

SAJEL BELLON ED.D, RP.

Educator

Psychotherapist

Humanizer

Sajel specializes in humanizing the journey from Pain to Possibilities™. Known for revealing what no longer serves us by challenging the toxic thinking and status quo that define and confine us. She seamlessly weaves science and stories to keep people leaning in, inspiring them to integrate human-centric evidence-based practices into their relationships and workplaces. Sajel powerfully engages and educates with her spontaneous style to address the unique issues that matter to each organization and its people, unlocking new perspectives and potential in the moment.

Areas of Expertise

- Human-Centered Solutions
- Complex Human Dynamics
- Human-side of Success
- Resistance to Change
- Humanity of Business
- Organizational Longevity
- Humanized Leadership



Services

- Keynotes
- Workshops & Training
- Panel Moderation
- Emcee Services
- Group Facilitation
- Consulting & Coaching
- Program Development

FOR THE HIGH-FUNCTIONING UNDER HIGH-PRESSURE AT RISK OF:

- Burnout
- Conflict
- Disengagement
- Drained energy
- Lowered focus
- High Turnover

CONTACT SAJEL TODAY TO DISCUSS YOUR NEEDS & POSSIBILITIES!

LAURIER



HARVARD
BUSINESS SCHOOL

Berkeley
ENGINEERING
EXECUTIVE & PROFESSIONAL EDUCATION

TEDx

INFO@SAJELBELLON.COM 646-995-5003 SAJELBELLON.COM

MOVE FROM PAIN TO POSSIBILITIES™

If you are looking for a high-impact professional who resonates and connects with your people, while providing quality information delivered with energy and personality, you need to meet Sajel!

Her unique combination of expertise and life experiences is unparalleled with her warm energetic presence. Sajel is renowned for her ability to inspire, educate, and equip organizations and people across industries to face the challenges with more competence and confidence.

"Sajel is magnetic, commands the attention of her audience from the moment she steps on stage. She instantly creates a connection with the audience, making them feel motivated and inspired."

~Education Officer, Manitoba Nurses Union

Sajel simplifies complex concepts into actionable steps, making content accessible and relatable in ways that make sense and feels easy to do. Her passion and genuine enthusiasm for people and learning creates an infectious energy that enables her audience to push beyond their limits and strive for more. Sajel shares her own stories, filled with challenges and triumphs. By uncovering 'what is possible', she inspires audiences to believe in their own potential and possibilities, motivating them to take action with evidence-based strategies, interventions and practices.

"Sajel works closely with planners to ensure each program is customized to offer the best experience for every audience. Her attention to detail reflects how much she really cares about who she delivers to and for."

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



CanRevAgency



INFO@SAJELBELLON.COM 646-995-5003 SAJELBELLON.COM

POPULAR TALKS & TOPICS

Dare to Think Differently: Disrupt, Debunk & Defy the Status Quo!

Feeling stuck, overwhelmed, or facing a challenge? It's time to break free. Join Sajel for an energizing and eye-opening session that will challenge the way you think, opening new possibilities you never imagined. It's time to question what you have been taught or conditioned to believe. Uncover outdated assumptions and explore fresh perspectives that can redefine your future. In this session, discover actionable insights and practical tools to:

- Recognize the thought patterns holding you back
- Challenge beliefs that confine you
- Create new mental pathways toward freedom, possibility, and growth

Get ready to disrupt automatic toxic thinking, debunk old narratives, and defy limiting beliefs. Whether it's a personal or professional issue, changing the way we think changes everything!

Let's challenge the status quo!

Toxicity RESQ: RE-Think, RE-New, RE-Energize

No more band-aid solutions or check boxes! If your team repeats cycles of conflict, disengagement, or are on the verge of burnout, it is time to call out the silent intruder and address these problems at the root. Toxic thinking has been covertly derailing the innovation, collaboration, and progress of your people. People are ready to break free from the invisible barriers holding them back. With real-world stories, neuroscience-backed strategies, and practical tools, Sajel guides people to:

- Reframe challenges into growth opportunities that ignite creativity
- Build emotional resilience to lead with confidence under pressure
- Create cultures of trust and agility where teams thrive and adapt

Imagine your workplace to be where leaders inspire, teams excel, and the possibilities are endless. This is not about quick fixes. It is about the lasting changes that you have been craving.

Ready to get to the root?

Being Human Unapologetically: Lean Into the Full Experience

What if your emotions were your greatest strength, not a weakness? They are the proof of life. As the foundation of your personality, they influence how we react and show up every day. It is time to shed the stigmas and embrace the full spectrum of the human experience.

Are you ready to:

- Navigate challenges with resilience and strength, both at work and in life
- Build deeper authentic connections
- Shift from survival mode to feeling liberated!

This is an invitation to live unapologetically, unlock the possibilities, and feel re-connected.

Lean into Your Humanity!



MOVE FROM PAIN TO POSSIBILITIES

"Sajel is dynamic with thought-provoking questions, interactive exercises, and storytelling. She creates an immersive experience that leaves a lasting impact, even years later."

~Anita Warriner, Executive Director, International Rural Exchange

"She fosters an environment where individuals feel comfortable sharing their thoughts and ideas, even with the most difficult topics. Sajel leaves her audiences feeling empowered, and equipped with actionable strategies to overcome their obstacles and achieve their goals."

*~Pamela McTaggart-Floyd, Canada Border Services Agency
Committee for Diversity and Inclusion GTAR • Persons with Disabilities Advisory Committee Ottawa*

"Post-event surveys confirm that Sajel's was the MOST MEMORABLE and IMPACTFUL presentation of the whole conference."

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

"Sajel is one of those key people that will impact your life and wellness. She takes her advanced expertise 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."

*~Pascal Rodier, Supt. (Ret'd) RCMP, MStJ, MA, CEM, SAS
Provincial Director, Emergency Preparedness, Nova Scotia Health Authority*



EllisDon SickKids®

WORK SAFE BC



INFO@SAJELBELLON.COM 646-995-5003 SAJELBELLON.COM