

MCRPA Member Spotlight
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Megan Cooperman



What department do you work in? What is your job title? How long have you been at the College?

I work in HRSTM and have been the new Employee Wellness Specialist since September 2022. I am new to working for Montgomery College, although I grew up in the area and went to high school near MC at Richard Montgomery.

How do you define success? What does success look like?

Success for me is knowing I have a stable and comfortable home, the ability to pay my bills, and not having to worry about where my next meal will come from. Plus, success for me is having the ability to give back and help others, personally or professionally. I value helping others achieve their goals, whether they be small or big.

What is one goal you hope to achieve this year?

Having just completed a second master's in industrial organizational psychology in December 2022 from UMBC at Shady Grove, my goal in 2023 is to learn how to slow down and be ok with stillness. I take on a lot and often too much; I thrive when things are busy. However, the older I get, I am learning that being busy isn't always good for my wellness or health, so I hope to learn how to find quiet and calmness in 2023. I aim to practice what I preach!

What hobby would you get into if time and money were not an issue?

I would take yoga regularly and find a practice and studio that matches my interests and style. I managed yoga instructors at a mind-body retreat in the past, and many of them would be surprised to hear this because I was always running away from the yoga

studio, not wanting to “slow down” and do yoga. However, recently, yoga has been calling me, and I feel like I need it. I would also love to learn how to do west coast swing, which I love watching, and compete on a high level.

Who has impressed you most with what they’ve accomplished?

My younger brother is a ten-year traumatic brain injury survivor, having almost lost his life in a bad accident at 29. He lives in constant physical pain, but you would never know it. I watched him come out of a coma, re-learn how to do everything, and work exceptionally hard to be physically and mentally well. He amazes me every day. He is a fantastic stay-at-home dad to his two young children, and although he is in pain every day, he hides that and doesn’t let it slow him down.

What are you interested in that most people haven’t heard of?

I teach and work as a master trainer for an accessible dance fitness format, LaBlast Fitness. LaBlast Fitness, based on ballroom dance, was created by Louis Van Amstel, a professional world ballroom dance champion on the tv show Dancing with the Stars. I was fortunate to travel the United States and Holland and Belgium, presenting at conferences and training instructors on how to teach LaBlast.

What is something you think everyone should do at least once in their lives?

Everyone should participate in counseling or coaching at some point in their personal or professional career. Strategically find a counselor or coach that fits your personality and needs. I value and highly recommend counseling and coaching; I am not sure I would be where I am today without them.

I also recommend visiting Disneyworld as an adult. Right before the Covid pandemic shutdown, I spent a week at Disneyworld with a good friend, without children. We had a fantastic time enjoying the magic of Disney. Plus, having worked in customer service for extensive years and been trained in “service magic” programs, I valued observing and receiving top-quality customer service “Disney style.”

What profession did you want to work in when you were younger?

I wanted to be a Broadway dancer, and still do, but that ship has long sailed out to sea. Although I went to college on a dance scholarship, my parents guided me away from a dance career due to its instability. I live out those dreams in a small way, teaching dance fitness. If your schedule allows, join me on a Friday at 12:15 pm, Rockville PE121, for happy hour dance fitness that I will be teaching.

Where do you see yourself in 10 or 20 years?

I experienced unexpected traumatic loss at a young age, so I often focus on what is directly in front of me because I know life can surprise you, bad and good when you least expect it. My hope for the future is that the people I love and care for are physically, emotionally, and mentally well. If that is what ten years from now looks like, I will be content. However, if I had a home somewhere warm with an ocean view or I won the lottery, that would be the icing on the cake.

Who are some of the biggest supporters in your professional career(s)?

At the beginning of my career, I worked at the University of Maryland as a coordinator for community service programs. I was blessed to be supervised by three outstanding women directors who had superior listening skills and aimed to help all employees achieve their best potential. As a younger employee, I was fortunate to learn from them and observe transformational leadership in action, which helped me in later roles when I was a supervisor and manager in the fitness industry.