

Taryn De Sio Garber, M.Ed., MS

Founder, Whole Health Consulting LLC

Building programs that work, cultures that last, and strategies that scale.

Introduction

Taryn De Sio Garber, M.Ed., MS, is the Founder of Whole Health Consulting LLC and a purpose-driven leader with nearly two decades of experience advancing health promotion, integrative health, workforce well-being, and program implementation across healthcare, nonprofit, academic, philanthropic, and private-sector settings.

Her work sits at the intersection of people, programs, and systems. Taryn partners with organizations, foundations, and individuals to bring clarity, strategy, and thoughtful implementation to complex initiatives, with a consistent focus on practicality, ethics, and human-centered design.

Whole Health Consulting LLC was established to provide flexible, financially responsible ways for partners to engage experienced guidance without requiring permanent roles or added organizational burden. Through advisory consulting, project-based work, and coaching-informed mentoring, Taryn supports leaders and teams as they move ideas from vision into practice.

How She Works

Taryn's approach is collaborative, systems-aware, and grounded in real-world implementation. She is known for meeting people and organizations where they are, asking the right questions, and helping translate complexity into actionable next steps.

Her work spans several modes of engagement, often used in combination:

I. Organizational & Foundation Consulting

Taryn provides strategic and professional consulting to organizations, nonprofits, academic institutions, and foundations seeking experienced advisory support. This work may include program and initiative design, implementation planning, stakeholder alignment, and advisory guidance for foundation-supported pilots and learning initiatives.

She brings particular strength in helping partners navigate ambiguity, align values with operational realities, and design work that is both aspirational and feasible.

II. Project-Based & Fractional Engagements

Rather than filling a single role, Taryn often supports initiatives through time-bound, project-based, or fractional engagements. This model allows organizations to access senior-level expertise without impacting headcount, budgets, or governance structures.

Engagements may include document review paired with strategic consultation, facilitation, or implementation support, and are tailored to the needs, scope, and lifecycle of the work.

III. Mentoring, Coaching, & Individual Advisory Support

In addition to organizational consulting, Taryn provides advisory and coaching-informed support to individual leaders, professionals, and students. Drawing on her background in education, mentorship, and leadership development, this work supports career decision-making, leadership growth, and project clarity within real-world constraints.

This support is advisory and non-clinical in nature and complements organizational and professional responsibilities rather than replacing them.

Areas of Focus

Across her consulting and coaching practice, Taryn's work commonly centers on:

- Program and initiative design and implementation
- Whole health and integrative models of care
- Workforce well-being and leadership development
- Philanthropic and foundation-supported initiatives
- Education, training, and learning platforms
- Policy-informed and systems-level work

Her experience spans local, state, and national efforts, with an emphasis on sustainability, alignment, and meaningful impact.

Selected Leadership & Experience

Founder & Principal Consultant

Whole Health Consulting LLC | 2025–Present

Advises organizations, foundations, and leaders on program implementation, system transformation, and leadership capacity-building. Facilitates retreats, workshops, and Communities of Practice, and provides mentoring and advisory support to professionals and emerging leaders.

Associate Director, Whole Health in the States & Special Projects

Academic Consortium for Integrative Medicine & Health (ACIMH) | 2023–2025

Co-led a national Whole Health initiative supported by the Lovell Foundation. Oversaw the NIH R13 grant process, managed subcontracts and MOUs, facilitated cross-state learning and advocacy events, and contributed to competency development, conference planning, and fellowship recognition efforts.

Associate Director, Integrative Health & Health Promotion

NYU Langone Health | 2018–2023

Oversaw system-wide expansion of health promotion, tobacco cessation, and integrative wellness across a multi-hospital health system. Directed interdisciplinary teams, managed philanthropic funding, leader in nursing well-being strategy, and served on enterprise committees supporting workforce well-being, pain care, research, and innovation.

Program Coordinator, Integrative Health

NYU Langone Health | 2011–2018

Managed operations, education, and service delivery for integrative health programs, including the launch of the system's first ambulatory integrative health practice and the development of outcome evaluation tools.

Governance, Education, & Scholarship (Selected)

Taryn has served in leadership and advisory roles within professional organizations and governance bodies, including national committees and accreditation-related service. She is an experienced educator and facilitator, having designed and delivered professional development, continuing education, and experiential learning across virtual, in-person, and asynchronous formats. She has presented nationally on topics including whole health implementation, integrative care models, workforce well-being, and education delivery, and is a co-author on peer-reviewed work advancing integrative medicine competencies through a health equity lens.

Education & Credentials

- **M.Ed., Health & Wellness Education**, American College of Education
- **M.S., Business Leadership & Management**, CUNY School of Professional Studies
- **B.S., Managerial Economics**, SUNY Empire State University

Selected professional certifications include Advanced Mind-Body Medicine Practitioner, Tobacco Treatment Specialist, and IHI Creating Workforce Joy.

Selected Publications & Presentations

- *Reimagining Integrative Medicine Fellowship Core Competencies with a Health Equity Lens*, American Journal of Medicine.
- Presenter, *Developing a Comprehensive Pain Care Measurement Framework*, International Congress on Integrative Medicine & Health.
- Facilitator, *Alternative Payment Systems for Integrative Health Centers*, International Congress on Integrative Medicine & Health.

Selected Projects & Initiatives

- National Whole Health in the States initiative supporting cross-state learning, advocacy, and implementation of comprehensive pain care models.
- Development of a National Comprehensive Pain Care Measurement Framework to support health systems, FQHCs, and state-based pilot programs.
- Design and system-wide implementation of health promotion, integrative health, and workforce well-being initiatives across a multi-hospital academic health system.
- Creation of leadership development, mentoring, and education programs for clinicians, professionals, and emerging leaders.

Closing

Through Whole Health Consulting LLC, Taryn brings depth, perspective, and practical guidance to work that sits at the intersection of people and systems. Her practice reflects a commitment to thoughtful partnership, ethical engagement, and building strategies and programs that are designed to last.