BRETT WILLIAM COTTER

LinkedIn Instagram YouTube

SUMMARY

Mr. Cotter is a 3-time award winning author, trainer, and founder of the Stress Is Gone Wellness Platform. He has 25 years' experience public speaking, training mental health & HR professionals, delivering wellness programs, leading retreats, and coaching private clients. He engages diverse audiences throughout the public and private sector. The Stress Is Gone Method is his proprietary tool-suite used to quickly reduce stress, anxiety, emotional pain, negative thinking, and suicidal ideation. Mr. Cotter also has 3 decades staffing expertise, 10+ years coaching athletics, is an A.A.E.T.S. Fellow, and an interfaith minister.

PROFESSIONAL EXPERIENCE

Stress Is Gone, LLC & Stress Is Gone.Org (501c3), Bayside, NY (full-time) 12/08 - present

CEO, Author, Trainer, Speaker, Retreat Facilitator, Coach

- Author: *Suicide Prevention Family Handbook, 3 Keys to Managing PTSD, The Stress Is Gone Method*
- Internationally present Stress Mgt & SP best-practices at conferences, summits, and on podcasts
- Train a wide range of mental health professionals in the *Stress Is Gone Suicide Prevention Protocol*
- Train/Certify students in Self-Care, as Meditation Teachers, Trauma Recovery Coaches, SP Specialists
- Train High School Guidance Counselors how to quickly de-escalate students in Brooklyn NY
- Deliver VET2VET online training to help Peer Specialists learn how to save lives and reduce burnout
- Train adaptive sports instructors how to de-escalate amputee military veterans learning to surf
- Lead *Healing Haven for Military Spouses;* a N.Y.S. Dept. of Veterans' Services mental health program
- Facilitate on-site retreat for MST Survivors at the VA Medical Center in Castle Point New York
- Facilitate virtual workshops for Red Star Mothers through Mothers of Veteran Suicide
- Facilitate workshop for blind veterans at the VA Medical Center in West Palm Beach Florida
- Lead emotional wellness program for veterans at the Bronx VA through the Whole Health Program
- Facilitate virtual workshops for survivors of domestic violence through The Center for Empowerment
- Lead stress reduction workshop for diverse group of amputee patients at rehabilitation center in NYC
- Teach SIG classes for group with severe psychiatric disorders at New Horizons Counseling Center NY
- Lead anger mgt classes for at-risk & incarcerated youth (bloods, crips, ms13) in Hempstead NY
- Facilitate workshop for in-patient participants in early stages of recovery at Phoenix House New York
- Partner with autism consultant to reduce stress for caregivers, family members, & those with autism
- Lead group breathwork and 1on1 trauma recovery sessions during a retreat for NYC first-responders
- Facilitate retreats at the Omega Ins., Himalayan Ins., Kripalu, Sivananda Bahamas, Tibet House, etc
- Deliver 3 live meditation classes per week for first responders, veterans, and high stressed individuals
- Lead opening meditation for 65 VP and C-level officials, and weekly classes at Movado Group NA
- Provide 1on1 coaching services to help clients alleviate emotional pain and suicidal ideation
- Functional design, copy writing, and project management: Stress Is Gone & PTSD Keys mobile apps
- Content creator for SIG, Neale Donald Walsch's org. Humanity's Team Stream+, AbilityVillage.com
- Serve as Trauma Expert for Meditation University's Teacher Training Program

Passive Talent Acquisition, Bayside, NY (part-time) 5/06 - Present

Recruiter Trainer - Multiple International Clients (contract)

- Train international agency/corporate recruiting teams online/on-site to create credibility, expedite the hiring process, manage expectations, hold clients accountable, and recruit top talent referrals

Staffing Consultant – 2nd Largest Online Learning Platform in the World (contract)

- Design new "In-take Call Guide" for team continuity & to grow recruiter role as trusted talent advisor
- Turn around relationship with key executive filling a Haskell job in 3-weeks previously open for 1-year
- Source & place passive candidates for Sales, Engineering, Legal, & Project Management organizations

FLC Recruiter

- Fill SAP, EMR, AI/ML, HPC, Cloud Engineering, BI, Cybersecurity, and DB professionals

