

## Vira Salzburn

Vira Salzburn is the Program Director for Safety and Resilience programs at Chatham County Safety Net Planning Council. Salzburn is a Certified Associate in Project Management® (CAPM) with the Project Management Institute (PMI). She is a Mindful Self-Compassion (MSC) teacher, Applied Suicide Intervention Skills Training (ASIST) master trainer, as well as Trauma-Sensitive Mindfulness (TSM) and Trauma-Sensitive Yoga (TSY) instructor. She is trained in the Search Inside Yourself program of Google Leadership Institute and Trauma Informed Coaching.

Salzburn is the developer of the upstream suicide prevention approach that uses evidence-based Mindful-Self Compassion programming for building resilience and enhancing emotional wellbeing. She has spoken on suicide prevention, resilience, mindfulness, and self-compassion at multiple local, state, and national conferences, and symposia. As a Ukrainian-American and a world traveler, Salzburn recognizes the importance of overcoming cultural barriers and connecting with others for making a meaningful difference on personal, organizational, and community levels.

Salzburn earned a Master of Science degree in Management, Organizational Behavior & Leadership from Troy University and a Bachelor of Liberal Arts degree in Humanities from Auburn University at Montgomery.