

Mindfulness In The Moment

2d Lt Noel Sheaffer – Master Resilience Trainer

2d Lt Noel Sheaffer, a Range Operations Commander for 45 RANS, has served in the Air Force just under two years. While at Undergraduate Space Training, Lt Sheaffer learned she wanted to be a Master Resiliency Trainer after an instructor talked to her about his MRT course experience. While dealing with some difficult personal experiences, he showed her how much compassion and understanding can do for her fellow Airmen. He was a huge influence in her determination to become an MRT. In the short time 2d Lt Sheaffer has been an MRT, she has seen the benefits of the skills she gained in the MRT course in her personal and professional life.

She says this about her MRT journey, “I am extremely passionate about the skills within the MRT course and want to share them with as many people as possible. The welcoming and compassionate environment I experienced while going through my MRT journey has helped me in unexplainable ways. If I can help even one person the way these resiliency skills have helped me, I’d consider that an achievement. One of the biggest things I took from the resiliency courses was that resiliency is a universal skill. It’s not just for those struggling. It’s also important for individuals that are doing okay and want to thrive instead, but also for people who are thriving and want to continue to thrive. Resiliency is for everyone!”

