



When an SOS call is GOOD news!

PROFESSIONAL CV

- Founder of Mind Armour® & SOS Psychotherapy, she is passionate in providing support & research that encompasses working with a variety of high-risk sectors, including First Responders, Emergency Services & High Stress Communities
- Specializing in the sciences of well-being, human connection, positive transformation, & post traumatic growth for individuals, couples & organizations; featured on TEDX, Global News, WalrusTV, Medium.com, Authority Magazine, Positive Psychology News etc.
- Offering services to leverage strengths & resources for Emergency Services in meeting their increasing needs to address & promote mental wellness
- Extensive professional & personal experience in understanding & dealing with the trials associated occupational stress injuries & PTSD resulting from consistent exposure to trauma
- Leader in creating preventative models for organizations, community & public safety professionals striving to introduce new perspectives & approaches in promoting resilience
- Developer of Canada's first Positive Psychology and Positive Education Certificate Programs

EDUCATION

DOCTOR OF EDUCATION – Concentration in Mental Health & Well-Being

University of Western, London, ON, Canada

- Research-informed leadership and mental health practices for influential leaders who will have an effective impact on and promote sustainable change in their workplaces
- Built and fostered relationships while working collaboratively with emergency service partners across Canada; varied levels of Government, unions & mental health partners & communities
- Development & implementation of organizational transformation and programs with continuous improvement processes, strategically designed for addressing the mental health issues in the Emergency Services: Promotion of Wellness, Prevention and Recovery Processes & Programs

MASTER OF ARTS - Concentration in Human Systems & Leadership

University of Guelph, Guelph, ON, Canada

- Enhanced understanding of change management processes and systems to help improve organizational well-being and resiliency for high-risk sectors and Emergency Services
- Evidence-based decision making in co-creating organizational visions & strategic plans to support mental health initiatives
- Leadership application & collaboration strategies to enhance organizational well-being, outcomes & performance through culture cultivation

BACCALAUREATE OF ARTS - Concentration in Psychology & Sociology

University of Guelph, Guelph, ON, Canada

- Developmental & Deviance/Abnormal Psych, Death/Dying, Couple/Family Relationships, Cognitive Processing/Perception, Research Methods, Seminars & Practical Application



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CERTIFICATES/DESIGNATIONS

REGISTERED PSYCHOTHERAPIST
College of Registered Psychotherapists of Ontario

ANGER SOLUTIONS TRAINER/FACILITATOR
Leverage U, Thorold, ON

CERTIFIED SHIFT POSITIVE 360 PROVIDER
Change Positive LLC, Mound, MN, USA

CERTIFIED TRAUMA SERVICES SPECIALIST
Association of Trauma Stress Specialists

ACTION-PACKED CBT
Dr. Christine Padesky-Cognitive Workshops

ADVANCES IN THE TREATMENT OF TRAUMA
National Institute for the Clinical Application of
Behavioral Medicine

APPRECIATIVE INQUIRY PRACTITIONER
Champlain College/David L. Cooperrider Center

CERTIFIED HEARTMATH HEALTH PROFESSIONAL
HeartMath LLC, CA, USA

SELF-COMPASSION AND EMOTIONAL RESILIENCE
Dr. Kristen Neff-Mission: Empowerment

SOLUTION-FOCUSED BRIEF COACHING
University of Toronto, ON, Canada

APPLIED POSITIVE PSYCHOLOGY COACH
Positive Acorn, Milwaukie, OR, USA

APPLIED POSITIVE PSYCHOLOGY INTERVENTIONS
Positive Acorn, Milwaukie, OR, USA

EXCELLENCE IN EDUCATING ADULTS
Seneca College, Toronto, ON, Canada

SUICIDE INTERVENTIONIST
Living Works Education, Toronto, ON, Canada

TORONTO FIRE SERVICES CAREER PREPARATION
Toronto Fire Services, Toronto, ON, Canada

KEYNOTE SPEAKER /GUEST LECTURER /FACILITATOR

Associations

- Catholic Health Alliance of Canada, ON, Canada
- Jain Society of Toronto, ON, Canada
- Ontario Association of Mental Health Professionals, ON, Canada
- Chartered Professional Accountants Saskatchewan, SK, Canada
- Ontario Society for Nutrition Management, ON, Canada
- Canadian Positive Psychology Association, ON, Canada (*Multiple Events*)
- International Positive Psychology Association, QC, Canada/USA (*Multiple Events*)

Events & Hospitality

- Walrus TV, ON, Canada
- Luxe Events & Entertainment, Virginia, USA (*Multiple Events*)
- TEDx WLU Brantford, Brantford, ON, Canada
- Disrupt HR Niagara, ON, Canada
- International Women's Day-Avanti, Toronto, ON, Canada
- Passion Summit, IL, USA (*Multiple Events*)
- Speaker Slam: Courage, ON, Canada
- World Positive Education Accelerator, TX, USA
- Taos Institute Silver Jubilee, CUN, Mexico
- SeeChange Symposium, ON, Canada
- Appreciative Inquiry Jam, VT, USA (*Multiple Events*)
- Toronto Change Days, Toronto, ON, Canada



