



# SPEAKER BIOS



## GREGORY CAMPBELL, PHD

Gregory Campbell, Ph.D., is President and Founder of GCJ Enterprises, LLC and Vice President of Law Enforcement and Government for TalentSmartEQ. He is the author of *Developing You: Unleashing the 11 Transformative Practices of Self-Development and Emotional Intelligence* and *Transformed: Living and Leading Under Pressure (Know Your Why, Master Your How, and Move Your Feet)*. Dr. Campbell is a progressive thought leader in emotional intelligence and leadership who fosters collaboration in consulting, training and facilitation sessions. He is successful with frontline, mid-level, executive, and senior-level executives and managers due to more than 25 years of diversified, full-spectrum Senior Executive Service (SES) experience leading highly complex federal government organizations.

Dr. Campbell has been consulting, training or facilitating programs since 2005. His expertise is in developing and implementing national leadership development programs and enterprise-wide efforts that involve talent management, course development, succession planning, mentoring, executive coaching, emotional intelligence assessments, and creating inclusive cultures. For over four years, he served as a Consulting Partner and Solutions Architect for the Ken Blanchard Companies. He serves as Vice President of Law Enforcement and Government for TalentSmartEQ. He has an active top secret and sensitive compartmented information (SCI) security clearance.

Dr. Campbell has a B.A. in Sociology and an MA in Behavioral Science with a specialization in Negotiation and Conflict Management from California State University, Dominguez Hills, and a PhD in Management with a specialization in Leadership and Organizational Change from Walden University.



## **CASSIE SEXTON, 911 TRAINING INSTITUTE**

Cassie Sexton is a public safety professional and wellness advocate with nearly two decades of experience. With a background that includes 9-1-1 communications, training, supervision, peer support, and leadership, she brings a practical and authentic perspective to conversations surrounding resilience, stress, and mental wellness.

As Director of Client Relations for 911 Training Institute, Cassie partners with agencies nationwide to provide training, education, and wellness resources designed to support healthy, thriving public safety professionals. She currently serves as National NENA's Wellness Co-Chair and North Carolina NENA's 1st Vice President, where she continues to advocate for a stronger future for the profession.

# JOSEPH DULLA

Joe Dulla brings more than 40 years of operational first responder experience, including service as an EMT, lifeguard, rescue boat and rescue truck operator, mountain rescue team member, and more than 31 years across sworn ranks with the Los Angeles County Sheriff's Department (LASD). His assignments included custody, patrol, investigations, task force and technical operations, training, and large-scale incident management.



For more than 15 years, Joe also served in the Los Angeles County Emergency Operations Center, ultimately as Operations Section Chief coordinating law enforcement, fire, EMS, hospitals, utilities, and critical infrastructure during exercises and major disasters, including the historic Woolsey Fire. He also managed LASD's "Fast Track Injury Care" program that utilizes Sports Medicine approaches to reduce injury-related time loss and improve employee recovery and performance.

As the LASD Recruit Training Unit Lieutenant, Joe led physical performance and injury-reduction initiatives involving staH and more than 5,500 academy recruits. Following his LASD career, he served as Interim Associate Dean of Fire Technology and Wellness at Santa Ana College, overseeing programs that included the Basic Fire Academy and SAC Fit Wellness Program. SAC Fit provides physiological testing, fitness assessment, and wellness education to more than 30 fire and law enforcement agencies and has served more than 2,000 incumbent public-safety personnel.

Joe has authored or co-authored more than 30 peer-reviewed studies addressing tactical strength and conditioning, injury, physical abilities testing, recruit training, and human performance. He has presented for IACP, IADLEST, ACSM, NSCA Tactical, international human-performance conferences, and public-safety agencies.

