

# Virtual Presentations



**Joyce Marter**  
MENTAL HEALTH EXPERT

# Joyce Marter

Licensed Psychotherapist, Entrepreneur,  
National Speaker & Author

## About Joyce

Joyce Marter has been a Licensed Clinical Professional Counselor for more than twenty years and is a passionate mental health advocate. She is the Founder of Urban Balance, an insurance-friendly counseling practice that has over 170 therapists working from seventeen locations in six states.

Joyce is a leader in the counseling profession and has served as Chair of the Midwest Region of the American Counseling Association, President of the Illinois Counseling Association, and was a two-term President of the Illinois Mental Health Counselors Association.

A member of the National Speakers Association, Joyce is a nationally-renowned keynote speaker and corporate trainer. She is a blogger for *PsychCentral*, *Spirituality & Health*, and *The Huffington Post*, and has been quoted in more than ten books.

Her book, *The Financial Mindset Fix: A Mental Fitness Program for an Abundant Life* was released by Sounds True Publishing and several international publishers in July, 2021.

Joyce Marter is routinely consulted as a mental health expert in the media and has been featured in such outlets as *The Wall Street Journal*, *U.S. News & World Report*, *CNN*, *Real Simple Magazine* and *MTV*. Her media pieces reached an audience of over one billion in 2020.

***“You must care enough  
about yourself to welcome  
the life you deserve.”***

**Joyce Marter**



## Presentation Style

As a keynote speaker who moves audiences of thousands, Joyce Marter's presentation style is dynamic, engaging and thought-provoking. She is a passionate advocate for destigmatizing mental health challenges and promoting awareness and access to care.

Joyce includes the latest statistics and research to back her points. She is a relatable and impassioned speaker who removes the shame and stigma from conversations about mental health and motivates audiences to take care of their mental health and wellness so they can succeed both professionally and personally. Her slides are professionally designed and include a text campaign so attendees can receive handouts of the slides and other resources digitally.

Joyce is a seasoned presenter, both in-person and virtual. Her keynote presentations and corporate trainings are didactic and skills-building with practical tips and takeaways. She is highly adept at keeping diverse audiences engaged by using features such as polls, chats, and Q&A. Joyce custom builds her presentations to meet the unique needs of each client organization.

A one-hour program typically includes 45-50 minutes of presentation, 10-15 minutes of Q&A.

## Partial Client List

- National Alliance on Mental Illness
- OppLoans
- Waterstone Mortgage
- Baxter Healthcare
- San Francisco Chronicle
- Streamline Healthcare
- Brain Injury Alliance of Arizona
- Credible Behavioral Health
- School Nutrition Association
- Michigan Community Action
- Village of Schaumburg
- OLHSA Livingston Human Service Agency
- Ecker Center for Mental Health
- Boeing
- RedMane Technologies Egnite
- Nerd Wallet
- Central Reach
- NERA
- Northwestern Mutual
- Aera Energy

Aires (Presented for their board including executives from companies such as Whole Foods, Nokia, Netflix, Citrix, Verizon, GAP, Ebay, IBM, Motorola, Harley Davidson and more)

**AUTHENTIC. ENGAGING. PASSIONATE.**

## **Virtual Presentations**

### **BUILDING RESILIENCE AND PROMOTING MENTAL HEALTH DURING CHALLENGING TIMES**

(most recommended)

#### **Program Summary**

In this informative and dynamic event, audiences receive practical tools and strategies from cognitive behavioral therapy and mindfulness to promote mental wellness, work/life balance, emotional intelligence, and resilience during times of challenge. This keynote will leave attendees feeling refreshed and inspired to practice good self-care and access support so they can be most effective at home and at work. Innovative tools, exercises, and resources will be shared that make for excellent ongoing wellness programming.

### **HOW TO CULTIVATE WORK-LIFE BALANCE DURING THE PANDEMIC AND BEYOND**

#### **Program Summary**

In this engaging event, attendees will receive practical tools for balancing the responsibilities of work and home during the unique challenges of the pandemic and beyond. Effective communication, conflict-resolution, time management and stress management tips will be provided to practice and share with loved ones. Specific parenting suggestions will be provided for managing the stressors and anxieties of children and adolescents who are participating in virtual or hybrid learning environments.

