

SAJEL BELLON ED.D, RP, CTSS

Educator Psychotherapist Humanologist

Sajel specializes in moving people from Pain to Possibilities™. Her talks challenge the status quo and empower people to think differently. She seamlessly weaves science and stories to keep audiences leaning in, inspiring them to integrate life-changing evidence-based practices into their homes and workplaces. Her keynote presentations and workshops powerfully engage, educate, and empower audiences and are customized specifically for your event to achieve your objectives and resonate with your people.

Topics

- Stress & Mental Wellness
- Psychological Safety & Relationships
- Workplace Wellbeing
- Organizational Culture & Change
- Diversity & Inclusion
- Leadership & Management

Services

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

**CONTACT SAJEL
TODAY TO DISCUSS
YOUR NEEDS!**



**EXPERTISE & SPECIALIZATION IN WORKING WITH
HIGH-FUNCTIONING PEOPLE IN
HIGH-PRESSURE POSITIONS**



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MOVE FROM PAIN TO POSSIBILITIES™

If you are looking for a high-impact speaker who will resonate and connect with your audience, who will provide quality information delivered with energy and personality, you need to meet Sajel! Her unique combination of expertise and life experiences captivates audiences. She is unparalleled with her warm energetic presence. With a wealth of knowledge and an engaging communication style, Sajel is renowned for her ability to inspire, educate, and equip individuals and organizations across industries to face the challenges of life.

"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 connecting with 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



POPULAR TALKS & TOPICS

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

As leaders, we have an obligation and the opportunity to inspire our people. From our communications and actions, we magnify our ability to move through pain to new possibilities! Yet, many still feel stuck or caught in undesirable cycles. That's because we need to DO things differently. This interactive discussion will explore how our social-conditioning influences our concepts, relationships and experiences impacting our quality of life personally and professionally. In order for our audiences to FEEL different, we must THINK and DO differently. Let's challenge the status quo!

Being Human Unapologetically! Live LIFE: Lean Into the Full Experience

Embrace the Full Human Experience. It makes us STRONGER! Emotions are not a disease or a sign of weakness. They are proof of life. They are the feelings that lay the groundwork for our personalities, determine our outlook on life, and impact our day-to-day.

Learn how to navigate turbulent times and emerge stronger, both professionally and personally, by re-thinking our concept of "emotions." Throw away the stigma surrounding mental health and our emotional well-being. Discover a new way of living, thinking, and engaging with ourselves and each other, as we interactively explore our experiences and hope for our future as a collective.

Let's Live LIFE by Leaning Into the Full Experience!

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

This high energy session takes the audience on an experience of *Re-thinking* our perception of well-being and its impact on us as individuals and our organizations. It provides tools and strategies to *Re-new* our resources, so we are *Re-energized* to perform and produce better! Audiences leave feeling more empowered and motivated to enhance their resiliency to face the daily challenges in the personal and professional lives.

The Power of Heroic Conversations

This talk exposes the ripple effects and realities of occupational stress and trauma that many high-risk sectors face, like emergency services and healthcare. Interweaving personal experiences through evidence-based practices to enhance human connection, HEROIC Conversations offers audiences simple, effective ways of de-stigmatizing their mental health cultures at work and home, no matter what sector or industry they are from.

Heroic conversations are essential as stress is universal.



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®

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