

WOMEN'S RESPONDER RESILIENCE



EXPERT SECRETS TO GET REAL
RESILIENCE, REAL FAST

SPEAKER BIOS

15 EXPERTS.

POWER-PACKED SESSIONS.

SO THAT YOU CAN

#GETYOURLIFEBACK.



HOST: ANA-CHRISTINA HICKS
WWW.TOOLSOFHOPES.COM



SPEAKER BIOS

[Your WRRSummit Host - Ana-Christina Hicks](#)

[Anish Verma](#)

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Your WRRSummit Host, ANA-CHRISTINA HICKS



Build Rock-Solid Confidence. Be. Better. Faster.
Get more energy. Know what you want. Start LIVING again.

Find yourself in a high-stress, demanding role? Stuck? Burned out? Need a boost?

After a tense escape from a tiny Alaskan island, I needed a way to rebuild my life. I looked for and FINALLY found tools which gave me back energy, hope, and a passion for living. Complete life-overhaul.

Over 10,000 trained. Certified coach | Author | Speaker | Trainer

The Reset Coach. Resilience specialist, Ana-Christina Hicks.

Simple, usable tools. Memorable stories.
Down-to-earth, real-life solutions to reduce stress-fatigue. Get yours now.

BE. BETTER. FASTER.

#UpYourGame #RaiseYourHappy #GetYourLifeBack

CONTACT: Ana-Christina, Tools of Hope, www.toolsofhope.com



The Resilience Builders 

FB: <https://www.facebook.com/groups/TheResilienceBuilders>

ANISH VERMA



While working in the corporate world, Anish always wanted to own his own business. He kept trying multiple businesses and business models. Finally after 21 years in the corporate world, he is now a full time entrepreneur. He firmly believes that we all have unlimited potential and more control of our lives than we think. He is the Employee to Entrepreneur Coach with a focus on Business Mindset. He helps driven professionals launch their dream business in 90 days by transforming their belief system and mindset. He is a podcaster and also a co-founder of an artificial intelligence company.

BOTTOM LINE FOR FIRST RESPONDERS & VICTIM ADVOCATES?

He is the employee entrepreneur coach with a focus on business mindset WHICH MEANS that he is going to share cutting edge mindset and success tools so that YOU, as a responder or advocate, can get quicker resets to improve your success, professionalism AND bust out of hopelessness.

CONTACT: [HTTPS://WWW.EMPOWERMINDSET.COACH](https://www.empowermindset.coach)

REAR ADMIRAL (Ret.)
ANN BURKHARDT (U.S. Navy)



Guest Speaker Bio: **RADM (Ret) Ann M. Burkhardt, USN**

The views expressed in this interview are my own and do not reflect the official policy or position of the Navy or Department of Defense.

Wife, Mother, and Daughter. Born in Asmara, Eritrea (Ethiopia) - lived in Yemen and Laos - then evacuated in 1975 and moved with her family to St. Augustine, Florida. Burkhardt earned a Bachelor's degree in Mathematics and her Masters of Administration.

She joined the Navy in 1987, commissioned under the Nuclear Power Instructor Program, and began her career as an instructor teaching math, reactor principles and physics, earning designation as a master training specialist at the Naval Nuclear Power School in Orlando, Florida. As a Human Resources officer, certified as a Senior Professional in Human Resources (SPHR), she spent her 33-year military career focused on total force human capital strategies for the Department of Defense's most important resource: people! Her assignments were in positions of increasing leadership, scope and responsibility and focused on human capital. In her final role in the military before retiring on August 31, 2020, Rear Admiral Burkhardt served as the Director for the DoD Sexual Assault Prevention and Response Office, promoting military readiness and excellence in sexual assault prevention and victim advocacy efforts. She currently resides in Ponte Vedra Beach, Florida with her family and is taking time to focus on her faith, family, elder care and being open to the opportunities the future holds.

Contact Info: [linkedin.com/in/annmburkhardt](https://www.linkedin.com/in/annmburkhardt)

BARBRA RUSSELL



Barbra holds a Master's Degree and is a Licensed Professional Counselor. A teacher at heart, she shares proven wisdom which positively changes people's lives.

With 20 years of experience in counseling individuals, as well as her power to capture an audience's attention, Barbra has unique abilities to make an impact and a difference.

[HTTPS://WWW.FACEBOOK.COM/BARBRA.E.RUSSELL](https://www.facebook.com/Barbra.E.Russell)

[WWW.BARBRAE.RUSSELL.COM](http://www.Barbrarussell.com)

[Yes! I said No!](#) On Amazon

BOBBIE SCOPA



The excitement of the job.