He is currently a Ph.D. candidate with Bond University's Tactical Research Unit, studying recruit attrition, training load, injury, and performance. Joe also serves as a U.S. Department of Justice COPS Office/IACP CRI-TAC Officer Safety and Wellness Subject Matter Expert and Affiliate Faculty with Georgia Southern University's Tactical Athlete Program. His work focuses on translating research, evidence-based practices and decades of first responder experience into practical strategies that help law enforcement, fire, EMS, dispatch, and other public-safety professionals improve readiness, recovery, resilience, and career longevity.



## CODY SPAULDING

Cody Spaulding, better known as **The Salty Paramedic**, is a career firefighter/paramedic, author, speaker, podcast host, and content creator who has spent nearly two decades serving in fire and EMS. Through a mix of humor, storytelling, and honest conversations about life behind the uniform, Cody has built The Salty Paramedic into a community that reaches first responders and their families across the country.

He is the author of *Don't Lose Yourself: A First Responder's Mental Health Playbook*, a book focused on helping first responders navigate the mental and emotional challenges that come with the job while protecting the person underneath the uniform. Cody also travels across the country speaking to firefighters, EMS professionals, and public safety organizations about mental health, resilience, relationships, and the realities of a career in emergency services.

Cody is also the host of the **Just a Little Salt** podcast, where he sits down with guests from across fire, EMS, healthcare, entertainment, and beyond for conversations that range from hilarious to deeply personal.

Whether he's behind a microphone, on stage, at the firehouse, or creating content online, Cody's goal remains the same: **make first responders laugh, start conversations that matter, and remind people not to lose themselves in the job.**

# DR. BENJAMIN STONE

Dr. Benjamin Stone is an internationally recognized speaker and thought leader with over 20 years of experience inspiring audiences around the world. A dynamic presenter known for his compelling storytelling and unmatched expertise, Dr. Stone empowers organizations and individuals to rethink wellness, leadership, and human performance.



A graduate of the University of Arkansas and Oxford University, Dr. Stone holds a PhD in Human Physiology with an emphasis in cardiovascular genomics and metabolism. His academic journey led him to groundbreaking research in exploring the role of amino acid L-glutamine in recovery and physical resilience. He also worked with the British Olympic Medical Institute at Northwick Park Hospital, pioneering screening methodologies to prevent sudden cardiac deaths in young athletes due to a disease called hypertrophic cardiomyopathy.

At just 24, Dr. Stone was appointed Senior Lecturer at the University of Oxford's Department of Physiology, where he delivered regular lectures on nutritional biochemistry, energy metabolism, and pathophysiology to medical and nursing students. He later served as Assistant Professor in the College of Natural Sciences and Mathematics at the University of Central Arkansas and as an adjunct professor at the University of Arkansas for Medical Sciences, where he also co-chaired the committee determining medical curricula.

In 2015, Dr. Stone co-founded Sigma Tactical Wellness, where he served as CEO until its acquisition by Telemed2U in 2025. Under his leadership, Sigma became the national authority in advanced cardiac disease prevention for first responders, developing innovative research and screening protocols that have saved countless lives in police and fire agencies across the United States.

As a speaker, Dr. Stone is sought after for his depth of knowledge and ability to connect complex science to real-world application. He has delivered keynote addresses for the FBI National Academy, the International Association of Chiefs of Police, and numerous state-level associations and conferences. His presentations inspire action, spark meaningful change, and leave audiences with practical strategies to improve health, performance, and wellness-forward leadership culture.

Whether addressing top law enforcement executives, medical professionals, or corporate leaders, Dr. Stone's presentations consistently earn rave reviews for their authenticity, impact, and visionary perspective.

# BRIAN PAYNTER

## 1<sup>ST</sup> PHORM

Brian Paynter is a NASM Certified Personal Trainer and NASM Certified Nutrition Specialist with a degree in Social Psychology from the University of Missouri. For the past four years, he has personally coached thousands of people through the 1st Phorm App, working with busy moms and dads, students, first responders, and individuals of all ages, backgrounds, and lifestyles.

