



When an SOS call is GOOD news!

MOVING PEOPLE FROM PAIN TO POSSIBILITIES

SAJEL BELLON, EdD, RP, CTSS

President, Mind Armour® & SOS Psychotherapy

Canadian Psychotherapist, Stress Specialist, Professor, and Professional Speaker Sajel Bellon teaches people to put their pain into context so they can see the possibilities of what's next.

The human body and mind are wired to respond quickly to short-lived crisis situations, not to survive or thrive under long-haul stress. The pandemic of 2020, however, caused an accelerated shift in our human experiences by creating prolonged situations of high stress and constant adaptation for everyone.

As a foremost international expert having helped thousands of first responders deal with the implications of long-term occupational stress caused by rapidly changing situations, Sajel Bellon has the strategies we all can benefit from to help us cope and adapt today.

Sajel's expertise in successfully working with high-stress sectors of society comes from her own multi-disciplinary academic background, years of counseling, training, and teaching other professionals, along with her personal life-experience with her firefighter husband and understanding the suicidal mind.

“People had to quickly adapt to their new reality. What has followed, however, is mass exhaustion, frustration, sadness, and anger. People's windows of tolerance have become much smaller. As a result, we have witnessed increased domestic violence, divorce, and suicide rates. The consequences of these kinds of traumas will not disappear overnight or on their own.”

Sajel developed Mind Armour® solutions for everyone from parents and students to grocery store clerks and CEO's, as well as first responders and their families. They benefit from the integrated scientific research and evidence-based strategies that can easily be connected and applied in their daily lives.

“We're all human. It doesn't matter what you do for a living. Chronic high stress is now a collective human experience.”



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Traditional psychology has an illustrious history of trying to fix what's broken. Sajel Bellon's wheelhouse is using the science of positive psychology, which focuses on what's working well and leveraging it; *it is the study of what makes life worth living.*

Sajel knows that difficult circumstances and experiences do not define a person's worth or destiny; that pain is inevitable but doesn't have to be paralyzing. In industries and life in general, where the exposure to trauma is unavoidable, it is essential to provide the tools to promote post-traumatic growth and enhance emotional resilience, so individuals can thrive, and businesses can continue to hire and retire mentally healthier people.

As an adult educator and program developer, Sajel created Canada's first Positive Psychology Certificate and Positive Education Certificate programs for Wilfrid Laurier University, where she the lead instructor for both programs. Internationally, she continues to design, facilitate, guest lecture, and collaborate with other leading scholars at various Universities and Colleges, such as Central Queensland, Harvard, Berkeley, Yale, Guelph-Humber, Humber, Seneca, and Champlain. She has partnered with global organizations (SAHMRI, WPEA, IPEN) to create highly innovative and collaborative initiatives delivered at large scale.

She leads with a philosophy for cultivating human connection to foster success and well-being for all. *"Together promoting mental well-being is a foundation for better and stronger communities for generations to come."*

Sajel was born in England to an African-born Indian father and a Indian-born Persian mother. She grew up in Canada, the country she calls home. Not "typical" by anyone's standard, and not fitting the stereotypical beauty standards of her South Asian culture, she dared to embrace her uniqueness and non-conformity. She let her curiosity and high energy enthusiasm take the reins at a young age, taking on tough topics and advocating for underdogs. She grew up being intrigued in the stories of other people's lives and wanting to help everyone give themselves the permission to be human.

Now, as a wife, mother, and successful professional, having overcome her own life struggles, Sajel's purpose in life is educating people around the world that a person's value is not defined by their situations, struggles, or skin. We all have what it takes to move from pain to possibilities.



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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 & PTSI 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).



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TESTIMONIALS & IMPACT STATEMENTS

“I want to say thanks publicly....to Dr. Sajel Bellon for her support, compassion, and true caring for others. We all have people we feel grateful to. I try to learn from any person that I meet, making new discoveries every day and I am thankful to everyone for sharing their insights, time, inspiration with me...

Some people's impact is just priceless. They appear at a right moment like by magic, enlighten you with aha moments and, by doing so, they change your life. And if you are ready to grow, if you are eager to get a higher level of awareness, if you want to succeed while preserving your inner balance and integrity, such people help you immensely. Sajel is one of those people! A Woman You need to Know!

Sajel is one of those key people that will impact your life and wellness. She takes her advanced education in psychology, leadership and education and pairs that with her passion and caring for others. She specializes in cultivating the space and conditions for re-defining work-life experiences, re-connecting relationships, and re-framing our conversations around mental health, suicide, and its stigma.

Sajel does not just talk the talk, she walks the walk with you, hand in hand. She is dedicated to minimizing the loss of life to suicide, by cultivating cultures of connection and resiliency. I sincerely appreciate her dedication to helping first responders in healing their minds and souls; she may not always know who she has helped...but there are many out there that are better today than before they met Sajel.”

~Pascal Rodier, Supt. (Ret'd) RCMP, MStJ, MA, CEM, SAS CA

“The Certificate in Positive Psychology at Wilfrid Laurier is an excellent and robust program. The design allows for students to be highly engaged through application and reflection on important concepts linked to wellbeing and resilience. The journey of the program allows students to explore the research and understand how to apply the learning to work and in life. As an Instructor I love the design and flow of the program. I highly recommend Sajel for her design ability and her deep understanding of field of positive psychology. Over 5 years and 11 sessions, we have received nothing but glowing praise from our students about our certificate. Students continue to tell us how their lives have been transformed through their learnings in the program and how grateful they are to have found our program. Indeed, it isn't unusual at the end of a certificate for a student's final testimonial to bring tears to our eyes.”

~Holly Cox, Manager, School of Public Safety & Well-Being, WLU



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"I thoroughly enjoyed the course and learned a tremendous amount in a relatively short time period. I know I will be further applying this information to my daily work life, as well as my personal life. It's a great feeling to be able to help those close to me using effective, well-researched materials and evidence-based techniques and tools. Absolutely take this course! The benefits will ripple out beyond you, into your workplace, your family and your community."

~Bill Mikaluk, Police Service

"Your warmth, humour and passion for your work were a treat to encounter. Regarding the presentation: I was touched by your openness, your compassion for those who are travelling a difficult road, and your encouragement to all who listened. Seeing the group respond to what you had to say, and to one another in the small group activity was evidence that it was a timely message that was well received. Your message of being free to be human, free to feel what we are feeling and the encouragement to have compassion for others and for ourselves gives much food for thought for all who were present, myself included. Thank you."

~ Seminar Guest

"This program has returned me to a former version of myself (the one that had goals and dreams and was untainted by the world). It has reminded me of what is important and what not to take for granted. It has provided me with a 'no regret' opportunity for a well-deserved future self. This program will change your life - personally and professionally. It provides the knowledge, research, practical skill set and consistency to alter how you currently engage with the world."

~ Christie, Victim Services Coordinator

"Sajel your keynote contributions around the topic of Pivoting the Panic: Understanding Our Emotions, was truly reflective, value-added, and uplifting. This being the first time we offered the conference virtually, there was a lot of coordination between both parties that was required. We appreciated your willingness to work with us from start to finish, ensuring the attendees had an engaging, informative, and seamless conference experience. Your ability to connect with the audience and leave them with useful strategies and tools to implement in their daily lives was truly appreciated. Once again, Sajel thank you for your contributions and ensuring your messaging and presentation were in line with our audience and leaderships expectations. Truly great working with you and wishing you all the best in your future endeavours as you continue to support others in their learning journeys."

~Tenneil Dhaliwal Manager, Quality Initiatives, CDRCP