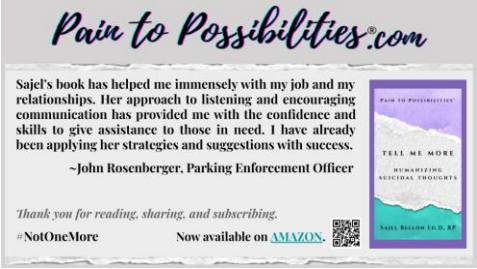


Moving People from Pain to Possibilities®

SAJEL BELLON, Ed.D., R.P.

President, Mind Armour® & SOS Psychotherapy

As a Canadian Psychotherapist, Organizational Change & Behavioural Science Professor, & HUMANIZER,
Sajel Bellon specializes in working with
High-Functioning people in High-Pressure positions.

Leading an organization in today's fast-changing world is not easy. Every challenge faced sends ripples through the organization, shaping teams, the culture, and ultimately success. But in the midst of driving for success, leaders focus on managing numbers, strategies, and systems. One critical factor often gets overlooked is the **human side of success.**

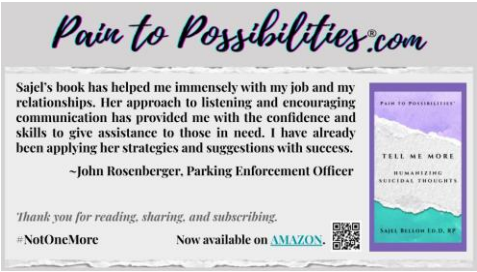
Every breakthrough, every innovation, and every milestone organizations achieve begins with their **people.** So do the roadblocks, missteps, and missed opportunities. This is not because of a lack of skills or ambition. It is because **the human element is often neglected.**

As a **psychotherapist, educator, and #Humanizer**, Sajel has brought 35 years of experience guiding leaders to unlock their organization's full potential by addressing the root cause of people problems. Why? Because a business's greatest competitive advantage is not found in the technology, processes, or strategies. It is in the **humanity of the business and workplace.**

Her expertise spans high-stakes sectors like public safety, emergency services, first responders, military, healthcare, education, and professional sports. Industries where resilience, trust, and performance under pressure are non-negotiable.

But don't let the serious work fool you, Sajel is all about finding the possibilities in every challenge. She helps people move from Pain to Possibilities® by embracing the full spectrum of life's experiences, and she's not afraid to take on the big, uncomfortable topics that others might shy away from. Whether she's sharing on her Pain to Possibilities® substack or on other media outlets, Sajel brings the conversation to the mainstream with wit, wisdom, and a whole lot of heart.

Sajel's expertise isn't just talk. She has developed and delivered programs at world-class institutions and government agencies across Canada, the U.S., and Australia. In fact, she's behind Canada's first positive psychology and positive education certificate programs. Her true superpower? Creating spaces where people can redefine their work-



Moving People from Pain to Possibilities®

life experiences, reconnect in their relationships, and rethink the toxic thinking and stigmas that society has conditioned us to accept.

Awarded the prestigious **King Charles III Coronation Medal** & **Canada's Top Mental Health Advocate for Research Excellence** for her significant contributions to Canada and groundbreaking impact globally, Sajel has built a reputation for delivering science-backed, transformative solutions that create lasting change. But don't mistake her for just another expert offering theoretical frameworks. Sajel's magic lies in making the complex human experience not just understandable and relatable, but actionable and sustainable.

Sajel and Mind Armour® go **Beyond Band-Aid Solutions.**
Organizations and Leaders are facing silent crises:

- **Lack of Trust and Connection:** Employees crave authenticity, psychological safety, and alignment with the mission. But too often, they encounter superficial engagement and misaligned priorities.

- **Burnout and Silent Disengagement:** People are checking out, either mentally or physically, costing businesses not just in dollars but in lost innovation, collaboration, and momentum.

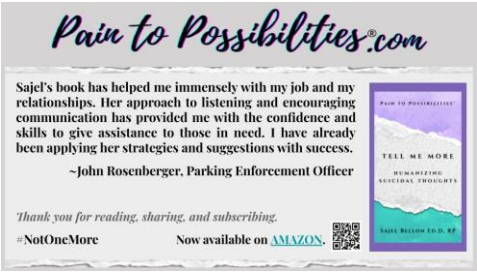
- **Toxic Thinking and Emotional Exhaustion:** When employees operate with compromised thinking and unresolved stress, they fall into patterns that hinder their potential and the organization's.

Sajel helps us to **get to the root of these issues** with her neuroscience-driven, human-centric strategies. She equips teams to:
✓ **Build trust and connection** that fuels collaboration.
✓ **Communicate with ease** instead of conflict.
✓ **Navigate challenges with resilience** instead of stress.
✓ **Attract and retain top talent** by fostering a thriving culture.

