

THERESA CALDWELL, MIS

TRAUMA AND RESILIENCE INSTRUCTOR

Trainer • Speaker • Author • Wellness Advocate

- Expertise: Trauma-informed wellness, resilience-building, listening skills, and theatre-based workshops.
- Current Role: Community Engagement Specialist, Virginia Department of Health – Crater Health District.
- Collaborations:
 - Dramatic Solutions (Drama Doctors) – Washington, D.C.
 - Integration Solutions – Virginia
 - Love Locked Down Theatre Project – Richmond, VA
- Publications:
 - Safety Seal (children's book, co-authored with Samuel Griffin III)
 - Rent-A-Cop Reboot: A Security Pro's Lessons That Could Save Your Career, Your Butt, and Even Your Life
- Certifications:
 - Certified Trauma Professional (IATP)
 - Certified Listening Professional (ILA)
 - Certified Group Fitness Instructor (ACE) & Fitness Warrior – Richmond Sports Backers
- Notable Experience:
 - Producer & substitute host, The Audrey Chapman Show, WHUR-FM (20 years)
 - Manager, Abraham Lincoln Bicentennial Commission national town hall program
 - Former Capitol Hill staffer
- Education:
 - M.I.S. in Organizational Leadership with a trauma-informed focus – Virginia State University
 - B.A. in Journalism – Northeastern University
 - Graduate, Theatre Lab School of the Dramatic Arts' Life Stories Institute (Washington, D.C.)