

INVITED PRESENTATIONS and SPEAKING ENGAGEMENTS

KEYNOTES:

"The Psychology of Success"

The Legacy Project Conference for Women in Business, May 18, 2018

Illinois Counseling Association Southern Conference, March 16, 2018

Lewis University, March 30, 2017

Lakeside Bank, Women Who Make a Difference Event, October 21, 2015

North Dakota Counseling Association, Annual Conference, February 22, 2015

Meeting Planners International, Annual Holiday Event, December 13, 2013

"Promoting Anti-Harassment Culture in the Wake of #MeToo"

Northern Illinois Employee Assistance Professionals Association, February 16, 2018

"Dating After Divorce"

The Lilac Tree, January 25, 2018

"Self-Care for Counselors"

Illinois Mental Health Counselors Association, January 31, 2018

"Stress and Time Management, Mindfulness and Conflict Resolution"

Columbia College, September 22, 2017

CONFERENCE WORKSHOPS:

"Promoting Self-esteem in Clients"

Illinois Mental Health Counselors Academy IMHCA, June 26, 2017

"President's Welcome Address"

American Counseling Association: Midwest Leadership Academy November 4, 2016

"Membership Retention and Growth"

American Counseling Association: Midwest Leadership Academy, October 16, 2016

"Innovative Branch Practices"

American Counseling Association: Midwest Leadership Academy, October 16, 2016

CORPORATE TRAININGS:

"Drug-Free Workplace Program Supervisory Training"

HydraForce, January 10, 2017

"Increasing Branch Membership & Revenue"

American Counseling Association: Institute for Leadership Training, July 30, 2016

"Effectively Working With Coworkers"

City of Evanston, April 28, 2016 & April 28, 2015

"The Psychology of Success: Creating Work/Life Balance"

Oracle, Oracle Women's Leadership, August 14, 2012

Dover Corporation, July 30, 2012

PODCASTS:

WBBM Radio

"How to Handle Conversations About Politics During the Holidays" | Interview with Jim Gudas • Nov. 22, 2017

"How to Empower Girls to Say No to ... Physical Affection" | Interview with Jim Gudas • Nov. 22, 2017

Solutions 110 [On Leadership](#) and [Hear the World's Sounds](#)

WEBINARS and WORKSHOPS:

"Membership Retention & Growth" workshop

American Counseling Association Branch Development Committee, January 20, 2017

"The Psychology of Success: Creating Work/Life Balance" webinar

Workplace Solutions Employee Assistance Program, National Webinar, October 1, 2015

PsychCentral, July 25, 2013

Siemens Corporation, May 29, 2012

"Take Your Practice to the Next Level" webinar

TherapySites, December 9, 2014 & September 10, 2014

"Shifting Gears From Mental Health to Business" webinar

Illinois Mental Health Counselors Association, January 26, 2012

WORKSHOPS for CONTINUING EDUCATION UNITS FOR THERAPISTS:

"Collaboration Between Mental Health & School Counselors"

Illinois Counseling Association Annual Conference, November 10, 2017

"Mental Health & School Counselor Collaboration for Student Success"

North Dakota Counseling Association, February 13, 2017

"How to Promote Confidence, Self-Esteem & Empowerment: A Counselor's Toolkit"

North Dakota Counseling Association, February 12, 2017

"The Psychology of Success: Transcending Divorce"

The Lilac Tree, September 22, 2015

Advanced Clinical Trainers, April 25, 2014 & December 5, 2013

"Dual Diagnosis Treatment"

Employee Resource Systems, December 3, 2015

Wellness Cancer Center, March 4, 2015

"The Psychology of Success: Creating Work/Life Balance"

Northern Illinois Employee Assistance Professional Association, August 22, 2015

Harborview Recovery Center, September 7, 2012

"Treating Bipolar Disorder"

The Family Institute at Northwestern University, November 5, 2014

"The Psychology of Success: Transcending Anxiety & Depression"

Insight Behavioral Health, Winter Anxiety Symposium, February 7, 2014

"Advanced Private Practice: Taking Your Practice to the Next Level"

Illinois Mental Health Counselors Association, November 13, 2014 & March 15, 2013

WORKPLACE WELLNESS SEMINARS:

"Mindfulness in the Workplace" for the City of Evanston, April 19, 2017

"Alcohol Awareness" for the City of Evanston, November 16, 2016

"Work/Life Balance" for the City of Evanston, September 4, 2016

"Managing Conflict in the Workplace" for the U.S. Customs & Border Protection, July 9, 2016

WORKPLACE WELLNESS SEMINARS (continued):

"The Mood/Food Connection" for the City of Evanston, November 5, 2015 & October 23, 2014
"Anger Management" for the City of Evanston, October 14, 2015
"Building Resiliency" for the City of Evanston, July 15, 2015
"Being Happy While You Work" for the City of Evanston, June 11, 2015
"Exercise at Your Desk" for the Eze Software Group, May 21, 2015
"Depression Awareness" for the City of Evanston, September 17, 2014
"Conquering Cumulative Stress" for the City of Evanston, August 27, 2014
"Improving Communication in the Workplace" for the City of Evanston, May 20, 2014
"Dealing With Difficult People" for the City of Evanston, April 29, 2014
"Keeping the Happy in Holidays" for UPS, November 29, 2012
"Assertive Communication" for UPS, September 27, 2012
"Effective Workplace Communication" for UPS, July 26, 2012

CRITICAL INCIDENT STRESS DEBRIEFINGS:

City of Evanston, July 1, 2014 & September 14, 2016
Mattress Firm, March 5, 2016 & March 3, 2016

TALKS FOR UNIVERSITIES and INTEREST GROUPS:

"The Psychology of Success"

Lewis University, March 29, 2017

"The Psychology of Success" Product/Market Fit

Kellogg School of Management at Northwestern University, January 17, 2017

"The Psychology of Success"

Northern Illinois University, April 21, 2016

"Surviving the Roller Coaster of Divorce"

The Lilac Tree, June 11, 2012

"Work/Life Balance"

The Alumni Association of The Family Institute at Northwestern University, May 18, 2011

FOR ATTORNEYS:

"Effective Conflict Resolution" JAMS Arbitration, Mediation & ADR Services, June 19, 2014

"Mental Health Injuries" National Business Institute, June 22, 2012