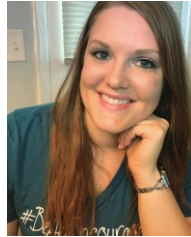
Bobbie fought fire from Alaska to Florida, North Carolina, Arizona, all over California, and throughout the Northern Rockies. She was also sent to Australia and has spoken in front of Congress.

Bobbie Scopa began her career in 1974 with the US Forest Service where she worked as a seasonal firefighter. Since then Bobbie has worked for two county Fire Districts, a State wildland agency, and the US Forest Service.

She has filled positions as firefighter, Captain, Division Chief/FMO, Deputy Chief, Chief and Regional Fire Operations Assistant Director. Her last position before retirement was the USFS Assistant Director for Fire Operations in Oregon, Washington, and Alaska.

Contact: www.BobbieOnFire.com / **podcast:** www.bobbieonfire.com

HALCYON LEE FRANK



Halcyon is a dispatcher by night, entrepreneur by day. She recently founded and launched The Dispatch Lab Podcast, a place where you can *"mix together the right elements of on-site and online training with networking and communication to develop individual and group success"*. She has wisdom and experience beyond her years and uses it to help others. She started #BeAnEncourager because she has an unwavering belief that we have the power to make our first responder environment better for everyone if we work together.

[HTTPS://www.BEANENCOURAGER.org](https://www.BEANENCOURAGER.org)

Podcast: The Dispatch Lab

Dr. JANET CHILDS, D.D.



As a founding member of the Center for Living with Dying, Janet has worked with thousands of individuals, groups and professionals on the front lines. The Centre is an international bereavement counseling service - the most comprehensive of its kind in the country.

She presently oversees and directs the Bay Area Critical Incident Stress Management Team (CISM). She has personally facilitated response to many major critical incidents such as 9-11, Hurricane Katrina and local incidents in California.

She has offered POST Certified Training for public safety personnel as well as provided training for nurses, social workers and other first responders / law enforcement professionals.

Dr. Childs brings over 45 years of experience in counseling, crisis intervention, volunteer management and training development.

CONTACT:

Comprehensive Public Safety Training: WWW.21CLETS.COM

Center for Living with Dying: www.billwilsoncenter.org

Janet's book on Amazon - [Experiential Action Methods and Tools for Healing Loss and Grief-Related Trauma](#)

JOANNE RUPERT



Joanne Rupert is the Founder and Operational Leader of FRTC - First Responder Trauma Counselors.

She holds a Master's degree in Clinical Psychology and is a Licensed Professional Counselor and National Board Certified Counselor. In addition, Joanne is a Level 1 Mediator. She is certified in Eye Movement Desensitization Reprocessing (EMDR) and has advanced training in EMDR Post Traumatic Stress and Addictions and is also trained in Brain Spotting. She has 30+ years of experience in First Response working as a professional and volunteer for Ambulance, Fire, and Law Enforcement. She is currently in private practice for First Responder Trauma Counselors and contracted as the Directing Clinical Supervisor for FRTC's contracted agencies in Northern Colorado overseeing their Peer Support Teams and providing counseling for all their staff and spouses.

Contact: WWW.911OVERWATCH.ORG / **First Responder Trauma Counselors**

www.911LightenUp.com

JUDITH SIMON PRAGER, Ph.D.



Judith uses words to help heal, relieve pain, create calm, and often save lives. Judith Simon Prager is co-author with Judith Acosta, of *The Worst Is Over: What To Say When Every Moment Counts*, which has been deemed "The 'bible' for crisis communication," by *The International Journal of Emergency Mental Health*.

She is co-developer of the protocol for **Verbal First Aid™** and trains medical professionals and first responders across the US and around the world (including in China, Sweden, Brunei, and England). She has a PhD in psychology and lives in Los Angeles where she is an award-winning UCLA X Writers' Program Instructor together with her husband, the poet Harry Youtt. Her latest book is about her exploration of NON-Verbal First Aid with dolphins helping children with disabilities: *What the Dolphin Said*.

By the way, she recently learned that her "Getting Through" website has been visited by people in 17 countries! Extraordinary, isn't it?

Contact: <https://www.JudithPrager.com>

FREE DOWNLOADS: Getting Through: Resources and Emotional Support Tools for the Time of Covid-19 >> <https://toolkit.judithprager.com/>

Judith's book on Amazon: [THE WORST IS OVER - What to Say When Every Moment Counts](#)

"RHINO" JULIE JOHNSTON



Rhino Julie helps hard-working professionals take command over their bodies once and for all through her gyms and online programs.

