



**REV. ROXANNE PENDLETON, MDiv, CYT200**

*Pronouns: she / her / hers*

An ordained minister and certified yoga teacher with a Master's Degree in Pastoral Care & Counseling, **Rev. Roxanne Pendleton** has spent over three decades addressing trauma and supporting resilience in individuals, families, communities, and diverse settings including civic organizations, schools, businesses, churches, hospice, and healthcare. Roxanne is creator of *Live Well Today Café, LLC* and co-creator of the nonprofit, *Cultivate Resilience*, where she currently serves as Board Chair.

Throughout her career, Roxanne has remained passionate about caring for caregivers. In 2014, this passion led to a job at University Health where she currently works as a Senior Behavioral Health Consultant in the Center for Trauma Informed Innovation to provide training, coaching, consulting, and implementation facilitation support to cultivate cultures of trauma awareness, embodied compassion, and intentional well-being. Roxanne is co-host of the podcast, *Trauma Informed Caring*, part of the "Essential Conversations" family of podcasts funded by SAMHSA.

Beyond professional expertise, Roxanne speaks from her own experiences of trauma, severe mental illness, compassion fatigue, burnout, moral anguish, post-COVID syndrome, and recovery. In 2010, Roxanne wrote [Laughing Again: A Survivor's Guide to Healing Depression](#) to share her story of healing from suicidal depression and key lifestyle practices that have kept her well for over two decades.

As a response to the pandemic, Roxanne launched the *Live Well Today Café YouTube channel* offering free, practical support to help individuals sustain well-being in stressful times. For groups, locally, regionally, nationally, and abroad, Roxanne provides trauma-informed, resilience-focused consultation for sustainable culture transformation. For individuals, Roxanne offers research-based, wisdom-infused, spirit-led coaching for playful, passionate, purposeful living.