

# Emma Churchman Press Kit

## Bios

### **Navigating the Deep End: Resilient Leadership in a Volatile World**

**By Emma M. Churchman, MDiv**

#### **Author Bios**

##### **“How to introduce me” (host/producer intro)**

Emma M. Churchman, MDiv is a nationally certified trauma chaplain and executive mentor who helps leaders stay steady and make clear decisions in volatile times. Her work focuses on a simple but uncommon idea: the goal isn't to perform certainty - it's to stay present, stay connected, and help people make meaning when circumstances feel senseless. With 25+ years in disaster response and trauma recovery, she's supported 50,000+ individuals and hundreds of organizations. She's the author of *Navigating the Deep End: Resilient Leadership in a Volatile World*.

##### **Short Bio (50–75 words)**

Emma M. Churchman, MDiv is a nationally certified trauma chaplain, executive mentor, and PhD candidate in Conscious Business Ethics. She helps leaders and organizations navigate volatility and workplace trauma so they can make clearer decisions, communicate with trust, and stay steady under pressure. Her work draws on 25+ years in crisis + disaster response and trauma recovery and has supported 50,000+ individuals. She is the author of *Navigating the Deep End: Resilient Leadership in a Volatile World* (GracePoint, 2026).

##### **Medium Bio (150–200 words)**

Emma M. Churchman, MDiv is a nationally certified trauma chaplain, executive mentor, leadership consultant, and PhD candidate in Conscious Business Ethics. She helps leaders and frontline response teams to transform trauma into resilient performance - before, during, and after crisis.

With 25+ years in crisis + disaster response and trauma recovery, Emma has supported 50,000+ individuals and hundreds of organizations, working with executives, leaders, and high-stakes environments where clarity and steadiness matter. Her approach turns crisis into a repeatable leadership practice: return to presence, name what's true, choose the next right step, and communicate with integrity.

Emma is the author of *Navigating the Deep End: Resilient Leadership in a Volatile World* (GracePoint 2026). Leaders can download her free resource, *Lead in the Deep End: A Quick Reset for Volatile Days*, at [emmachurchman.com/reset](http://emmachurchman.com/reset).

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## Bios

### Long Bio (300–500 words)

Emma M. Churchman, MDiv is a nationally certified trauma chaplain, executive mentor, leadership consultant and PhD candidate in Conscious Business Ethics. She helps leaders and frontline response teams to transform trauma into resilient performance - before, during, and after crisis. Her work is grounded in a simple but uncommon premise: on volatile days, the goal isn't to perform certainty—it's to return to presence, tell the truth without panic, and take the next right step.

Emma brings 25+ years of experience in crisis and disaster response and trauma recovery, supporting 50,000+ individuals and hundreds of organizations. She has worked alongside executives, leaders, and mission-driven organizations facing high-stakes decisions, burnout risk, and rapid change. Her Trauma Recovery Certification Program® and trauma-informed methodology translates nervous-system steadiness into leadership behaviors teams can feel: clearer communication, reduced reactivity, faster alignment, and trust-centered follow-through.

Her signature frameworks include the Deep End Reframe (four leadership swaps that move teams from control and certainty theater into presence, curiosity, authenticity, and collective wisdom) and the Truth + Care communication script (what we know, what we don't know yet, what we're doing next, and when we'll update). These tools are designed to be used in real time - before a hard conversation, during a crisis update, or in the middle of a volatile week.

Emma is the author of *Navigating the Deep End: Resilient Leadership in a Volatile World* (GracePoint, 2026) and the creator of Letters from Resilience on Substack (@emmamchurchman). She writes and teaches at the intersection of trauma recovery, resilient leadership, and ethical decision-making, helping leaders build cultures that can tell the truth, stay connected, and move forward together.