His passion for health and fitness comes from two very personal experiences. The first was changing the trajectory of his own health and fitness. Through training, nutrition, and building better habits, Brian experienced firsthand how much taking ownership of your health can change not only the way you look, but the way you feel, perform, and show up in every area of life.

The second came from witnessing firsthand what can happen when a person's health is unable to be turned around in time. While he was in college, his father was diagnosed with Alzheimer's. Watching his health decline and learning more about the potential role that years of poor health and lifestyle factors may have played in his overall health gave Brian an even deeper sense of purpose in the work he does today.

Those two experiences continue to drive his passion for helping people take action on their health now.

Brian specializes in helping people build a lifestyle that supports more than just a fitness goal. His mission is to help people become more capable for the life they want to live. To have the strength and health to show up for themselves, their husband or wife, their children, and their grandchildren.

He believes fitness should help people live a life that is long, happy, and full of capability. The work you put into your health today is about far more than where you are right now. It is about giving yourself the greatest opportunity to continue doing the things you love with the people who matter most for years to come.



# MATTHEW ZIORENZA

Matthew “Matty” Fiorenza is a retired Firefighter/Paramedic with a commendable 22 years of service. His journey into the realm of mental health advocacy began a decade into his career when he faced personal battles with anxiety, stress, and depression, leading to a diagnosis of PTSD. This experience fueled his passion for aiding others in the first responder community.



Matty worked as Director of Development and Training at Recovery First Treatment Centers, Matty’s influence is profound. He has co-founded a successful First Responder Treatment facility and continues to provide education, resources, and a pathway to healing for those in need.

Matty’s expertise is multifaceted, including his role as an instructor at Santa Ana College, where he imparts crucial mental health knowledge to new recruits, equipping them with healthier coping mechanisms. His involvement with the Save A Warrior program as a Shepherd underscores his commitment to suicide prevention.

Matty’s advocacy extends to public speaking, where he addresses the escalating suicide rates among first responders and promotes mental health awareness. His collaboration with Dr. Gina Gallivan in developing wellness programs for agencies nationwide further showcases his dedication to the cause.

His story, a testament to resilience and recovery, has been spotlighted in the documentary “PTSD911”, available on Amazon Prime Video. As a keynote speaker, Matty delves into critical topics such as mental health, recovery from PTSD, substance abuse issues, and the importance of support within the first responder community.

Beyond his professional pursuits, Matty treasures time with his family, including his wife Elizabeth and their children, Logan, Nathan, Charlie, and their newest addition, daughter Jordan. Together, they engage in community events and continue to champion the life-changing work of organizations like his nonprofit First Responder Peace & Refuge Foundation.



## WENDY HUMMELL

Wendy Hummell is a retired detective and wellness professional with more than 25 years of law enforcement experience, including service as a Federal Special Agent and with the Wichita Police Department, where she specialized in homicide, gang, and sex crimes investigations. She also served on her department's Critical Incident Stress Management (CISM) and Defense Tactics teams.

Wendy is currently the Health and Wellness Manager for the Sedgwick County Sheriff's Office, where she helped develop a holistic wellness program and oversees wellness staff and a 60-person peer support team. She is nationally recognized for her work in first responder wellness, resiliency, peer support, mindfulness, and women's health in high-stress professions.

A frequent national presenter and trainer, Wendy has taught for organizations including the FBI National Academy Associates, IACP, American Jail Association, and Justice Clearinghouse. She holds degrees in Criminal Justice and Clinical Mental Health Counseling and is also a certified yoga instructor, health coach, and YFFR Ambassador.



## COLLEEN HILTON, MA, LMFT

Colleen Hilton is the founder and CEO of AlliConnect and a licensed marriage and family therapist with more than 20 years working with first responders. Police, fire, EMS, dispatch, and military. She is also an AAMFT approved supervisor.

