



DR. ANNA QUINN, CEC, CH, CHT

TRAUMA-INFORMED SPEAKER & EDUCATOR



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Dr. Anna Quinn is a trauma-informed speaker, educator, coach, consultant, and hypnotherapist with a PhD in Psychology and over 15 years of experience in the nonprofit and human services field. As the founder of Hope Storm, Dr. Anna brings evidence-based, holistic, and equity-centered approaches to every stage and space she enters, weaving together neuroscience, somatic practice, storytelling, and real-world experience to create presentations that are not just informative but deeply impactful and immediately applicable.

Dr. Anna's work is rooted in the belief that trauma-informed practices belong everywhere, in any space where people interact with people.

SIGNATURE KEYNOTES

- Trauma 101: Understanding the Foundations of Trauma
- Burnout is Not a Badge of Honor: Redefining Success & Sustainability
- Trauma-Informed Leadership: Leading with Awareness and Compassion
- Psychological Safety: Building Safe, Inclusive, and High-Performing Teams
- Generational Trauma: Understanding and Breaking Cycles
- The Power and Science of Hope
- Wired for Crisis: Understanding & Regulating the First Responder Nervous System
- Perfectionism, People-Pleasing, and the Trauma Connection
- From Surviving to Thriving: Reclaiming Your Energy and Joy
- Compassionate Accountability: Holding Standards Without Harm
- The Window of Tolerance: Understanding Your Capacity for Stress

PRESENTATION FORMATS

Keynote	Workshop
Lunch & Learn	Panel Discussion
Half Day Intensive	Full Day Intensive
Retreat Facilitation	Multi-Session Series

IDEAL AUDIENCES

Nonprofits
Corporate Teams
Healthcare
First Responders
Educators
Government
Faith-Based Orgs
Mental Health Professionals
Leadership Teams
Community Organizations

AVAILABLE

Virtual & In-Person
Based in the Black Hills, SD
Travel available

Custom keynotes available on any topic. All presentations fully tailored to your audience and context.