Johnson & Johnson Corporate World Headquarters, NJ 6/05 – 5/06

Contract Recruiter

- SME for Direct Sourcing, Training and Orientation teams
- Designed training model and led delivery of J&J's first Direct Sourcing Recruitment Program
- Designed and deployed Taleo TMS S.O.P. to clarify roles for HR, Hiring Manager, and Recruiter
- Filled over 100 permanent positions in under a year and managed an ongoing req. load of 35-55 jobs

Therada, NYC, CA and NJ 1/00 – 6/05
Meditation Teacher
- Taught meditation and holistic healing modalities in hospitals, colleges, and health centers
- Provided 1-on-1 coaching and led workshops

Pacific Executive Search Group, Newport Beach, CA 12/00–12/02
Director of Staff Development, Recruitment & Business Strategy
- Managed and trained two teams of technical recruiters (IT and HW/FW/SW Engineering)
- Developed department wide recruiting SOPs and designed/delivered the training modules
- Increased Division's Annual Revenue by 30% during the recession year of 01 and again in 02

Stride & Associates, NYC & CA 4/97 - 10/00
Sr. Practice Manager, O.C. 7/99 – 10/00
Practice Manager, L.A. 6/98 – 6/99
IT Recruiter, NYC 4/97 – 5/98
- Developed team SOPs and training models to successfully generate leads, open accounts, recruit & close passive candidates, conduct interviews, take feedback, expedite process, make placements, etc
- Designed & delivered over 300 classroom training sessions for entry-to-manager level participants
- Mentored trainers how to connect with trainees and present digestible actionable information
- Received multiple local and national team and individual performance awards
- Achieved multiple team and individual industry milestone goals
- Team production averaged 175% of monthly sales quota

EDUCATION
State University of New York at Albany, December 1996
BA Degree in Psychology/Criminal Justice, Cum Laude
Golden Key & PSI CHI National Honor Societies

SPEAKING ENGAGEMENTS (clips on YouTube: https://bit.ly/3NZVyxk)
- Georgia State Suicide Prevention Conference, "SIG Suicide Prevention Protocol", 2026
- NYS Dept. of Veterans' Services - Veterans Recreation Outdoor Therapy Summit, 2026
- NYS Dept. of Veterans' Services - Courage & Calm for Women Veterans, 2026
- National Womens Veteran Alliance - Women Veterans Engage Conference, 2026
- Self-Care Summit, "SIG Method to Reduce Anxiety" 2022, 2023, 2026
- Sivananda Bahamas - Trauma Symposium, 2026
- Nervous System & Emotional Well-Being Summit, 2026
- Trauma Super Conference, "Words That Save Lives", 2025, 2026
- Ultimate Healing Summit, "How to Reduce Stress & Anxiety in Our Day-to-Day Lives", 2026
- Boston Trauma Conference, "Words That Save Lives" and "Healing Trauma" (Scientific Posters), 2025
- Holistic Wellness Summit, AM/PM Full Group Meditation & Keynote Intro - Neale Donald Walsch, 2025
- CUNY Central Office Veterans Affairs, "Wellness Wednesday", 2021, 2022, 2023, 2024, 2025
- Empire State Association of Assisted Living 43rd Annual Conference, "Stress Is Gone Method", 2024
- World Wellness Weekend, "The Stress Is Gone Method", 2022, 2023
- Pathful Virtual Countrywide Classroom for High School Students, "SIG Method", 2022-2026
- Eco-Chi Summit, "Express Your Anxiety Easy as 1-2-3", 2021
- SmartBear Mental Health Panel, "Coming Out of Covid", 2021
- Lunch with Loree (Ret. Brigadier General & Highest Ranking Army Psychiatrist Loree Sutton), 2021
- Operation Warrior Shield with New York Mayor Eric Adams, "Creating a Safe Landing Zone", 2020
- Renewal Summit with Jane Hanson, "Coming Out of Covid", 2020
- Operation Warrior Shield with NYC Dept. Veterans Services Commissioner James Hendon, 2019
- Boys 2 Men Summit for Teens Facing Gangs, Guns and Police Issues, "Anger Management", 2015
- EAF, Parent Engagement Expo, Educating Inner City Young Men, "The Stress is Gone Method", 2013
- New York Assn. of Psychiatric Rehabilitation Services, "3 Steps to a Quiet Mind", 2012
- Yonkers Family Health and Wellness Day, "The Stress Is Gone Method", 2011
- Mentoring in Medicine, Frederick Douglas Academy, "The Stress Is Gone Method", 2010
- ERE EXPO, "Finding and Hiring Passive Talent", 2006
- Webinars: American Institute of Stress, Montefiore Hospital, CarePlus NJ, Dwyer Peer Project, etc