She did not come to this work from the outside. She is a multi generational military brat who spent years married to an LAPD officer, raising two daughters inside that schedule and that culture. That is where she learned what actually gets a first responder to sit down with a clinician, and what makes them walk away.

Before AlliConnect, Colleen built and sold Acuity Counseling, a Washington based practice serving clients across the state.

AlliConnect is the system of record for peer support and wellness programs in public safety. It brings peer support, chaplains, clinicians, and outside resources into one HIPAA compliant place. It automates outreach and follow up so critical incident response does not depend on someone remembering, and it gives command staff de-identified reporting that shows whether the program is working without compromising individual privacy.

Her position is straightforward. Peer teams carry some of the hardest work in the agency, and most of them are doing it on paper, on sticky notes, or from memory. They deserve a system behind them.

Outside of work, Colleen is a mom to two daughters, a SoCal native who still misses the weather, and is usually on the water or tracking down good food wherever she lands.



## CHAPLAIN MATT ARMSTRONG

Chaplain Matt Armstrong serves as the Lincoln County Emergency Chaplain, ministering to first responders and their families when they need support, encouragement, and hope.

Matt is an ordained Pastor and an endorsed Chaplain with the Assemblies of God fellowship and with the International Conference of Police Chaplains. Matt has served as the Pastor of Hope Assembly for over 11 years and also serves with several agencies:

Lincoln County Sheriff's Office  
Winfield Police Department  
Winfield-Foley Fire Protection District  
Lincoln County 911 Dispatch  
SEMA for the state of Missouri

At the heart of everything Matt does is his love for people and his desire to serve others. He believes in being there during difficult calls, hard days, and moments when people simply need someone to listen and pray with them.

Outside of ministry and chaplaincy, Matt is blessed to be married to Annie, the love of his life, for over 21 years, and together they are the proud parents of five children.



# **ROBERT BLEHM**

## **KCPD WELLNESS PROGRAM**

- KCPD Wellness Supervisor
- 32 Years at KCPD
- Retired Homicide Detective
- Hostage Negotiator
- SME – LE Wellness
- US Air Force Veteran
- Founding Member of KCPD Wellness Unit

# KIMBERLY “KIM” SHIRLEY-WILLIAMS

## KCPD WELLNESS PROGRAM



Kimberly (Kim) Shirley-Williams is assigned to the Kansas City Missouri Police Department Wellness Section as Wellness Specialist/ Peer Support Team Coordinator. In this role Kim, directs, responds and develops innovative solutions to help and assist members of the KCMO Police Department (sworn and civilian) in crisis or in need of assistance with a host of wellness issues. These issues range from financial issues, relationships, stress management, physical wellbeing, nutrition, PTSD, retirement planning, career mentoring, workplace issues, and help with referrals to mental health specialists. We also provide support and assistance to employees during critical incidents (Police Shootings) or (Traumatic Events/Crime Scenes).

Kim recently retired as a Master Detective after having completed 28 years of service with KCPD.

Kim's assignments were as follows: 911 Call Taker, Dispatcher, Patrol Officer at Metro Patrol, Sex Crimes, Robbery, FBI Child Exploitation Task Force, FBI Cyber Task Force and Financial Investigations Section/ IRS Strike Force Task Force.

Kim is Crisis Intervention Team certified and served 14 years on the Crisis Negotiations Team.

Kim has been active in Peer Support for over 10 years and has been involved with supporting first responders in the KC Metro area through participating in debriefs, peer contacts, resource referrals and working with clinical providers.

Kim serves as a Regional Coordinator for the KC Metro area organization FRST Midwest, assisting with peer support needs in a specific region within the states of Kansas and western Missouri.

Kim volunteers with Children's Mercy Hospital on the Mental Health Patient Family Advisory Council, the American Foundation for Suicide Prevention and as a mentor with The Battle Within.