Mind Armour® challenges outdated models of workplace strategies by guiding leaders to cultivate organizational cultures that don't not ***just*** meet their goals but **exceed them by investing in the people who make it all possible.**

A Humanized Workplace is Your Competitive Advantage!

Learn more at SajelBellon.com or PainToPossibilities.com



Moving People from Pain to Possibilities®

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
- 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, The Brandon Sun etc.
- Offering services to leverage strengths & resources for Emergency Services in meeting their increasing needs to address & promote mental wellness while mitigating the effects of exposure to trauma
- Extensive professional & personal experience in understanding & dealing with the trials associated occupational stress injuries & PTSI that can result from consistent exposure to trauma
- Leader in creating preventative models for organizations, community & public safety professionals striving to introduce new perspectives & approaches in promoting well-being & 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

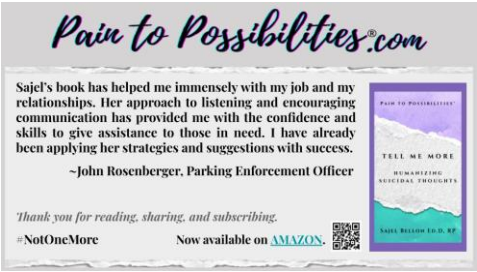
University of Guelph, Guelph, ON, Canada

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



Moving People from Pain to Possibilities®

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

CERTIFIED COMPASSION FATIGUE PROFESSIONAL
Debra Premashakti Alvis, PESI Training

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/TRAINER

Associations & Non-Profits

- St. Brigid's Catholic Church, ON, Canada
- SEVA Canada, ON, Canada
- Grow Abroad-International Rural Exchange, NS, Canada
- Brain Injury Canada, ON, Canada
- Canadian Professional Human Resources (CPHR) BC & Yukon, BC, Canada
- Human Resources Professionals Association, ON, Canada
- Work Wellness Institute, BC, Canada
- Volunteer Toronto, ON, Canada
- Canadian Association of Professional Speakers, ON, Canada *(Multiple Events)*

- United People Global, GVA, Switzerland *(Multiple Events)*
- Catholic Health Alliance of Canada, ON, Canada
- Jain Society of Toronto, 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)*

Conferences & Events

- GreatKids Allen County, Indiana, USA
- Canadian University and College Conference Organizers Association, ON, Canada
- Ontario Association of College and University Housing Officers, ON, Canada
- Blueline Expo International, ON, Canada
- Walrus TV, ON, Canada *(Multiple Events)*
- Luxe Events & Entertainment, Virginia, USA *(Multiple Events)*
- TEDx WLU Brantford, Branford, 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, ON, Canada
- Exhilarate, ON, Canada

Educational Institutions

- McMaster University, ON, Canada
- University of Ottawa, ON, Canada
- Toronto District School Board, ON, Canada
- Independent Schools Association of British Columbia, BC, Canada
- Endless Skies Teachers Convention Association, AB, Canada
- Child Development Resource Connection Peel, ON, Canada
- Harvard Business School Online Community, USA *(Multiple Events)*
- Berkeley Engineering, CA, USA
- Champlain College, VT, USA *(Multiple Events)*
- 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 Agencies

- Transport Canada, BC, Canada
- Service Canada, BC, Canada

- Canadian Border Services Agency, ON, Canada
- City of Mississauga, ON, Canada
- International Rural Exchange Canada, ON, Canada
- Canadian Armed Forces, ON, Canada *(Multiple Events)*
- Royal Canadian Mounted Police, NS, Canada *(Multiple Events)*
- Canada Revenue Agency, ON, Canada
- Job Skills Ontario, ON, Canada *(Multiple Events)*

Public Safety/Healthcare

- Medical Device Reprocessing Association of Ontario, ON, Canada
- Hospital for Sick Kids, ON, Canada *(Multiple Events)*
- Ontario Shores Centre for Mental Health Services, ON, Canada
- Manitoba Nurses Union, MB, Canada *(Multiple Events)*
- Worker's Compensation Board (WCB) Nova Scotia, NS, Canada
- Worksafe British Columbia, BC, Canada
- Canadian Physiotherapy Association, ON, Canada
- Ontario Association of Mental Health Professionals, ON, Canada
- 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
- North York Seniors Centre, 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

