

PROFILE

Unny cultivates wellness, health, love, compassion, justice, and equity among social change makers, including himself, so that we are more loving and empowered to improve the lives of nonhuman and human animals

EXPERIENCE**Unny Nambudiripad Health and Wellness, Minneapolis, MN**

Facilitator, 1994-present

- Co-planned the Our Wellness and Liberation (OWL) Retreats for animal advocates which included three days with meals, meditation, games, songs, and educational presentations about compassion, love, and letting go of anger. Raised funds and recruited attendees for the retreat
- Organize OWL virtual meditation retreats. Retreats include meditations and pairing up check-ins to develop community support
- Planned Wellness Day for Animal Advocates which included meditation, simple movement exercises, journaling, and massages
- Organize and lead or co-lead more than 30 independently supported tours (self-supported bicycling and camping) with groups of one to eight people also coordinated routes, meal plans, and supplies. and helped people new to touring with facing their fears and challenges
- Served on the Program Advisory Committee and was the Moderator Manager for the Animal Rights National Conference, 2019
- Serves on the Board of Directors of Encompass, 2020-present

GiveMN, Minneapolis, MN

Fundraising Strategist, May 2019 to January 2021

- Co-facilitated workshops on individual donor development including how to ask for funds at events, conducting one-to-one donor meetings, and navigating your relationship with money
- Coached organizations on individual donor development including identifying strengths and weaknesses, guiding organizations on which donors and donor prospects to deepen relationships with, and managing the donor cultivation cycle

Centro de Trabajadores Unidos en la Lucha, Minneapolis, MN

Donor Organizer, April 2017 to May 2019

- Cultivated relationships with donors and volunteers to raise funds including major donor fundraising, email, phone, and paper solicitation, and organizing donor/volunteers around race, class, wealth, and power
- Planned two large development events every year
- Thanked and tracked and donors

Compassionate Action for Animals, Minneapolis, MN

Co-Founder, Executive Director, 1998 - 2016

- Planned events and projects to educate the public about factory farming and plant-based diets
- Raised funds and coordinated finances, strategic planning, board recruitment, and office administration
- Recruited and trained thousands of volunteers
- Cultivated deep relationships with volunteer leaders and helped them grow
- Mentored volunteers who have served on event planning committees, joined boards of directors, and become outreach coordinators
- Organized dozens of cooking classes, presentations about nutrition, and regularly cooked food for 5-20 people for potlucks and for volunteer events

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Nonviolent Peaceforce, Minneapolis, MN

Major Gifts Associate, September 2008 - August 2011

- Coordinated research on potential major donors
- Delivered electronic and paper mass development solicitations
- Planned development trips and year-end phone calls

Alliance for Metropolitan Stability, Minneapolis, MN

Organizer, January 2005 to November 2007

- Organized coalitions of grassroots organizations working for affordable housing, transit, environmental quality, and economic and social justice
- Increased capacity of smart growth movement by connecting organizations across sectors and facilitate resource, training, and research sharing

Western Clean Energy Campaign, Boulder, CO

Program Assistant, November 2003 - September 2004

- Coordinated organizing, media, and financial assistance to local organizations to oppose coal plant construction
- Researched foundations, prepared letters of inquiry, grant proposals, and reports for foundations
- Provided administrative assistance including photocopying, organizing meetings, and fact-checking

Minnesota Public Interest Research Group, Minneapolis, MN

Campus Organizer/Senior Organizer, February 2002 - August 2003

- Supervised, trained, and evaluated two Campus Organizers
- Coordinated efforts to engage youth in voting and political participation
- Worked with college students to organize events and campaigns on issues of social justice and environmental protection
- Trained students effective leadership skills, event, and campaign planning, meeting facilitation, recruitment, retention, and development

Securian Financial Services, St. Paul, MN

Programmer/Analyst, March 1999 to February 2002

- Wrote software for a life insurance administration system with a team of programmers
- Collaborated with software users to ensure that their business needs were met

Education

- Midwest Academy Organizing for Social Change
- Sierra Club Dismantling Racism Retreat
- People's Institute for Survival and Beyond Undoing Racism Workshop

Other

- Two time sprint-distance triathlon finisher, one time marathon finisher
- Henry Spira Grassroots Activist Award recipient, 2013