparing Them for Their New Roles.
- Strengthened Relationships Between Clients and Their Teams Through Mediation, Conflict Resolution, and Team Alignment Exercises.
- Increased Client Confidence in Decision-Making Through Targeted Coaching Sessions and Role-Playing Exercises.
- Boosted Organizational Performance With the Implementation of Talent Management Strategies Focused on Employee Engagement and Retention.
- Optimized Client Productivity Levels by Identifying Gaps in Skill Sets or Knowledge Areas That Required Additional Training or Resources.

2012-01
- 2017-01

Founder

GRIT Ready, Tampa, Florida

- Designed and Facilitated Active Shooter Defense Programs For Corporations Throughout the Southeast U.S.
- Conducted Close Protection Workshops For Women, Men and Children.
- Managed and Lead a Cadre of Instructors That Included Combat Military Veterans, Special Operators, and Federal Agents.
- Over 11,500 Clients Served.

2012-01
- 2014-01

Adjunct Professor

Saint Leo University, San Antonio, Florida

- Instructed Multiple Sections of The "Human Behavior Perspective" Course.
- Class Sizes Ranged From 16-35 Students.
- Course Material Consisted of Psychology, Sociology, and Anthropology.
- Spearheaded Monthly, Professional Skills Seminars For Social Science Students.

bay/what-too-much-screen-Time-and-social-media-is-doing-to-our-childrens-brains-and-mental-health/

NBC Interview Relationship Dynamics:
<https://www.wfla.com/bloom-tampa-bay/relationships-round-table-top-Relationship-doctors-answer-your-questions-about-love/>

NBC Interview Medication Vs. Mindfulness:
<https://www.wfla.com/bloom-tampa-bay/medication-vs-mindfulness/>

NBC Interview Marriage Basics:
<https://www.wfla.com/bloom/the-basics-of-marriage/>

NBC Interview Brain Boosts:
<https://www.wfla.com/bloom/brain-boost-for-stress/>

NBC Interview Love and Marriage Hacks:
<https://www.wfla.com/bloom/love-and-marriage-hacks/>

NBC Interview Building Intimacy:
<https://www.wfla.com/bloom/building-better-intimacy/FOX>

- Encouraged Class Discussions by Building Discussions Into Lessons, Actively Soliciting Input, Asking Open-ended Questions and Using Techniques to Track Student Participation.
- Built Relationships with Students, Mentoring on Personal, Professional and Academic Goals while Providing Coaching on Effective Study Habits.
- Elevated Course Relevance by Regularly Attending Professional Development Events and Integrating New Concepts Into Lesson Plans.
- Boosted Class Participation Rates by Fostering a Positive and Collaborative Learning Environment.
- Championed Student Success Outside of the Classroom, Serving as an advisor for Extracurricular Clubs and Organizations tied to Subject Matter Expertise.
- Cultivated Strong Relationships with Colleagues, Participating in Interdisciplinary Initiatives Aimed at Enhancing the Academic Experience for Students.

2009-01
- 2012-01

Director of Client Protection and Business Development

Affinity Global, Cartagena, Colombia

- Managed Multiple Teams of Consultants and Protection Specialists.
- Resided In Cartagena, Colombia.
- Conducted Weekly Training and Development Seminars For Employees.
- Lead Security Details For Both U.S. Clientele and Latin American Clientele.
- Managed Payroll, Budgets, Territorial P&L's as well as Cross Cultural HR Matters.
- Facilitated Training Workshops for Employees, Enhancing Their Skill Sets and Improving Overall Productivity Levels.
- Influenced Existing Clients to Purchase Current and New Services Using Persuasion Tactics.
- Developed New Business Opportunities Through Strategic Partnerships and Networking Events.
- Established Long-term Contracts With Key Clients, Ensuring Stability for the Organization.
- Collaborated Closely with Cross-functional Teams to Develop Comprehensive Solutions Tailored to Client Requirements.
- Managed a Diverse Team of Account Managers, Fostering an Environment of Collaboration and Growth.