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Education

- Endless Skies Teachers Convention Association, AB, Canada
- Child Development Resource Connection Peel, ON, Canada
- Harvard Business School Online Community, USA
- Berkeley Engineering, CA, USA
- Champlain College, VT, USA
- Central Queens University, QLD, Australia
- Wilfrid Laurier University, Waterloo, ON, Canada
- University of Guelph-Humber FCSS, ON Canada
- International Baccalaureate® Schools of Ontario, ON, Canada
- Seneca College, ON, Canada
- Humber College, ON, Canada
- Conestoga College, ON, Canada

Government

- Canadian Armed Forces, ON, Canada (*Multiple Events*)
- RCMP- Telecommunications Week, NS, Canada (*Multiple Sessions*)
- Canada Revenue Agency, ON, Canada
- Job Skills Ontario, ON, Canada

Public Safety

- National Emergency Number Association, IA, USA (*Multiple Events*)
- International Law Enforcement Educators & Trainers Assoc., IN, USA (*Multiple Events*)
- International Association for Fire Fighters, ON, Canada
- Canada Beyond the Blue, ON, Canada (*Multiple Events*)
- Ontario Provincial Police Beyond the Blue, ON, Canada (*Multiple Events*)
- Toronto Beyond the Blue, ON, Canada (*Multiple Events*)

Organizational/Corporate

- Multi-Languages Corp. ON, Canada
- Resolve Collaboration, ON, Canada
- IVF London, London, EN, United Kingdom
- Paradigm Quest, ON, Canada
- North Star Success, ON, Canada
- Project Management Institute, ON, Canada
- Toronto Organizational Development Network, ON, Canada

PODCASTS

- Inspire Us, Paul Nadeau
- 25 Live, Jim Burneka
- Jason Leon & Friends, Jason Hanna
- Authentic Living, Roxanne Derhodge (Multiple)
- Excellence in Training Academy, Brian Willis (Multiple)



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PROFESSIONAL EXPERIENCE

FOUNDER, OCCUPATIONAL STRESS & TRAUMA PSYCHOTHERAPIST/MENTAL WEALTH PROFESSIONAL

Mind Amour™ & SOS Psychotherapy, ON, Canada, 2011 to Present

- Supporting strategic & operational consultation to promote mental wellness and psychological services
- Facilitating training & development curriculums strategically designed to improve mental health outcomes, organizational transformation, staff/leadership development & coaching
- Serving as a mental wellness advocate and providing coaching services to peer support
- Developing and delivering Post-Traumatic Growth and Resiliency training programs & initiatives
- Providing individual and group services to support mental health and relationships

ADJUNCT FACULTY, BEHAVIOURAL SCIENCE/LIBERAL ARTS PROFESSOR & CURRICULUM DEVELOPER

Champlain College, Burlington, VT, USA, 2017 to Present

Seneca College, Toronto, ON, Canada, 2011 to Present

Humber College, Toronto, ON, Canada, 2019

South Australia Health & Medical Research Institute, Adelaide, South Australia, 2015 to 2016

Microskills Employment Services & Ontario Works, Etobicoke, ON, Canada, 2014 to 2015

Conestoga College, Kitchener, ON, Canada, 2000 to 2005

- Designing and developing Canada's 1st Positive Psychology and Positive Education Certificate programs
- Creating, delivering & facilitating curriculum in Leadership, Business, Psychology, Social Studies, Liberal Arts, Communications, English, & Behavioural Sciences
- In-class, hybrid, online development, and delivery
- Creating/delivering Train-the-Trainer and Instructor development based in adult education principles

HEAD INSTRUCTOR/PROGRAM DEVELOPER - SCHOOL OF PUBLIC SAFETY & WELL-BEING

Wilfrid Laurier University, Brantford, ON, Canada, 2015 to 2020

- Pioneered and led the development of 1st Canadian Certificate Programs
- Facilitated the online Certificate programs targeted to Public Safety & Community Service Sectors
- Offered continued leadership and support management to accelerate growth and development of program, faculty, and enrollment

CONNECT CURRICULUM DEVELOPMENT AUTHOR (Contract)

McGraw-Hill Ryerson Higher Education, Whitby, ON, 2013 to 2017

- Developing and integrating interactive activities for new publications, print and online



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PROFESSIONAL SPEAKER

Canadian Associations for Professional Speakers, Toronto, ON, Canada, 2017 to Present
Global Speakers Federation, 2017 to Present

