



# Helen D. Noel

AUTHOR  
MOTIVATIONAL SPEAKER  
WELLNESS ADVOCATE  
CONSULTANT

## ABOUT HELEN

A native of Elyria, Ohio, Helen enlisted in the United States Air Force and retired honorably in 2009 at the rank of Chief Master Sergeant. She is an accomplished author, dynamic International keynote speaker, and transformational consultant known for her nonjudgmental stance and radical coaching for others experiencing traumatic stress. Her first publication, *7 Days in the Fire*, is a faith-based book recounting her personal traumatic experiences and includes special patriarchs and matriarchs who took the time and encouraged Helen to “Talk Story”. Moreover, *7 Days in the Fire*, has been widely adopted as a therapeutic educational solution to motivate others on healing, restoration, and recovery of trauma.

## EDUCATION

**Master of Arts, Management**  
Wayland Baptist University

**Bachelor of Science, Occupational Education**  
Wayland Baptist University

**Associate of Science, Human Resource Management**  
Community College of the Air Force

## WORK EXPERIENCE

**CEO, Talk Story, Incorporated**  
July 2011 – Present

**Consultant, PTSD Workforce Practitioner**  
April 2019 – Present

**United States Air Force, Chief Master Sergeant, Retired**  
1985–2009

## FEATURED IN



## PUBLICATIONS, TRAININGS, AND SIGNATURE TALKS

- 2008 Author, *7 Days in the Fire*
- 2009 Motivational Speaker
- 2010 Titus II Advisor, Protestant Women of the Chapel (PWOC)
- 2011 Lethal Legacy Story by Barbara Ciara
- 2012 Speaker, PWOC International Training Conference
- 2013 Living Kidney Donor
- 2014 USA Today Article, Fisk Archives offer window to Rosenwald Syphilis Study
- 2015 DoD – Resiliency Trainer
- 2019 PTSD Accommodation in the Workforce Trainer

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