SPEAKERS BUREAU

Presentation Information

Presentation Category	Emotional/Survivalist Mindset
Presentation Title	I'm the Problem, It's Me: Self-Awareness for the Brave
Presentation Length	1-2 hours
Presentation Objective	Attendees will learn what self-awareness actually is. Attendees will learn how self-awareness and acceptance of personal power/responsibility are critical prerequisites to making effective life changes. Attendees will learn that having the strength and bravery to come face-to-face with their own personal challenges will lead to joy and freedom.
Presentation Description	Self-awareness is the mandatory starting point on the path to change, but as many of us fail to face what is reflected back to us in the proverbial mirror, our journey to change is halted before it even has a chance to begin. If we define self-awareness as the extent to which we are consciously aware of how we are thinking and feeling, as well as how our thoughts and feelings affect our interactions with others, we know that gaining true mastery of self-awareness requires bravery, humility and the ability to navigate unpleasant feelings. The journey of self-awareness does not initially sound like a tempting one, until the pain, discomfort and loneliness of not healing ourselves becomes greater than the fear of looking in the mirror and genuinely accepting that we, ourselves, hold the keys that can unlock our own peace and joy. No
Speaker Name & Session	Diane Hansen, NA Session 287

Speaker Phone Number	(443) 386-6450
Speaker Email	diane.hansen@maryland.gov
Speaker's Biography	Captain Diane T. Hansen is a 19-year veteran of the Maryland State Police. She holds a Master of Science Degree in Counseling Psychology from Loyola University of Maryland, a Graduate Certificate in Public Safety from the University of Virginia, and a Bachelor of Arts Degree in Communications from Villanova University. She entered law enforcement following a 7-year career in the mental health field. Captain Hansen is the Commander of both the Maryland State Police Education and Training Division and the Crisis Negotiation Team. She has developed curriculum and has provided training on wellness, including Police Suicide Awareness and Resilience for Law Enforcement, instructing sworn and professional employees. Captain Hansen presented on wellness topics at both the 2025 and 2026 FBI NAA National Annual Training Conferences. She is a graduate of NA Session 287.