MEMBERSHIP AFFILIATIONS

- American Academy of Experts in Traumatic Stress / National Center for Crisis Management
- Psi Chi National Honor Society in Psychology

CREDENTIALS/CERTIFICATIONS/TRAININGS

- Fellow & Diplomate with The American Academy of Experts in Traumatic Stress, 2026
- Nondenominational Ordained Minister, Universal Life Church, 2025
- Accredited by The International Mindfulness & Meditation Alliance, 2022
- Rockland County Vet-to-Vet Program (Certificate of Appreciation), 2022
- Certified in Stress Management by The American Academy of Experts in Traumatic Stress, 2021
- CPR, Concussion & Safe Spaces for High School Students, 2019
- Stress Is Gone Core Breathwork Method Certified by The American Institute of Stress, 2012
- Integrated Listening Systems, Neuro-Development (iLs Associate-Practitioner Training), 2010
- Foundation of I, Inc., Resolving Conflicts through Ho'oponopono (Basic I Class), 2008
- Coalition for the Homeless, First Step Job Training for Women (Certificate of Appreciation), 2007
- Development Dimensions International, Targeted Selection Interviewer, 2006
- Jansen Hospice & Palliative Care, Volunteer Training (Cert. of Appre.), 2006
- Johnson & Johnson, Resolving Conflicts of Interest, 2005
- Trans Dimensional Systems, Technical Remote Viewing (Level I), 2002
- Theta Healing (Level I & II), 2001
- Yuen Method, Chinese Energetic Medicine (I & II), 2000

VOLUTEER PROJECTS

- Pathful Countrywide Classroom – Teach stress/anxiety relief classes to HS students across the US
- Tornado Support KY – Sent stress/anxiety/trauma relief packages and services to shelters
- Homeless Veteran Support – Deliver PTSD workbooks to homeless veterans in NJ shelters
- AmpSurf Rockaway Queens – Train instructors to spot & deescalate PTS in amputee veteran surfers
- Hurricane Sandy - Classes and Private Coaching in Rockaway Queens and the Brooklyn Armory
- Sandy Hook CT - Private Stress Management Coaching for residents
- Family & Children's Association – Train participants in Anger Management and Stress Management
- Coalition for the Homeless – Train participants in Anger Management, Interviewing, & Job Readiness
- Jansen Hospice – Train volunteers for the 11th Hour Program

S.I.G. Training / Certification Programs Delivered

Mentorship for Suicide Prevention, Trauma Recovery, Meditation Teachers, Self-Care (ongoing)
Intuitive Trauma Recovery Coach, 2024
Meditation Teacher / Trauma Specialist, 2024
The Stress Is Gone Method, 2023

Recent Trauma Recovery Retreats & Workshops Facilitated

Clearpath for Veterans / NYS Dept. Veterans' Services Emotional Wellness for Military Spouses 2026
Himalayan Institute, Honesdale PA, Women's Retreat 2023, 2024, 2025, 2026
Castle Point VA Medical Center Retreat for Female Veteran MST Survivors, Wappingers Falls NY 2025
Monthly Emotional Recovery Workshop for MST Survivors (ongoing)
Omega Institute, Rhinebeck NY 2021, 2022, 2023, 2024, 2025
Kripalu, Stockbridge MA 2024, 2025
Sivananda Bahamas, Paradise Island 2025, 2026
Tibet House, New York City 2023, 2024
New York Open Center, New York City 2020, 2021

BOOK AWARDS

The Suicide Prevention Family Handbook, 2025: Non Fiction, Literary Titan, Readers' Favorite
The Stress Is Gone Method, 2025: Literary Titan, Readers' Favorite
3 Keys to Managing PTSD, 2015: Benjamin Franklin IBPA, New Apple Award for Excellence in Ind. Pub.

ATHLETIC COACHING EXPERIENCE

Albertus Magnus H.S. Varsity Football H.C. 2020 – 2022
Suffern M.S. Football Asst. Coach 2018 – 2019
RABA Basketball Asst. Coach 2017
Sacred Heart CYO Basketball H.C. 2014 – 2016
Suffern Little League Asst. Coach 2013 - 2014
Suffern Pop Warner Football Asst. Coach 2010
JCC Soccer H.C. 2010