

Dr. Delvina Miremadi-Baldino

Dr. Delvina Miremadi-Baldino is the founder and Chief Resilience Officer of Realize Your Resilience, a company dedicated to helping individuals, groups, and organizations build upon their strengths and foster resilience so they can grow, succeed and thrive. Dr. Miremadi-Baldino also currently works as the Director of Research and Program Development at Life Advantages, LLC, where she applies over ten years of experience specializing in resilience education and program development. Prior to this, she worked for Children's Hospital of Boston's Department of Psychiatry, developing innovative depression and suicide prevention tools and curriculum for the Swensrud Depression Prevention Initiative.

Dr. Miremadi-Baldino received her Ed.M. from Harvard University in Human Development and Psychology and completed her doctorate in Educational Leadership at Simmons College. Dr. Miremadi-Baldino recently earned her Certificate in Applied Positive Psychology (CAPP) and is currently pursuing my coaching certification. Dr. Miremadi-Baldino's extensive training in Education and Psychology places her at the forefront of developing innovative tools that promote resilience to help adolescents and adults live more flourishing lives.