- Choice Properties, ON, Canada
- Toronto Raptors, ON, Canada
- Jump'In Gymnastics & Tumbling, Hattiesburg, MS *(Multiple Events)*
- EllisDon, AB, Canada
- Purolator, ON, Canada
- Aspira Retirement Living, ON, Canada
- E-Leadership Academy, ON, Canada
- Well-Being Bubble, LDN, United Kingdom *(Multiple Events)*
- Multi-Languages Corp. ON, Canada *(Multiple Events)*
- Resolve Collaboration, ON, Canada
- IVF London, LDN, United Kingdom
- Paradigm Quest, ON, Canada
- North Star Success, ON, Canada
- Project Management Institute, ON, Canada
- Toronto Organizational Development Network, ON, Canada

AWARDS/RECOGNITIONS

KING CHARLES III CORONATION MEDAL

- Significant contributions to Canada and groundbreaking impact abroad in Mental Health and Well-Being

CANADA'S TOP MENTAL HEALTH ADVOCATE AWARD – Research Excellence in Mental Health

- Research-informed leadership and mental health practices for organizations and communities

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 enrolment

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

PROFESSIONAL SPEAKER

Canadian Associations for Professional Speakers, Toronto, ON, Canada, 2017 to 2021
Global Speakers Federation, 2017 to 2021

- Delivering keynotes, workshops, conferences and training sessions on topics including Mental Wellness, Resiliency, Positive Organizational Development, Achieving Extraordinary Organizational Outcomes, 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
- Triaged, 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 while supporting family members

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 local 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
The World Positive Education Accelerator Summit, Champlain College, Burlington, VT, USA, 2016 to 2018
- Design and lead a high-level, transformational experience for large-scale organizational change
- Building strong relationships with various international stakeholders, multiple levels of Government

BOARD OF DIRECTORS/CONFERENCE CHAIR/COORDINATOR & VOLUNTEER DEVELOPMENT
Canadian Association of Professional Speakers-Toronto ON, Canada 2017 to present
Rally Point Retreat Society, Sable River, NS, Canada, 2018 to present
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
- 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

- The Clinician's Suicide Prevention Summit, PESI
- Integrating Internal Family Systems (IFS) Across Clinical Applications, PESI
- International Law Enforcement Education and Training Assoc., ILEETA Conferences
- Operational Stress Injury & PTSD Awareness Conferences
- World Congress on Positive Psychology, IPPA
- Festival of Positive Education, International Positive Education Network
- Canadian Conference on Positive Psychology, CPPA
- Educating for Resilience Conference, CPPA
- Your Workplace Conferences, 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
- WHMIS (Trainee/Trainer)
- True Colours Certification

PROFESSIONAL AFFILIATIONS AND MEMBERSHIP (Current & Past)

- 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-CTSS)
- Ontario Association for Mental Health Professionals (OAMHP)
- Canadian Association for Professional Speakers (CAPS)
- Global Speakers Federation (GSF)
- Canadian Positive Psychology Association (CPPA)
- International Positive Psychology Association (IPPA)
- International Positive Education Network (IPEN)

NOTEABLE RESEARCH AND PUBLICATIONS

"Tell Me More: Humanizing Suicidal Thoughts" Bellon, S. (2025) Kindle Direct Publishing.

"Relationships: A 'Make It or Break It' Suicidal Factor" in Johnson, O., Papazoglou, K., Violanti, J., & Pascarella, J. (2022). Practical Considerations for Preventing Police Suicide. Springer.

"To Tell or Not to Tell: Systemic and organizational stigma of police officers seeking mental health support." Papazoglou, Konstantinos, Beth Milliard, Eleni Neofytou, Jeremy Davis, Sajel Bellon, and Jeff Thompson. 2021. Crisis, Stress, and Human Resilience: An International Journal 3 (3): 85–103.

"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).

TESTIMONIALS & IMPACT STATEMENTS

"Sajel's book has helped me immensely with my job and my relationships. Her approach to listening and encouraging communication has provided me with the confidence and skills to give assistance to those in need. I have already been applying her strategies and suggestions with success."

~John Rosenberger, Parking Enforcement Officer

"WCB Nova Scotia, on behalf of the First Responders Mental Health Steering Committee, engaged Sajel Bellon Ed.D, RP, as our opening keynote speaker for our inaugural conference in September of 2022 in Halifax.

Sajel was the perfect speaker to engage our audience of almost 300 delegates right from the start. Her message and delivery immediately connected with our audience and had a significant impact. After her presentation, Sajel stayed for the remainder of the conference and made herself available to talk with delegates and hear their stories.

Post-event surveys confirm that Sajel's was the MOST MEMORABLE and IMPACTFUL presentation of the whole conference. We would not hesitate to engage Sajel again to support the Steering Committee's efforts to reduce stigma and provide effective resources and supports for first responders."

~Denise Cora, Manager Communications and Partnerships, WCB Nova Scotia

"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

"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 leadership’s 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