Kim is a mom to three children and recently was partnered with KCPD Emotional Support K9 Gracie, whose job is to support all members of the KCPD.

# GIUSEPPE “JOE” TROMBINO

## KCPD WELLNESS PROGRAM



I have been married for 36 years, and together my spouse and I raised two children who have grown into successful and productive citizens. Today, we are blessed with seven grandchildren. My family is one of the accomplishments I am most proud of. They have taught me some of life's most important lessons about love, commitment, patience, responsibility, sacrifice, and perseverance.

My professional career has been centered around service, public safety, leadership, and helping others. I have accumulated 7 years of experience as a District Officer and 22 years in traffic enforcement. I also spent 10 years as a Hostage Negotiator, an experience that taught me the importance of remaining calm under pressure, listening carefully, communicating effectively, and understanding that every person and every situation requires a different approach.

For 4½ years, I had the opportunity to serve as a Police Academy Instructor. Teaching the next generation of officers was a particularly meaningful part of my career because it allowed me to share not only knowledge and experience, but also the importance of professionalism, judgment, integrity, and treating people with dignity and respect.

My professional service has also been recognized through two Meritorious Service Awards and a Certificate of Commendation from the Police Department, as well as a Certificate of Appreciation from the U.S. Department of Transportation. I am grateful for these recognitions, but I have always believed that the greatest reward comes from knowing that the work we do can make a difference in someone else's life.

Looking back on my career, I recognize that many of the experiences I encountered were demanding. Working in traffic enforcement, responding to difficult situations, negotiating during crises, and training police officers all required the ability to manage stress, make sound decisions, communicate effectively, and remain composed when circumstances were anything but calm. To me, wellness is not simply about eating right, exercising, or going to the doctor. Those things are important, but wellness is much bigger. It is about taking care of the whole person—physically, mentally, emotionally, socially, and spiritually. It is about recognizing the effects that stress and difficult experiences can have on us and understanding the importance of finding healthy ways to deal with them.



## **KERRY BAKER**

### **KCPD WELLNESS PROGRAM**

Kerry Baker began his law enforcement career as a patrol officer with Kansas City, Missouri Police Department in 1996 before being promoted to Homicide Detective in 2000. He received his Federal appointment as a Special Agent with the United States Secret Service in 2002, also serving as a physical fitness coordinator and a computer forensics examiner. He transferred to Department of Veterans Affairs, Office of Inspector General in 2008 and served as a defensive tactics instructor for 10 years. Kerry retired from Federal service in 2022 before returning to KCPD as a civilian Wellness Specialist in 2023 where he passionately promotes comprehensive wellness. He is a proud husband, father, former Girl Scout Leader and United States Army Infantry veteran.



## AARON ECKERBERG

First Responder and Veteran advocate with 4+ years of experience in the mental health and TMS space. Lobbied the state of Missouri for funding to start and expand the eTMS Missouri program. Facilitated growth in Missouri from a single clinic to 12 in just 4 years, and pioneered the mobilization of treatment to underserved populations.



## PETE & MICHELLE TUCKER

Provincial Constable Pete Tucker joined the Ontario Provincial Police (OPP) in August 1994, beginning a distinguished career of service and resilience. After completing a duration posting in Pickle Lake, he served in Simcoe, Western Region Traffic, and Niagara Falls, and proudly rode with the OPP's Golden Helmets Motorcycle Precision Team. Married to his high school sweetheart, Michelle, for 29 years, Pete is a devoted father to four children, ages 21 to 27. While on duty, he survived a devastating motorcycle collision that resulted in the amputation of his left leg above the knee, followed by two weeks in a coma and four months in hospital. Following a newly developed Osseointegration surgery, and a great deal of perseverance and determination, Pete returned to full active patrol. He recently retired on December 31, 2025, from the OPP Recruiting Branch.

