WORKSHOP TOPICS

- Awareness and Identity
- Communicating Boundaries
- Understanding Emotional Labor
- Conflict Styles
- Love Languages, Love Styles, & Loving Yourself
- Healthy Relationships (teens, parent/child, family, romantic, friends, workplace)
- Communicating Compassion
- Coping with Crisis
- Talking about Trauma
- Leadership Development
- Feel the Feelings: Communicating about Emotions
- Reframing and Regrouping: Shifting your Perspective
- Using your voice and sharing your story
- Understanding Violence/Abuse
- Emotional Processing
- Assessing Interpersonal Needs
- Creating Work/Life Balance
- Goal Setting
- Valuing Diversity
- Listening to Engage

SAMPLE OF WORK

- "Being Whole: Sharing your story and using your voice" (Link to TedX talk, February 2020)
- Being Whole: Healing from Trauma and Reclaiming My Voice (Book link with preview of chapters available)