A CONTINUING EVOLUTION OF SERVICE

Sean Clifton

Master Sergeant (Retired), U.S. Army Special Forces (Green Beret)

Combat-Wounded Veteran | Peer Mentor | Meditation Coach
Veteran Wellness Advocate

Sean Clifton is a retired U.S. Army Special Forces Green Beret, combat-wounded veteran, peer mentor, meditation coach, and veteran wellness advocate.

Sean served more than 22 years in the U.S. Army, including 15 years in Special Forces, with multiple combat deployments to Iraq and Afghanistan. During a combat operation in Afghanistan in 2009, Sean was critically wounded; suffering from multiple enemy gunshot wounds, Sean began a years-long journey through surgeries, rehabilitation, recovery, and ultimately, Post-Traumatic Growth (PTG). His military decorations include the Purple Heart and multiple Bronze Star Medals, including awards for Valor.

Since retiring from the Army in 2016, Sean has continued his service through veteran advocacy, peer mentorship, meditation coaching, and community-based wellness programs. He is the founder and team manager of VALOR Racing Team, which uses physical activity, camaraderie, and community engagement to support veteran wellness.

Sean is now entering another chapter of service as a Master of Social Work student at The Ohio State University, with the goal of becoming a clinical social worker specializing in trauma, Post-Traumatic Growth (PTG), mindfulness, and psychedelic-assisted therapy.

SERVE. PROTECT. HEAL.

A continuing evolution of service -
from protecting others to helping others heal.