- Delivering keynotes, workshops, conferences, and training sessions on topics including Mental Wellness, Resiliency, Positive Organizational Development, Achieving Extraordinary Organizational Outcomes, First Responder Realities, Impact of Trauma, etc.
- Cultivating prolific networks and partnerships for collaborations and resources

CRISIS MANAGEMENT, SUICIDE INTERVENTION, ASSESSMENT & SUPPORT, COUNSELLOR

Toronto East General Hospital, Toronto, ON, 1993 to 1995

- Triage, assessed, and intervened for emergency patients for crisis and suicide risk
- Provided de-escalation techniques and interventions; facilitated additional supports and resources

SUPPORT SERVICES, COUNSELLOR

Bloorview Children's Hospital, Toronto, ON, Canada, 1992 to 1994

- Provided terminally ill children and infants psychological care in addition to supporting family and terminal patients through dialogic interventions

COUNSELLOR / EMPLOYMENT TRAINING CONSULTANT

Conestoga College, Kitchener, ON, 1999 to 2004

- Provided leadership, training, and support to team to ensure site success and mandated targets
- Facilitated activities to assist participants to understand, cope and overcome employment barriers
- Advocated on behalf of clients to obtain appropriate work placements, review employer applications for eligibility/suitability and provide on-going support with community partners
- Co-ordinated, developed and facilitated workshops and job search activities for students and graduates to assist with KPI outcomes

PROFESSIONAL INDUSTRY INVOLVEMENT

STEERING COMMITTEE MEMBER/FACILITATOR

World Positive Education Accelerator Summit, Champlain College, Burlington, VT, USA, 2016 to 2018

- Design/lead a high-level, transformational experience for large-scale organizational change
- Building strong relationships with various international stakeholders, and Government

BOARD OF DIRECTORS/CONFERENCE CHAIR/COORDINATOR & VOLUNTEER DEVELOPMENT

Rally Point Retreat Society, Sable River, NS, Canada, 2018 to current

Canadian Positive Psychology Association, Toronto, ON, Canada, 2014 to 2017

International Positive Psychology Association, Orlando, FL, USA, 2014 to 2016

- Initiated, created, and facilitated workshops, programs and national large-scale events
- Developed training and communications for remote and face-to-face interactions



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- Leveraged strong leadership to recruit, motivate and manage large international teams
- Effectively managed and facilitated strategic planning and implementation of outcomes
- Budget preparation, expenditure control, negotiation of contracts, highly profitable outcomes
- Maintenance of records and reports; protocol and systems development to improve efficiency

PROFESSIONAL DEVELOPMENT

- International Law Enforcement Education and Training Assoc., ILEETA 2019 Conference
- Operational Stress Injury & PTSD Awareness Conference
- World Congress on Positive Psychology 2015/2017, IPPA
- Festival of Positive Education, International Positive Education Network 2016/2018
- Canadian Conference on Positive Psychology 2014/2016/2018
- Educating for Resilience Conference 2013/2015, CPPA
- Your Workplace Conferences 2013/2014/2015, Your Workplace
- Humber PT Teaching & Learning Conference, Humber College
- Blackboard /Respondus, Online Teaching, Blended Learning, Seneca College
- Standard First Aid/ Level C CPR, St. John's Ambulance

PROFESSIONAL AFFILIATIONS & MEMBERSHIPS

- College of Registered Psychotherapist of Ontario (CRPO)
- International Law Enforcement Educators & Trainers Association (ILEETA)
- International Society for Traumatic Stress Studies (ISTSS)
- Association for Trauma Stress Specialists - Certified Trauma Service Specialist (ATSS)
- Ontario Association for Mental Health Professionals (OAMHP)
- Canadian Association for Professional Speakers (CAPS)
- Global Speakers Federation (GSF)

NOTEABLE RESEARCH AND PUBLICATIONS

Coming Soon: Chapter- "The Role of Relationships in Stopping Officer Suicide"; Springer

"A Clinician's Role in Law Enforcement: Your Essential Psychological Protective Expert (PPE)" (2020) International Law Enforcement Education and Training Association Journal, Winter Edition, Vol. 10 Ed. 3, p. 35.

"Integrating a Strength-Based Approach to Enhance Engagement in Education and Training" (2019) International Law Enforcement Education and Training Association Journal, Winter Edition, Vol. 9 Ed. 1, p. 56.

"Positive Psychology in Law Enforcement" (2018) International Law Enforcement Education and Training Association Journal, Winter Edition, Vol. 8 Ed. 4, p. 32.

"Flourishing Firefighters: A plan for optimal organizational deviance using healthy human systems to mitigate the effects of occupational traumatic stress injuries" (2017)

"Leadership and Advancement: An Exploration of Organizational Commitment and Opportunity for Advancement following Organizational Change" (2006).