



INTERACTIVE WORKSHOPS & PROFESSIONAL DEVELOPMENT

30 MIN–1 HOUR

THERAPY?: THE WHAT’S, WHY’S, & HOW’S ABOUT THERAPY

Teaching what therapy is, whom it’s for and is not for, what to expect in and from therapy sessions, why it’s important, how to even begin, and how much it costs. Q&A time included and resources provided.

LIFE’S HARD, HOW ARE YOU COPING?

Teaching on some of the biggest negative coping skills that people run to, the destructive impact that they have upon one’s life, and 3 positive coping skills to implement in order to avoid falling into them.

WHY ARE YOU DOING THIS?/WHAT’S YOUR WHY?

Redefining what you call “success”. How one defines “success” impacts their mental health, attitude, behavior on the job, employees/team, and those who are being served.

PEOPLE, NOT PROBLEMS

Discussing the importance of seeing their team as people not problems and treating them as such. This paradigm shift will help leaders lead with humility and their humanity rather than with a problem-solving, task-oriented approach and cultivate a positive environment in which to work.

MORE THAN A TITLE

Helping leaders care more about their character than their titles.

FOLLOW THE LEADER

Realizing the leaders are leading no matter what direction they're leading. Therefore, it's important to be mindful of what culture you're creating in your organization and lead by example.

FAMILY MATTERS: DID I DO THAT?

A discussion geared toward the need to prioritize family, not taking them for granted. Assessing the hypocrisy and duplicity of leaders and providing practical tips to decrease the negative outcomes and boost the positive outcomes within their own families.

NEEDS

- A meeting space for assemblies/workshop
- Microphone and spaker system suitable for the room size
- Projector and projection screen, or large display with laptop connectivity
- Access to electrical outlets and reliable Wi-Fi, if needed

COST

Negotiable per workshop or training.

CONTACT INFORMATION

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