



Categories & Presentations

Consider the following prior to booking your presentation:

- All presentations can be conducted virtually or in person.
- Presentations can be altered to fit the specific needs of your audience.
- Presentations are flexible and can be adapted from one hour to six hours depending on your time schedule.

Presentation Formats:

- Corporate/Government/Municipal/Organization Trainings
 - Keynote
 - Corporate Training Workshop/Webinar
- Continuing Education Training

Each continuing education training provides CEUs for participation. They are designed for behavioral therapists, addiction counselors, or other professionals working as a clinician.

- Keynote
- Breakout Session
- Fundraiser Events - Hire Joyce to speak at your next fundraising event.
- Commencement Speeches - Hire Joyce to be your commencement speaker

Categories & Presentations:

Category #1: Mental Health

“Mental Health Awareness: Breaking the Stigma & Promoting Access to Care”

Program Summary

Day-to-day challenges have negatively affected our mental health and created even more barriers for people already dealing with mental illness and substance abuse. In

this engaging workshop, participants discover how to create genuine space for open and honest conversations about mental health to create a pathway to unlock the shame and stigma surrounding it. Marter shares an in-depth look at signs and symptoms of common mental health issues and provides resources to swiftly prevent and address mental health issues. Participants leave empowered to become positive instruments of change during any mental health crisis.

“Mental Health First Aid for Supervisors & Leaders”

Program Summary

In the US, 46.4% of adults will experience a mental health condition. Seventy percent of those happen in the workplace. In this lively interactive workshop, supervisors and leaders learn how to create a workplace that removes the stigma of mental illness and promotes health and wellness. Participants leave the workshop with all the tools necessary to create a Mental Health First Aid Plan. Marter shares steps to address employee mental health issues, how to best work with EAP providers, and additional supportive resources.

“How to Promote Positive Mental Health & Resilience During Challenging Times”

Program Summary

Dealing with uncertainty can cause unnecessary stress and anxiety. Common responses to challenging times like the pandemic include feelings of grief and loss, depression, and relationship conflict. Marter shares mental health tips to prioritize mental health and wellbeing no matter what the situation. Participants receive practical tools and strategies from cognitive behavioral therapy and mindfulness to promote mental wellness, work/life balance, emotional intelligence, and resilience. Attendees leave this workshop feeling refreshed and inspired to practice good self-care and access support so they can be most effective at home and work.

Category #2: Financial Health

“The Financial Mindset Fix: How to Leverage Psychology to Improve Your Financial Health”

Program Summary: As a therapist, Joyce Marter noticed an extraordinary trend: as her clients improved their mental health, they also began receiving raises, getting promotions, finding better jobs, or starting their own successful businesses. Since that epiphany, Marter has become a go-to expert on establishing ways to improve financial well-being by focusing on psychological and relational issues around money. In this workshop, Marter cites research showing the correlation between positive self-esteem

and financial prosperity. She reveals how confidence, self-compassion, and self-care contribute to financial prosperity. Participants discover how to promote financial health using techniques from cognitive behavioral therapy, narrative therapy, and mindfulness practices.

“The Psychology of Success”

Program Summary: There’s a certain psychology that goes into success. In her book, *The Financial Mindset Fix*, Marter identifies 12 essential mindsets for transforming your relationship with yourself to welcome a life of wealth. Throughout this presentation, she provides innovative exercises, self-assessment tools, and insights for shifting into a mindset of abundance. Marter shares powerful case presentations from over 20 years of therapeutic practice demonstrating the power of the psychology of success. Participants leave with resources to begin practicing the elements of the psychology of success in both their personal and professional lives. Marter has facilitated this popular training for the American Counseling Association, many state counseling branches, and Fortune 500 Companies.

Category #3: Mindfulness & EQ

“Mindfulness in the Workplace”

Program Summary: Mindfulness practices decrease stress and improve everything from physical/ mental/financial health to emotional intelligence and work productivity. In this engaging and experiential workshop, participants learn practical tools to practice mindfulness in both their personal and professional lives. Marter uses powerful storytelling and empirical support to demonstrate how mindfulness can increase productivity, concentration, decision making, and mental clarity. Participants discover how to overcome common obstacles to mindfulness, incorporate mindfulness in workplace programming, and implement practical powerful mindfulness strategies at home and work.

“Mindfulness During the Holidays”

Program Summary: In this inspiring and rejuvenating presentation, participants learn practical skills to practice mindfulness at home and at work to facilitate inner peace and calm and emotional intelligence to cope with holiday season stressors. In addition to learning the benefits of mindfulness, attendees leave with a plan for incorporating mindfulness practices into their daily routine, and how to manage challenges when dealing with the winter blues and holiday stress. This presentation is designed to help maintain work-life balance and wellness during the busyness of the season while setting

you up for success throughout the year.

“Effective Communication & Conflict Resolution”

Program Summary: Conflict is something many of us try to avoid, but the reality is it's a regular part of life. In this engaging presentation, attendees learn practical tools and strategies to improve their communication at home and at work when dealing with conflict. Participants discover specific tips for dealing with challenging personality types and how to set healthy boundaries to improve emotional and relational wellbeing. After attending this presentation, participants will be able to identify the nature of conflict at work, recognize their own conflict style, incorporate skills to effectively resolve work conflict, and rely on resources for ongoing support to create a more productive and efficient work environment.

Category #4: Wellness

- **Burnout**

Program Summary: It is common for behavioral healthcare providers to experience compassion fatigue and professional burnout. Recognizing burnout is the first step toward addressing solutions to it. In this presentation, participants learn how to differentiate burnout from stress. Participants will leave with helpful tools and techniques to create a burnout prevention action plan.

- **Sexual Harassment**

Program Summary: At some point during their life, [81% of women and 43% of men](#) experience sexual harassment or assault. Sexual harassment in the workplace has been a much discussed topic in the media considering all the high-profile scandals in the past couple of years. Participants can expect to learn the definition of sexual harassment, the different types of harassment, the laws in place that protect victims and how to empower clients who are experiencing harassment to advocate for themselves. Participants will learn treatment implications and approaches for addressing trauma and other symptomatology related to harassment.

- **Work-Life Balance**

Program Summary: In this engaging workshop, participants receive practical tools for balancing the responsibilities of work and home brought to light during the unique challenges of the pandemic. Effective communication, conflict-resolution, time management and stress management tips will be provided for you 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.

Other topics:

- Conscious Leadership
- Dealing with Difficult People
- De-Escalation Training
- Holiday Stress Resilience
- Self-Care
- Stress Management
- Time Management
- Work-Life Balance