She has owned her gyms for 16 years and personally struggled with weight loss and confidence for most of her life. BUT using this struggle, Julie and her team developed the Rhino Command System. Now YOU can take command over YOUR own body once and for all.

Julie LOVES sharing what she has learned and the impact it has on people. We are grateful to have her here with us today!

Free Resources: [**BODYCOMMAND: Get 3 Secrets to Claim Command Over Your Body**](#)

Contact: CampRhino.com

RIC JORGE



RIC Jorge is a retired fireman from Palm Beach County (FL) Fire Rescue. Ric has taught nationally and internationally at conferences in a variety of disciplines.

Having been assigned to various trucks and engines over a 24-year period of time he retired in 2017 to pursue his passion in performance training and consulting.

He has authored chapters in several books and co-authored a book on resiliency called DEVELOPING FIRE FIGHTER RESILIENCE. For the past 7 years, Ric has worked at a rehab counseling center for uniformed personnel struggling with substance abuse and mental health issues. He currently lives in South Florida surrounded by family and friends.

**“When you’re fighting the battle within,
conventional weaponry doesn’t work.”**

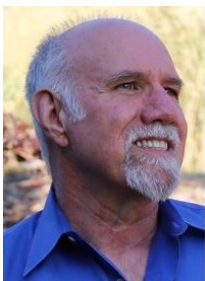
CONTACT:

Facebook at Tactical Resiliency Training.

Email is surfdogs4@yahoo.com

Ric’s Book, [Developing Firefighter Resiliency book on Amazon](#)

ROBERT BRAY, Ph.D.



"Heal your wounds. Live in Health, Love, and Joy. Live Now. Have you ever felt horrified by something you've personally experienced? Have you ever felt helpless in a situation? Have your feelings about what you are going through overwhelmed your reason and will?"

Excerpt, *Heal Traumatic Stress NOW*, Dr. Robert Bray

Dr. Bray is an international speaker, author and trainer with a life-long passion for understanding and healing of PTSD and trauma.

He is a Certified Trauma Specialist, and past President of both the Association of Traumatic Stress Specialists as well as the Association for Thought Field Therapy. He has been in private practice since 1986 and specializes in traumatic stress recovery.

His mission and passion: Healing pains of the past and transforming fears of the future into plans of joy.

CONTACT - Yes, virtual appointments are available.

www.rlbray.com

[Dr. Bray's HEAL TRAUMATIC STRESS NOW book on Amazon](#)

SABRINA ATTERBOM WITH “RHINO” JULIE JOHNSTON



Sabrina Atterbom is a full-time nutrition coach and trainer at Camp Rhino, in Las Vegas.

She has been working at Camp Rhino for 4 years. Sabrina has her bachelor's degree of Nutrition Sciences from the University of Nevada, as well as her CrossFit Level 1, and her Precision Nutrition Level 1 certification. It is her mission to help her clients create sustainable habits to fuel their individual lifestyles and goals, and form healthy relationships with food.

Rhino Julie Johnston is the founder and owner of three CampRhino locations in Las Vegas, Nevada.

Free Resource: [**BODYCOMMAND: Get 3 Secrets to Claim Command Over Your Body**](#)

Contact: [**CampRhino.com**](#)

SARA WESTON, ENP, PMP



Sara Weston is the founder of 911derWomen and has been a project consultant for 911 communications organizations.

She has worked in the 911 Community for 15 years and proudly says, "it is in my blood." It is through her work across the country in and around 911 center, state programs and federal projects that revealed the need for stronger connections and mentorship within 911.

CONTACT:

www.911derWomen.com

Join our FB Group: [911derWomen](#)

TRACY ELDRIDGE



Tracy Eldridge has worked in Public Safety for the past 24 years as a dispatcher, firefighter/EMT. As a wife and mom of 2, and lives by the motto "Life is too short to not know how to save one."

Recently, she launched "On Scene First with Tracy Eldridge," a podcast highlighting public safety technology and mental health resources.

Recently, Tracy was awarded with the "Industry Professional" honor at the 17th Annual NG911 Institute "911 Honor Awards" for her outstanding work and continued commitment to the field of public safety.

CONTACT: www.onscenefirst.com / teldridge@onscenefirst.com

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www.linkedin.com/in/tracy-eldridge-53196b129