

Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

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The journey of the mind, trauma, triumph and resilience

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This presentation will explore the journey of the mind of a first responder. As a former crisis worker, there is a unique and relevant journey of finding the boundaries, resilience and at times limitless transformation of the mind. To be resilient, you must explore the depths of your emotions, mind, body, spirit and environment and navigating the twists and turns to find coping strategies that align and heal the parts of you that are wounded, falling apart and at times exploring new frontiers. Not everyone on your team makes it through with you, and no one prepares you for that truth, that the shift in worldview that occurs after you have picked up the emotional or physical pieces of individuals impacted by trauma. In the past, there has been minimal preparation for the emotional weight of telling children and families that their loved ones won't be making it home or explaining that there is no answer as to why someone took their life, when someone takes your hand and asks you to pray beside the body of their loved one who is lying in the middle of the living room or while comforting parents after finding out their children have been abused. For decades mind and body wellness practices have not been a mandatory or at times optional avenue when being trained to do this work or after entering in the field. But this is changing. Mindfulness, meditation, tai chi, yoga and other holistic practices are entering into these work environments and shifting cultures, beliefs and well-being of the individuals who have signed up to assist others in crisis. But we must understand why it is important and valuable for the worker, services provider or the officer to be well and have the tools. This talk will explore the personal journey of the mind and body from the perspective of a crisis responder.

Biography

Randi-Mae Stanford-Leibold is a Personal Strategist, Speaker, Author and Teacher assisting individuals, couples and organizations with exploring their potential and dreams while integrating mindfulness practices to enrich their wellbeing. She dedicated five years of her career in service to the community as a frontline Crisis Support Worker. Through assisting individuals in some of the most challenging moments in their lives, she was able to discover that everyone has a journey, and is worthy of being heard, seen and supported. Her services are provided on four principles: Love, meditation, visualization, and motion. She graduated from the University of Guelph-Humber with a Bachelor of Applied Science Degree in Family and Community Social Services and a Diploma in Social Service, and has acquired training in wellness coaching, mindful meditation, tai chi and domestic violence safety planning and risk assessment. She is happy to share her personal journey which is filled with challenges, loss, growth and resilience.

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