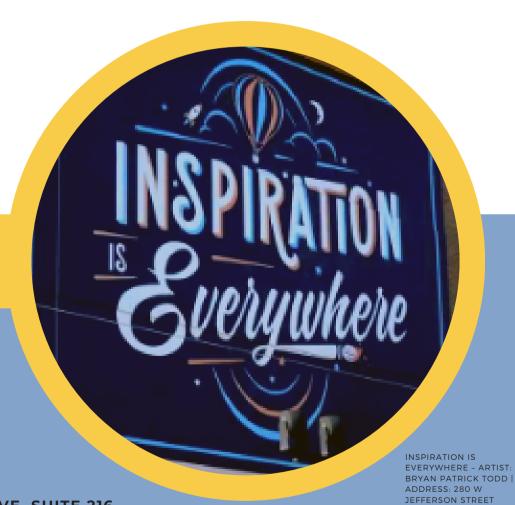


SPEAKERS COLLECTIVE FOR BUSINESSES & ORGANIZATIONS



317 WALLACE AVE. SUITE 216 LOUISVILLE, KY - 40207 MENTALHEALTHLOU.COM @MENTALHEALTHLOU

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!



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

Releasing What No Longer Fits Accepting What Is

Tending to the Inner World

Self-Care & Boundaries



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

Perspetive is Everything: How to Have a Positive Growth Mindset

Contact:

Amanda Villaveces, LMFT
Director at Mental Health Lou & You

amanda@mentalhealthlou.com 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

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

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

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

NO ORGANIZATION IS TOO BIG OR TOO SMALL!









HESS LANDSCAPING AND NURSERY

CREME BRANDS

UP FOR WOMEN



READY TO GET STARTED?

CONTACT AMANDA VILLAVECES, DIRECTOR OF MENTAL HEALTH LOU & YOU

AMANDA@MENTALHEALTHLOU.COM

502-806-8816

WWW.MENTALHEALTHLOU.COM

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