



Caitlyn Imfeld

Founder, Warrior Minded | Author |
Veteran | Resilience Speaker

Caitlyn is a military veteran, public safety professional, author, and founder of Warrior Minded - an organization dedicated to building strength and resilience in others.

Drawing on years of military service, leadership experience, and frontline public service, she teaches practical strategies for resilience, stress management, and personal growth.

- Speaker On Resilience & Leadership
- U.S. Air Force Veteran
- Author of *Warrior Resiliency Program*
- Public Safety Professional
- Founder of Warrior Minded

Her presentations combine real-world lessons from military service with actionable tools that individuals can immediately apply in their careers, families, and daily lives.

SIGNATURE TOPICS

- ✓ Building Resilience in Demanding Environments
- ✓ Managing Stress Before It Becomes Burnout
- ✓ Leading & Succeeding Before You Feel Ready
- ✓ Applying Military Lessons to Civilian Careers & Life Transitions

GET IN TOUCH

 warriorminded.com
 warriormindedco@gmail.com

AVAILABLE FORMATS

- ✓ Keynote Presentations
- ✓ Conference Breakout Sessions
- ✓ Employee Wellness Programs
- ✓ Veteran & Military Events
- ✓ Resource Fair Tabling
- ✓ ...And More!



Warrior Minded
Strength That Endures