



Team Member Spotlight

Delvina Miremedi-Baldino Ph.D., Ed.M., CAPP

Maine Resilience Building Network is thrilled to welcome Delvina Miremedi-Baldino, Ph.D., to the team as the Resilience Strategy and Impact Director. Since graduating from Gorham High, she earned a Ph.D. in Educational Leadership from Simmons University, a Master's degree from Harvard University in Human Development and Psychology, and a Bachelor's in Psychology from the University of Southern Maine. As a change agent in the mental health field, she has dedicated her life to helping others learn life skills that foster resiliency so they may lead more positive and purposeful lives.

Previously she worked in the Department of Psychiatry at Children's Hospital, Boston, for their Adolescent Suicide and Depression Prevention Program. It was there that her passion for prevention began. In 2011 she became the Director of Program and Evaluation for Life Advantages LLC, developing and implementing innovation prevention tools. She continued this work as Chief Resilience Officer at Realize Your Resilience LLC, which she founded in 2016. She said, "I have partnered with schools, universities, organizations, associations, and corporations to provide training and programming which help people of all ages learn how to lead happier, more fulfilled lives." She was featured in a TEDx Talk created in the spirit of TED's mission to encourage "ideas worth spreading."

Current scientific research in Positive Psychology informs Dr. Delvina's ideas about teaching essential skills to build resilience. Positive Psychology as a discipline provides endless scientifically proven techniques, exercises, and skills that change one's perspective to lead to astounding shifts in well-being and life satisfaction.

One helpful piece of advice that lies at the core of everything Dr. Delvina teaches is, "We have the power to shape our entire life experience by exercising our mind in positive ways." She added, "If you want to show up in the world as the best version of yourself, you must use scientifically proven strategies like mindfulness, gratitude, and optimistic thinking to train your mind muscle, much like you go to the gym to train your body muscles."

When asked how she and her family decided to move back to Gorham from Massachusetts, Dr. Delvina said, "Maine always had a big piece of my heart. I wanted my children to grow up in a stable, supportive community like Gorham. My husband, Craig Baldino, and I have been here for five years, and it's been the best decision ever made."