



Gloria Park, PhD, MAPP

Gloria Park serves as the Director Performance Psychology with the Henry M. Jackson Foundation for the Advancement of Military Medicine, in support of the [Consortium for Health and Military Performance \(CHAMP\)](#) at the Uniformed Services University of Health Sciences. In this role, she works with the HPO Future Operations team to better understand performance demands of specific communities in the military and government agencies and provide resources to support optimal performance. She also serves as the subject matter expert for performance and mental fitness domains across CHAMP's leadership, education, and research initiatives. In her previous role as the Senior Mind Body Scientist, she translated research in the domains of Human Performance Optimization (HPO) for service members and their families across all military branches for the [Human Performance Resources at CHAMP \(HPRC\)](#) website. Prior to her work at CHAMP, Dr. Park worked extensively with the military community providing resilience and performance enhancement training for soldiers, DA civilians, and family members for 7 years, first with the University of Pennsylvania, and then with the Comprehensive Soldier and Family Fitness (CSF2) program.

She received her doctorate in Kinesiology with a specialization in the Psychology of Human Movement from Temple University, her Master of Applied Positive Psychology from the University of Pennsylvania, and a degree in Psychology from Villanova University. Her most important jobs are being mom to a gregarious and spirited boy and a proud Army spouse to a husband, who retired last year after 22 years of service to this country. She lives in Newtown Square, PA.