



CONTACT

231-327-8143

annakresiliencecoach@gmail.com

annakresiliencecoach.com

SPEAKS TO

EMS & fire personnel

Law enforcement

ER, trauma & hospital teams

Child welfare & other high-stress
frontline teams

FORMATS

Keynote

Breakout session

Team training

In person or virtual

TO BOOK

Use the request form on the Work With
Me page at annakresiliencecoach.com.

Anelyce Forney, RN

Vicarious Trauma Speaker & Resilience Educator

ABOUT

Anelyce Forney, RN, has spent more than 20 years in nursing, including extensive experience in trauma and emergency care. She speaks to first responders and healthcare teams about vicarious trauma: what repeated exposure does to the mind and body, why the coping habits that get people through the job stop working, and what to do instead. She has presented for law enforcement, fire, and EMS audiences, and her stories and advice on TikTok and Facebook have reached more than 3 million people.

TALKS

“I’m Fine” Isn’t Coping: What Vicarious Trauma Actually Is

Keynote · All audiences

Vicarious trauma isn’t burnout, and it isn’t weakness. This talk explains how repeated exposure to other people’s worst moments changes how you think, react, and connect, and why the habits that get you through the job start costing you outside of it.

The Brain-Body Disconnect: Why You Can’t Remember the Drive Home

Breakout · EMS, fire, law enforcement, ER teams

Memory gaps, brain fog, irritability, and a body that never fully powers down are signs of a system stuck on duty. Attendees learn what chronic stress does in the brain and body and how to recognize it in themselves and their crew.

Grounding Under Pressure: Tools That Work on the Job and After It

Hands-on training · Teams and agencies

A practical, skills-based session. Participants learn and practice grounding techniques they can use mid-shift and on the drive home, and leave with a reference guide to keep.

SELECTED ENGAGEMENTS

- **Presenter**, “Distribution of a Controlled Substance Resulting in Death” Summit, 2026. Co-sponsored by DEA, Alaska HIDTA, and WSIN; hosted by Anchorage Police Department
- **Presenter**, Overdose Death Investigations Regional Training Summit, May 2025. Trained 50+ law enforcement personnel
- **Guest Speaker**, Dalton Township Fire Department, 2026
- **Guest Speaker**, Muskegon County DHHS, 2025. Workshops for child protective services workers
- **Guest Speaker**, Iconic Coaching Festival, October 2024. Masterclass for 2,000+ attendees
- **Guest Expert**, Ian Bick “Locked In” Podcast, 2026. 450,000+ listeners

WHAT ORGANIZERS SAY

“At the conclusion of her class, multiple attendees sought me out and explained how valuable they thought her course of instruction was.”

Rikk Rambo, WSIN/RISS Law Enforcement Coordinator for Alaska