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***Gain the empowered edge***

- healthcare workers
- first responders

## ***"When the Hero needs a Hero"***

***Stepping out of our comfort zones and being very real and candid on the physical and psychological effects from stress and PTSD in our careers as first responders.***

In our everyday line of work, we are constantly exposed to extreme stress and traumatic events but avoid the conversation that the human mind and body is not designed to process that information. Not only are we not designed to process it, it is extremely detrimental to our overall health and wellbeing. We have been conditioned to not admit to the psychological struggle that accompanies our profession.

Bringing awareness and education to the subject of PTSD and the physical effects of stress is the key to stopping the suicides and unhealthy coping mechanisms. We need to break through the stigma that says admitting to feeling the effects of stress is a sign of weakness. We must make decompression methods a priority in our workplace and in our everyday lives.

In this raw, inspiring keynote, Leslie explains how growing up tough on a farm in rural southern Ohio and spending over 17 years in healthcare working in trauma/burn/Neonatal/Pediatric hospital, she has chosen to come to terms with her struggles with PTSD and stress induced illnesses. These principals, strategies and tactics explained in this incredibly real, tough, heartfelt presentation is something that can be applicable to anyone fighting to own their issues and take control of their wellbeing,

This presentation is highly recommended for those looking to make the audience think about where they currently are in their regimen for self-care and the idea of supporting their peers.

### ***What will the audience learn?***

- Recognizing that they are in fact Heroes
- Evaluation of their current coping mechanisms
- How to slowly make the changes necessary to establish healthy coping skills and decompression techniques
- Tactical Strategies for management to evaluate their staffs needs

Be prepared for some inappropriate laughter and expect the unexpected as this ball of energy approaches this topic in a way that your audience will easily relate to and begin processing the information that will hopefully get them to choose to evaluate how they are managing their stress. The main goal is for every person to not feel alone in this battle and to know what to do when the Hero needs a Hero.