2008-01
- 2009-01

Middle School and High School Social Studies/Reading Teacher

Sunlake High School and Pasco Middle School, Land O Lakes, Florida

- Educated Students Regarding National and Global Social Issues and Influencing Factors.
- Educated Students Struggling with Reading Comprehension and Analysis.
- Devised Lesson Plans Reflecting Student Educational, Cultural and Language Diversity.
- Provided One-on-One Tutoring Sessions for Struggling Students, Resulting in Improved Comprehension and Academic Performance.

Education

2011-01
- 2018-01

Applied Medical Anthropology, Ph.D.

University of South Florida , Tampa, Florida

Expertise: Neuroanthropology, Neuroscience, Brain Optimization, Stress Management, Trauma, Resiliency, and Cultural Psychology

- 2008-01
- 2011-01 **International Relations; Latin America, M.A.**
University of South Florida, Tampa, Florida
- Expertise: Latin American Studies, and Cross-Cultural Trauma and Resiliency
- 2004-01
- 2008-01 **English Literature, B.A.**
University of South Florida, Tampa, Florida
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Projects & Publications

- 2012-01
- 2013-01 **Researcher**
- A Non-Communicable Disease Profile and Explanatory Models of Obesity in High Risk Refugee Communities of South Florida: A Mixed Method Approach to Understanding Barriers and Behaviors Related To Chronic Disease*
- http://www.grad.usf.edu/inc/linked-files/Graduate_Student_Challenge_Grants/2012-2013-1_Abstract_for_Non_Communicable_Disease_Congrat.pdf
- This mixed method study gained insight into the possible obesity and diabetes epidemic among refugees in the Tampa Bay area. Adverse conditions in their home nations cause refugees to experience high non-communicable disease (NCD) rates once migrated. Seventy-thousand refugees enter the US annually; The UN Summit for NCDs held this year mandated the need for interventions targeting risk behaviors. Retrospective medical files from the Hillsborough County Health Department's Refugee Health Program was analyzed to determine nutritional and chronic disease status from time of home nation departure to 90 days post entry into the US. In addition, a meta-ethnography to identify explanatory models of obesity in relation to NCDs and diet was conducted through focus groups and pile-sorts with Gulf Coast Jewish Community Services Refugee Youth and Family Program participants. Findings addressed the need for ethnocentric dietary and access information to aid community stakeholders with entering refugees.
- 2012-09
- 2012-09 **Co-Author**
- Post-Traumatic Stress Disorder and Neuroanthropology: Stopping PTSD Before It Begins*
- <https://anthrosource.onlinelibrary.wiley.com/doi/10.1111/j.2153-9588.2012.01096.x>
- Post-traumatic stress disorder (PTSD) is a problem that affects many combatants in war, including a high percentage of military personnel serving in Iraq and Afghanistan. The high rates of PTSD among veterans has pushed research and intervention to address the serious mental and behavioral health problems associated with wartime trauma. However, these efforts have largely proceeded using biomedical and psychological approaches, without recognizing the institutional and social contexts of trauma, adaptation, and recovery. Moreover, biomedical and psychological approaches have serious shortcomings in recognizing how individual-environment interactions, meaningful interpretations, and sense of identity play a key role in the impact of trauma and development (or not) of PTSD. A neuroanthropological approach can use ideas of neural plasticity and the encultured brain to link culture, interpretation and identity, and the impact of trauma. This synthetic approach then permits a critique of present efforts in the U.S. military to increase resilience and prevent PTSD, and propose alternative strategies and research approaches to more effectively

understand and address PTSD.

2021-10
- 2021-10

Co-Author

Elements of Neuroanthropology

<https://pubmed.ncbi.nlm.nih.gov/34712160/>

Neuroanthropology is the integration of neuroscience into anthropology and aims to understand "brains in the wild." This interdisciplinary field examines patterns of human variation in field settings and provides empirical research that complements work done in clinical and laboratory settings.

