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RAINN

March Newsletter

Sunday 6:00PM - Tuesday 6:00PM (EST) | Sunday 3:00PM - Tuesday 3:00PM (PST)
Hotline: 800-656-HOPE | Online: www.rainn.org/get-help-online

RAINN Speakers Bureau Newsletter

Speakers Bureau Highlights

Rose Between Member Get Training

As a member of the RAINN Speakers Bureau and accepted to speak, you have to complete a training session to get speaking and coaching. We are offering you a free online training with Certified Health Coach Rose Between. Tricia Aguirre, Speakers Bureau Director, shares Rose's story:

Rose's journey for her "Unique Perspective" and was a featured guest on the Dr. Oz show. Rose's mission is to help people who are overwhelmed with their health and wellness. She shares the simple but helpful tips processes during and after sexual abuse. There "is always an Opener" to everything that you do or not allowing self-sabotage to be in control.

She mission is to help more consumers and the health industry to provide more compassionate care. Rose's training is based on the science of neuroplasticity and how our brain can be rewired to create a new "normal" and a new life.

Certified Lead coach, Rose, shares her training between professionals, survivors. "Thing I want people to know is that there is a lot of other trainings in a lot of other organizations, and what makes this training unique is that it's based on the science of neuroplasticity and what it actually does to the brain."

We will cover topics like how to get "unstuck" in your relationship with your spouse, focus on your energy management, how to create a new "normal" and how to be in control of your life. Rose will also share how to be in your speech, and other great tips for speaking to an audience.

The training session will be held **on Tuesday, April 26th, 2022 at 1 p.m. PST / 4 p.m. EST.** Please, RSVP to Tricia Aguirre, director at: tricia@rainn.org.

Thank you to those who participated in February's speaking opportunities!

RAINN | Speakers Bureau Speaking Opportunities
A member of our speakers bureau is speaking at an upcoming event. Please, RSVP to Tricia Aguirre, Director, at tricia@rainn.org.

For the month of February, there were a total of 4 speaking engagements in Arizona, California, Connecticut, Illinois, Iowa, Massachusetts, Minnesota, Nebraska, New Jersey, New York, North Carolina, Pennsylvania, Texas, Virginia, Washington, and Wisconsin.

If you would like to see a full list of our speaking opportunities, please visit the Speakers Bureau Page.

Producing a best and vibrant speaking opportunities will come from our speakers bureau members. Please, continue to share your speaking opportunities, organizations, schools, etc. Sometimes we are not able to be from front of organizer's invites for speaking opportunities. We plan to be in attendance to support our speakers bureau members.

If you have ideas of where we can launch the Speakers Bureau, please RSVP to Tricia.

Have you launched a speaking opportunity? Please share with us so we can include it in our next newsletter!

Survivor Highlights

Meet Brenna Frederickson (she/her); she has been a part of the Speakers Bureau since February 2020.

What do you think is important for people to know about you?

I have symbiosis, giving to "live-saving" time. I like to relax nature in my free time. I love to read books, I love to be with my family and friends.

What did your healing journey look like?

I was at first scared and ashamed. Healing from sexual damaging was the people that surrounded me. I really learned that people aren't interested in your pain. I had to find healing within myself. I had to find a place of acceptance and healing. I had to find a place of acceptance, accepting, and a simple. I grieve my yesterday, forgive, forget, and let go. Sometimes I have to remind myself that I am in control of my life. I have to remind myself that I am in control of my life.

What is your favorite word or phrase?

Well Supported Supported could not have happened any other way. Resolution is the future.

Updates & Reminders

Hello everyone! We hope everyone is doing well! We are very excited to share with you that we have a new "Survivor Highlights" section in our Survivor Love Letter campaign. In our pair together beautiful, we need a new pair member to take over the "Updates & Reminders" section.

Pronoun for Sexual Assault Awareness and Prevention Month

Sexual Assault Awareness and Prevention Month (SAAPM) is observed in RAINN, we have been working diligently to lead the education efforts and raising awareness about the issue of sexual violence and its impact on everything from relationships and mental health to workplace productivity and sharing "upbeat, and encouraging that help overcoming Child Sexual Abuse."