**RELATABLE.**

**PRACTICAL.**

**THOUGHT-PROVOKING.**

## **MENTAL HEALTH AWARENESS**

### **Breaking the Stigma and Promoting Access to Self Care**

#### **Program Summary**

In this dynamic and interactive workshop, participants will learn the common mental health issues that have been normal responses to the stressors of the pandemic. They will learn how to reduce the shame and stigma around mental health by paying attention to the power of language and creating space for honest and compassionate conversations about mental health. Attendees will learn signs and symptoms of common mental health issues, and how to respond to them with empathy and compassion for self and others. Attendees will leave this presentation inspired and equipped to recognize and address mental health issues in themselves and others and facilitate access to Employee Assistance Program and other services. The intention of this workshop is to empower attendees to become instruments of change during any mental health crisis.

## **MENTAL HEALTH FIRST-AID FOR LEADERSHIP AND SUPERVISORS**

(highly recommended for directors, managers, etc.)

#### **Program Summary**

Behavioral health issues in the workplace cost American employers over \$500 billion a year. In this dynamic and interactive workshop, supervisors and leadership will be inspired and equipped with tools to reduce absenteeism and healthcare costs and increase employee wellness, retention, productivity, and morale. Attendees will learn about the current trends in mental health and addiction and learn tools for prevention, early detection, and referral for appropriate levels of care. Participants will define the boundaries of their roles and learn how to respond to mental health issues in the workplace in a collaborative way that is kind, compassionate, effective, and legally sound. The intention of this workshop is to empower attendees to become instruments of change during any mental health crisis.

## INNOVATIVE TOOLS

### For Developing Self-Love and Accessing Real Support

#### Program Summary

In this dynamic and interactive workshop, attendees will participate in exercises to help them explore the relationships between self-love, accessing support, financial prosperity, and professional satisfaction. Attendees will receive innovative “wheel exercises” developed by Joyce which can be used with clients in any setting to help them identify areas of need and develop an action plan for taking better care of themselves, welcoming prosperity, and career success, and accessing real support.

#### Learning Objectives

- Understand the connection between self-love, accessing support, welcoming prosperity and achieving career success.
- Learn how to use innovative “wheel exercises” to help clients promote self-care, financial health, and career satisfaction for overall wellness.
- Practice using these tools to identify personal areas of need to prevent professional burnout.

## MENTAL WEALTH

### How Improving Mental Health Can Promote Financial Wealth

#### Program Summary

Psychotherapist and entrepreneur, Joyce Marter explores the psychology of money and how to shift your thinking and change your relationship with money to welcome true prosperity. Citing research that shows the correlations between positive self-esteem (such as confidence, self-compassion, and self-care) and financial prosperity, Joyce illustrates how self-worth is connected to net worth. Attendees will learn how to promote financial health using techniques from cognitive behavioral therapy, narrative therapy, and mindfulness practices. Finally, participants will explore how true prosperity is having both financial wellness and personal prosperity such as health, support, work-life balance, and happiness.

#### Learning Objectives

- To understand the relationships between mental health and financial health.
- To appreciate how low self-esteem and false self-worth can be detrimental to financial life. • Learn how to promote financial health by using tools and techniques from CBT, narrative therapy, and mindfulness practices.
- Understand how true prosperity is having both financial wellness and personal prosperity such as health, support, work-life balance, and happiness.



## MINDFULNESS IN THE WORKPLACE

### Program Summary

In this engaging and experiential workshop, participants will learn practical tools and exercises to help their clients develop mindfulness. Mindfulness practices have been shown to decrease stress and improve everything from physical/mental/financial health to emotional intelligence and work productivity.

### Learning Objectives

- Understand the meaning of mindfulness
- Identify the benefits of practicing mindfulness
- Recognize the obstacles to mindfulness
- Implement strategies for increasing mindfulness in the workplace

## EFFECTIVE COMMUNICATION AND CONFLICT RESOLUTION AT WORK

### Program Summary

In this engaging virtual presentation, attendees will learn practical tools and strategies to improve their communication at home and at work. This session will also cover understanding the nature of conflicts at work, recognizing one's conflict style, and tactical ways for dealing with and resolving conflicts at work.

***“Joyce Marter is a courageous and engaging speaker. She speaks with fervent preciseness backed by evidence and experience. She is attentive to her audience members and inclusive in her remarks. Joyce Marter creates dynamically inviting and inspiring space through her informative narrative discourse as a public speaker.”***

**Kimberly A. Hart, PhD**

President, Illinois Counseling Association