Neuroanthropology often uses ethnography in combination with theories and methods from cognitive science as a way to capture how culture, mind, and brain interact. This article describes nine elements that outline how to do neuroanthropology research: (1) integrating biology and culture through neuroscience and biocultural anthropology; (2) extending focus of anthropology on what people say and do to include what people process; (3) sizing culture appropriately, from broad patterns of culture to culture in small-scale settings; (4) understanding patterns of cultural variation, in particular how culture produces patterns of shared variation; (5) considering individuals in interaction with culture, with levels of analysis that can go from biology to social structures; (6) focusing on interactive elements that bring together biological and cultural processes; (7) conceptual triangulation, which draws on anthropology, psychology, and neuroscience in conjunction with field, clinic, and laboratory; (8) critical complementarity as a way to integrate the strengths of critical scholarship with interdisciplinary work; and (9) using methodological triangulation as a way to advance interdisciplinary research. These elements are illustrated through three case studies: research on US combat veterans and how they use Brazilian Jiu Jitsu as a way to manage the transition to becoming civilians, work on human-raptor interactions to understand how and why these interactions can prove beneficial for human handlers, and adapting cue reactivity research on addiction to a field-based approach to understand how people interact with cues in naturalistic settings.

2021-08
- 2021-08

Author

Seven Layers of Successful Relationships

<https://www.barnesandnoble.com/w/seven-layers-of-successful-relationships-dr-gino-collura/1140025639>

The relationship you have with yourself is the foundation on which every other relationship you have is built. As babies, we cried to be fed, cleaned, or rocked to sleep. We are conditioned at a young age to get what we want out of relationships before we even understand the real value of connection, intent, and communication through language and listening. This is carried into adulthood. It's time to break that cycle and live a breakthrough life.

In *Seven Layers of Successful Relationships*, author Gino L. Collura, PhD., shows you how. A former anti-kidnapping specialist, Dr. Collura became a college professor of human behavior, business owner, successful executive and established behavioral scientist. He knows what it takes to not only survive adversity but to thrive from it.

2018-07
- 2014-07

Primary Researcher

Brazilian Jiu Jitsu: A Tool For Veteran Reassimilation

<https://digitalcommons.usf.edu/cgi/viewcontent.cgi?article=8474&context=etd>

This dissertation evaluates veteran participation in the martial art of Brazilian Jiu Jitsu (BJJ) as a tool of reassimilation for veterans suffering from anxiety, addiction, stress and/or combat PTSD associated with military deployment.

From the onset of Operation Iraqi Freedom, Operation Enduring Freedom and Operation New Dawn, challenges associated with U.S. Veteran assimilation and reintegration have been increasing. Coping with long term displacement, trauma, loss, and making sense of identity shifts between being an active duty service member and civilian can often present challenges when navigating back into civilian life.

By utilizing a neuroanthropological lens, ethnographic inquiry, surveys, semi-structured interviews, and focus groups, this research advances anthropology's understanding of how sport participation may have the ability to combat assimilation and mental health challenges that are a result of combative trauma exposure. I examine BJJ as a physical and mental tool for strengthening social bonds, buttressing identity formation, and easing the burden of transitioning into a civilian life after enduring time within a combative theater. This analysis is a building block for future research that will explore BJJ as an avenue of elective intervention for veterans suffering from stress and anxiety disorders associated with time in service.

Recent Presentations

2023-07	<i>Relationship Resiliency Post Combat and Unwinding Counterinsurgency Psychology, U.S. Army Special Operations Command, Fort Bragg, North Carolina</i>
2023-04	<i>Managing Behavioral Health Consequences of Counterinsurgency, Joint Special Operations University, MacDill Air Force Base, Florida</i>
2022-02	<i>Identity Management Within The Warrior Ethos, U.S. Army Special Operations Recruiting Battalion, Crystal River, Florida</i>
2022-01	<i>Forging Behavioral Resiliency Post Combat, We Defy Foundation Annual Gala Keynote Address, Dallas, Texas</i>
2021-10	<i>Creating Healthy Organizational Culture, Alignment and Equilibrium, Hillsborough County Sheriff's Office, Tampa, Florida</i>
2021-06	<i>The Neuroscience of Effective Communication, Tampa Bay Transition Council, Tampa, Florida</i>

Awards

2012-01	Florida Academy of Sciences Outstanding Presentation
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Advisory Board Memberships

Saint Leo University College of Arts and Sciences

Allied Forces Foundation

Hillsborough County Sheriff's Hispanic Council

Tampa Bay Business Transition Council

University of South Florida Stavros Center

Pinellas County Hispanic Chamber of Commerce

Emerald M Therapeutic Riding Center