

MAJOR ED PULIDO, U.S. ARMY (RET.)

Sr. Vice President, **Folds of Honor Foundation**
Founder, **Warriors for Freedom**
Spokesperson, **AROGA Health**

SPEECH TOPICS

Resilience

Suffering a loss or trauma will change one's life forever. On the 17th of August, 2004, Major Pulido hit an Improvised Explosive Device (I.E.D) or roadside bomb while serving in Iraq. Major Pulido during his time in the hospital experienced the inner darkness of depression, PTSD, and suicidal ideation that would cripple his positive spirit. This inner darkness he describes as a "deep wounding of a soldiers spirit". It was at that time that he understood that as a Warrior he could not walk alone in this journey. In that moment, he asked for help from his God, Country, his family and the American people. The result of this intervention would put his life on the road to recovery. It would also be the building block for his understanding the inner wounds of war. Major Pulido's firsthand account of coming out of the darkness of depression, make him an ideal candidate to educate the public on Resilience.



Overcoming obstacles

On the 17th of August, 2004, Major Pulido hit an Improvised Explosive Device (I.E.D) or roadside bomb while serving in Iraq. During his time in the hospital Major Pulido experienced the inner darkness of depression, PTSD, and suicidal ideation that would cripple his positive spirit. As if the physical and mental pain of these injuries were not enough to overcome he would eventually lose his leg as a result of what happened that day. The loss of that leg today is the incarnation of what it takes to overcome obstacles. Rather it is in one's personal or professional life there will be obstacles and Major Pulido's unique perspective make him an ideal candidate to educate the public on overcoming obstacles.

Selfless service

God, Country and Family. That sums up Ed Pulido. Following in the footsteps of his father Ed Pulido joined the Army and rose to the rank of Major. Unfortunately on the 17th of August, 2004, Major Pulido hit an Improvised Explosive Device (I.E.D) or roadside bomb while serving in Iraq. As a result of that day he'd eventually lose his leg. Although he has experienced the inner darkness of depression, PTSD, and suicidal ideation through service to others he has found purpose outside of the military. As a father, Sr. Vice President of the Folds of Honor Foundation and Founder of the Warriors for Freedom Foundation Major Pulido has been able to touch more lives than he ever imagined. Major Pulido's unique perspective on selfless service and the sacrifices that it may entail make him an ideal candidate to educate the public on selfless service.