Michelle Tucker is a devoted wife, mother, and lifelong learner who brings energy and heart to everything she does. Michelle holds a teaching degree, and has always valued education, growth, and community. Passionate about fitness and wellness, Michelle has been a fitness instructor for over 25 years and is currently completing her yoga instructor certification. Michelle has been by her husband Pete's side since they began dating at 17, and this year they celebrate 29 years of marriage built on love, commitment, and friendship. She is the proud mother of four children, ages 21 to 27, who inspire her daily. Since becoming empty nesters, Michelle has taken up latin and ballroom dancing, regularly training and competing in dance competitions and performances.



## BRUCE BJORGE

Bruce Bjorge brings more than 38 years of fire service experience to the public safety community, having served in command and training roles across career, combination, volunteer, and military fire agencies. He served as a Battalion Chief with the Western Taney County Fire District in Branson, Missouri, and held positions including company officer and Assistant Chief of Training throughout his career. Prior to that, he served as the Aircraft Rescue Fire Fighting (ARFF) Specialist for the University of Missouri Fire & Rescue Training Institute, where he managed the Mobile ARFF program and other live-fire training initiatives.

Bruce also spent time at Lexipol, where he served as Director of Fire Policy Sales and as a Training Developer, contributing his operational and training expertise to public safety agencies nationwide. His career reflects a consistent commitment to advancing training standards and professional development within the fire service.

With 28 years of experience as an instructor and evaluator, Bruce is a regular presenter at state, regional, and national conferences and training events. He holds a Training Officer certification from the International Society of Fire Service Instructors and is a graduate of the National Fire Academy's Training Program Management course. His extensive background makes him a trusted voice on training, leadership, and operational readiness in the fire and emergency services field.



## VICTORIA & BRENT NEWMAN

Victoria Newman is an award-winning author of *A CHiP on my Shoulder*, *A Marriage in Progress*, and *Facing Evil*. She is Founder and President of How 2 Love Our Cops, a national nonprofit organization dedicated to relational, emotional, and spiritual wellness for law enforcement officers and their families. Considered an early pioneer in building the law enforcement home, she is a well-known speaker, mentor to many, and leads an amazing team of men and women to empower law enforcement families to engage in officer wellness. She and her husband, a retired Chief with the California Highway Patrol, travel the country building into officers and their families through training, mentoring, and peer support. They have been married for 37 years, which includes 31 years in law enforcement and six years of retirement. They have four amazing adult children, and two beautiful grandsons. They reside in the Sacramento, California area.

Chief Brent Newman (Ret.) brings 31 years of distinguished service with the California Highway Patrol (CHP) to his work as a passionate advocate for law enforcement wellness and suicide prevention. Beginning his career in Los Angeles during the volatile years leading to the 1992 Riots, Brent rose through the ranks to serve as Valley Division commander, overseeing 20 commands and nearly 1,000 personnel until his retirement in 2019. His extensive leadership experience includes commanding the CHP Academy (2008–2011), serving as Lead Instructor for the California POST Supervisors Academy for 20 years, and chairing California's POST Advisory Committee.

Since retiring, Brent has dedicated himself to supporting law enforcement officers and their families through his work with Warrior's Rest Foundation and Concerns of Police Survivors (COPS). Driven by the personal loss of friends and colleagues to line-of-duty deaths and suicides, he conducts seminars nationwide on law enforcement stress, trauma, line-of-duty death response and blue suicide prevention. Brent's expertise and empathy make him a trusted voice in peer support, engaging officers from patrol to executive levels.

Brent holds a B.S. in Organizational Behavior from the University of San Francisco. He has been a lead instructor for CHP's Instructor and Facilitation Course and taught Supervisors Academy for over 20 years, and Middle Management and Command Courses for over a decade. Alongside his wife, Victoria, founder of How2LoveOurCops, Brent co-presents law enforcement marriage and family classes, supporting relational health for officers and their families. Married for 35 years, they are proud parents of four adult children and two grandsons, with two more due early 2026.