



# SPEAKERS COLLECTIVE FOR BUSINESSES & ORGANIZATIONS



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MENTALHEALTHLOU.COM  
@MENTALHEALTHLOU

INSPIRATION IS  
EVERYWHERE - ARTIST:  
BRYAN PATRICK TODD |  
ADDRESS: 280 W  
JEFFERSON STREET  
1.

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# WHAT'S MENTAL HEALTH LIKE IN YOUR ORGANIZATION?

**ARE YOU READY TO BRING MENTAL HEALTH TOOLS TO YOUR ORGANIZATION?**

**WE HAVE YOU COVERED!**

## **MAKE MENTAL HEALTH A PRIORITY TODAY!**

Now more than ever we are experiencing an alarming and growing public health crisis that greatly affects our workplace. Work demands are increasing and maintaining employees is becoming more and more difficult.

Employers who do not provide and educate employees about mental health are statistically less likely to be perceived as a safe environment for employees who live with mental illnesses. 83% of people studied reported

they felt emotionally drained from their work. This is contributing to the skyrocketing mental health issues across the country. We have the opportunity to change our workplaces for the better and have robust environments that support the mental health needs of our community, but businesses must take action.

We are here to drive that change.

## **WE EQUIP BUSINESSES AND ORGANIZATIONS WITH MENTAL HEALTH TOOLS!**

***Let us help you by providing: Interactive and Extensive Workshops and Trainings along with Inspiring Keynotes!***





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# WORKSHOPS FOR BUSINESSES & ORGS

## **COMMUNICATION**

Emotional Intelligence in the workplace  
Communication and Conflict Resolution  
Letting go into action  
Supervising the Mind  
Interpersonal Effectiveness  
It's Alright to be Wrong  
Communicating Needs at Work  
Shift from Reacting to Responding  
Giving & Receiving Feedback with Ease

## **SELF CARE**

Decreasing Stress at my Desk  
Mental Health Matters: Self Care  
Mental Health Game Plan  
Creating a Balance between work/life  
ADHD and Your Work-Life Balance  
Moving Through Change and  
Uncertainty  
Releasing What No Longer Fits  
Accepting What Is  
Tending to the Inner World  
Self-Care & Boundaries



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# WORKSHOPS FOR BUSINESSES & ORGS

## **LEADERSHIP**

Leadership Development

Mindfulness for Leaders

5 Traps that Keep Women Leaders Stuck... and How to Break Out

Power of Authentic Leadership

Leadership Success in the New World

## **BURNOUT PREVENTION & RESILIENCE**

From Burnout to Resilience: Creating Sustainable Growth

Mental Health Matters: Trauma and Coping

Rejuvenating Your Workflow

## **ADDITIONAL WORKSHOPS**

Psychological Safety in the Office

Talk Saves Lives - Suicide Prevention

Making Tough Decisions

Perspective is Everything: How to Have a Positive Growth Mindset

### **Contact:**

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**Director at Mental Health Lou & You**

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**502-806-8816**



# TESTIMONIALS

**“THIS WAS VERY  
HELPFUL. I ALMOST  
FEEL THIS WOULD BE  
EXCELLENT AS A  
REQUIRED COURSE FOR  
ALL EMPLOYEES.”**

**BAPTIST HEALTH TRAINING  
ATTENDEE**

**“THE SPEAKER WAS  
WONDERFUL! I  
LEARNED SOME  
RELAXATION TOOLS. SO  
HELPFUL!**

**-COMPASSION FATIGUE FOR  
NURSES TRAINING ATTENDEE**

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# FEATURED SPEAKERS

EVERY PERSON DESERVES TO HAVE EDUCATION AND SUPPORT FOR THEIR MENTAL HEALTH. LET US BRING THE TOOLS TO YOU.



**SHELLY SOWELL**

LPCC, Owner of Integrative Counseling and Consulting



**LAUREN MUIR**

LPCC, Co-Owner of Martin and Muir Counseling



**KERI KNIGHT**

LCSW, ADHD Coach



**ALLISON HOWELL**

LMFT, Co-Owner of Northstar



**DEVIN PERSON**

Hypnotherapist and owner of Change Your Mind KY



**AMANDA VILLAVECES**

LMFT, Director of Mental Health Lou



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# FEATURED SPEAKERS



**NICOLE SARTINI**

M.Ed., LPCC, IMPH  
Co-Founder, Executive  
Director and Therapist  
Bridge Counseling and  
Wellness  
The Academy of  
Integrative Mental Health



**AIRLEA WILLIAMS**

LCSW, Principal  
Consultant & Co-Founder  
Lead Well Strategic  
Consulting



**JACQUE SALTSMAN**

CPCC, PCC  
WILDLY RISING



**EMILY VICARS**

Talk Saves Lives  
Presenter



**NELLIE  
SPRINGSTON**

M.Ed. , Calma Kids



**RACHEL EICHBERGER**

Marriage and Family  
Therapy Associate,  
Eichberger Marriage and  
Family Therapy

**CLICK HERE TO  
SCHEDULE A  
SPEAKER**

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# EXAMPLES OF WHO WE'VE WORKED WITH...

WE WORK HARD TO DEVELOP PROGRAMS FOR COMPANIES OF ALL SIZES.



**BALLARD HIGH SCHOOL**



**MIND BODY BALANCE**  
LOUISVILLE BALLET



**BLOOM ELEMENTARY**



**BAPTIST HEALTH**  
LOUISVILLE



**LOUISVILLE FREE PUBLIC LIBRARY**



**CLUB MANAGEMENT ASSOCIATION OF AMERICA**



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# NO ORGANIZATION IS TOO BIG OR TOO SMALL!



21C MUSEUM HOTEL



GOODWILL  
OPPORTUNITY  
CENTER



KENTUCKY HOUSING  
CORPORATION



HESS LANDSCAPING  
AND NURSERY



CREME BRANDS



UP FOR WOMEN  
AND CHILDREN



## READY TO GET STARTED?

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**CONTACT AMANDA VILLAVECES, DIRECTOR OF  
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