

# Speaker & Media Kit

Trish Walsh, BA, MTC



**Speaker • Educator • Trainer • Counsellor**

Helping individuals, organizations, and communities strengthen psychological intelligence, emotional agility, relational resilience, and trauma-informed practice through education, training, and counselling.

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## About Trish

Trish Walsh, BA, MTC, is a speaker, educator, and Master Therapeutic Counsellor based in Vancouver, British Columbia. For more than twenty years, she has worked at the intersection of trauma recovery, resilience, emotional intelligence, attachment, interpersonal neurobiology, and human development.

Known for translating complex research into practical, engaging, and accessible learning experiences, Trish delivers presentations, workshops, and training programs for healthcare organizations, educational institutions, government agencies, professional associations, non-profit organizations, workplace teams, and members of the general public in Canada and internationally.

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## Sample of Speaking & Training Topics:

- Strengthening Relational Intelligence & Emotional Agility
- Trauma-Informed & Resilience-Informed Practice
- Understanding & Healing Emotional Triggers, Limiting Beliefs & Protective Strategies
- Interpersonal Neurobiology: Understanding Ourselves and Our Relationships
- Healing Limiting and Trauma-Based Beliefs that Are Keeping Us Stuck
- Cultivating Resilience During Times of Stress, Uncertainty & Change
- Understanding the Patterns That Shape Our Lives, and Healing the Patterns That Keep Us Stuck

- Understanding Trauma-Informed AI: Opportunities, Risks & Ethical Considerations
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## Presentation Formats

- Keynote Presentations
  - Conference Sessions
  - Professional Development Days
  - Half-Day Workshops
  - Full-Day Workshops
  - Multi-Session Training Series
  - Virtual and In-Person Delivery
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## Organizations Worked with Include:

Canada Life • Nordiq Canada & Biathlon Canada • First Nations Health Authority • Interior Health Authority • BC Teachers' Federation • Edmonton Public Library • Langara College • Vancouver Hospice Society • BC Family Maintenance Agency • Foundry / Encompass Support Services Society • TD Bank • The Family Support Institute of BC • Aboriginal Coalition to End Homelessness • North Shore Restorative Justice Society • School District Professional Development Days throughout British Columbia • The UBC University Women's Club • and others

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## Participant Feedback

*"This workshop is incredibly helpful, informative and relevant for everyone who wants to better understand themselves and those around them whether in a corporate or social setting. It dives into the biological and psychological reasons why we react the way we do and provides guidance on how to manage and change behaviours. I've completed several corporate personality and behavioural assessments, and none have been as insightful or as useful as this workshop, both professionally and personally."*

### **Cindy Chetley**

High Performance Coordinator, Nordiq Canada

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*"Trish's presentation to our group was not only informative, but incredibly insightful. Her warm approach, well-attuned and focused presence, and wonderful sense of humour made for an excellent transformative learning experience for all."*

**Izumi Miki McGruer**

BC Regional Vice President, Advisory Solutions, Canada Life

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*“Thank you for your wonderful presentation on Trauma-Informed Care. The feedback received from many of the participants was very positive, with many people saying it was the highlight of the three-day conference. We found it highly valuable.”*

**BC Provincial Health Authority**

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**Contact**

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For speaking engagements, conference presentations, workshops, or professional development opportunities, please visit the Contact page, or scan here:

