

Amber Brown

For More Information

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Amber is a survivor of the Route 91 Harvest Festival shooting in Las Vegas, NV on October 1, 2017. Amber was also living in Isla Vista, California during the 2001 Isla Vista killings. Amber has spent the time since her shooting focusing on body connection and healthy coping strategies.

Directly following her shooting, Amber experienced some challenges navigating coping mechanisms. As a result, she found herself in a position where she was regularly abusing alcohol. Amber is now passionate about discovering healthy coping skills such as body movement, art therapy, and peer support.

Amber has found healing in sharing her story while guiding survivors through their healing journey. Professionally, Amber is a knowledge and change management leader and has extensive training and development experience. She serves on the board for two non-profits and is earning her Trauma Informed Yoga certification

Engaged and a parent of one son, Amber holds a Bachelor of Science in Interactive Media Design, an MBA with an emphasis in HR, and is finishing her Doctorate in Organizational Design.

Amber has created programs for mental health first responders organizations and has led workshops for a variety of topics, from organizational leadership to supporting trauma and recovery, mind-body connection, and discovering healthy coping mechanisms. She can also serve as a panel expert or podcast- interview guest.



SPEAKER | ORGANIZATIONAL
DEVELOPMENT STRATEGIST
CHANGE ENABLEMENT LEADER
MOTHER | TRAUMA SURVIVOR



Survivors Path
SUPPORT • CONNECT • FACILITATE

10 MINUTES, 10 BURST: *The 10 Minutes that changed everything*

The 2017 Las Vegas Shooting was the deadliest shooting in America. rapid bursts of gunfire occurred over 10 minutes ending a sublime weekend of music and community. The survivors of that shooting are still learning what healing looks like and still coping with the 10 minutes that changed everything

Amber Shares

- The timeline from a survivor's view
- Pictures and maps of her location and exit route
- Debunking the conspiracies and what we learned from the FBI report

BE A MENTAL HEALTH FIRST RESPONDER

Recognizing when mental health issues are occurring and know how to support

America has a mental health crisis, and while we can't all be therapists, we can learn to recognize the signs of a mental health emergency. Anyone can be a mental health first responder, whether they are lending an ear, or directing others to support.

Amber Shares

- Identifying when someone is struggling with mental health
- Actively listening and supporting, while practicing health care
- Offering resources

ADDICTED TO COPING

Finding coping mechanisms that work for you

We love to cope. It is in our nature to numb and avoid instead of facing our triggers and emotions. There are very toxic coping mechanisms and there are healthy coping mechanisms. The key is distinguishing between them and choosing the healthy coping skills that work best for you.

Amber Shares

- Identifying toxic coping mechanisms (not just substance related)
- Naming emotions and sitting in uncomfortable spaces
- Those that help us through the uncomfortable, not hold us in suspended pain

BUILDING A SAFE WORKING ENVIRONMENT FOR TRAUMA SURVIVORS:

Providing support to survivors in the workplace

Having an employee who has survived a trauma can be difficult to navigate. Employers who want to create a safe working space for survivors will need to be equipped with information. Creating a safe space allows survivors to bring their whole selves to the workplace.

Amber Shares

- What you need to know about your survivor employee
- Triggers, anniversaries and setting boundaries
- How to support your survivor employee but not coddle