



TREENA
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Bio

Treena Reilkoff, CCM, BA, BSW, QMed, WFA, PHSA is the owner of TLR Solutions 4 Conflict. Treena is an ADR professional, trainer, facilitator and international author, with decades of experience in trauma informed practices and promoting strategies for optimizing conflict resiliency.

Her professional background is diverse and includes working in the fields of mental health, behavioural analysis, case management, ADR and social work. She brings 25+ years' experience providing conflict resolution services to persons and groups who have experienced trauma, in diverse, complex and high-risk environments, such as corrections, military and veteran affairs, educational and health care institutions and has resided in five provinces (BC-Ont), with lived experiences of ADR practices in urban, rural, remote and Indigenous communities.

As an elected Member of the Board of Directors of ADR Ontario, Treena serves as Co-Chair of the Professional Development Committee. She is affiliated with the Diversified Dispute Resolution Centre of Canada, Canadian Cannabis Dispute Resolution Centre, Workplace Fairness Institute International, Respect Group and Community Conflict Resolution Services of Halton.

Treena's credentials include Executive Certificate in Conflict Management (Stitt Feld Handy Group & Windsor Law School), Bachelor of Social Work and Bachelor of Art (Criminology/Psychology), Psychological Health & Safety Advisor (CMHA), Certified in Critical Incident Stress Management, ASSIST, Trauma Informed Yoga, Qualified Mediator (ADRIO), Civil Mediator, Certified Workplace Fairness Analyst / Workplace Restoration (WFI) and Accredited Diversity Facilitator (DDRIOOC).

PODCASTS

[Trauma Informed Mediation -HR SHOP TALK](#)

[Trauma and Mediation – The Mediation Podcast](#)