

DALE GALBRAITH



Author, Entrepreneur & Founder of the Water Your Lawn Method

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THE MISSION

Most mental health conversations are abstract. Dale Galbraith provides a grounded, biological roadmap for Post-Traumatic Growth. After navigating profound personal loss, Dale codified the Water Your Lawn method—a 5-pillar system (Soil, Roots, Water, Sunlight, and Bloom) designed to move high-performers from the "arid cracks of sorrow" to professional and personal emergence.

KEY DISCUSSION TOPICS

- **The Masculine Perspective on Resilience:** Why traditional "healing" talk often fails men and how systems-based metaphors bridge the gap between vulnerability and strength.
- **The "Water Your Lawn" Framework:** A deep dive into the 5 pillars of mental maintenance and why proactive care is the only way to prevent the atrophy of the mind and spirit.
- **Mastering the Aftermath:** Practical, actionable steps for shifting from a state of survival to one of durable, quiet strength and professional mastery.

PUBLISHED WORKS

- ***The Man Who Watered His Lawn*** – Honouring a Love Lost While Navigating the Arid Cracks of Sorrows Desert
- ***Water Your Lawn*** – An Inspirational Guide to Mind Health and Post-Traumatic Growth
- **COMING SOON: *Water Your Lawn: Profiles in Courage*** – The Architecture of Resilience: Decoding the Systems of High-Performers who Transformed Trauma into World-Changing Impact.

AS SEEN ON

- **The Wellness Dojo Podcast** (Episode #102: An Exclusive on the WYL Method)
 - **Featured Guest / Speaker** (Resilience & Post-Traumatic Growth Specialist)
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Booking Inquiry: Dale is available for podcast appearances, radio segments, and keynote speaking engagements focused on resilience, mental systems, and professional growth.