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# FEATURED SPEAKERS



## AMANDA VILLAVECQUES

LMFT  
DIRECTOR OF MENTAL HEALTH LOU  
KY MFT BOARD MEMBER

*"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."*

- Viktor Frankl

Presenting engaging and thought provoking workshops is Amanda's way of making mental health more accessible to everyone. Adapting tools and techniques from her work in private practice, she loves finding new ways to make workshops meaningful to every attendee, through story telling, interactive experiences and more.

Amanda finds great joy in bucking the traditional PowerPoint presentation style, and working with organizations to bring curated, meaningful presentations that will leave attendees with sustainable tools,

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Marriage and Family Therapist Associate, Rachel Eichberger has spent over 9 years advocating for individuals through guidance, awareness, and education across corporate, philanthropic, and career coaching environments. She enjoys meeting people where they are at- especially during times of uncertainty and trauma.

She provides a safe space to help people process and understand a way to move forward using impactful and effective tools in their personal and professional lives. Rachel also has a unique ability to engage different audiences on a professional level due to her varied career background.



## RACHEL EICHBERGER

MARRIAGE AND FAMILY THERAPY  
ASSOCIATE  
OWNER EICHBERGER MARRIAGE  
AND FAMILY THERAPY

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# FEATURED SPEAKERS

*'You can't stop the waves, but you can learn to surf.'*

*-Jon Kabat Zinn*

Shelly Sowell is a human development professional with 20 years of experience helping people transform life's challenges into embodied wisdom. She offers counseling, coaching, and mindfulness-based workshops for individuals and organizations centered around mindful well-being, leadership and transformational growth.



**SHELLY SOWELL**

LPCC, Owner of Integrative Counseling and Consulting



**JACQUE  
SALTSMAN**

CPCC, PCC WILDLY RISING

Jacque Saltsman, Founder and CEO of Wildly Rising, is an experienced and inspiring executive leadership coach on a relentless mission to elevate and embolden women leaders, increase gender equity in leadership and co-create healthier work cultures in which to generate better business results.

From thousands of hours of coaching smart, conscientious, high-impact leaders and business owners, Jacque draws on her potent combination of expertise in leadership and professional development and the crucial skills of emotional intelligence and mental fitness. Enhanced by her deep practice in mindfulness and healing arts background, Jacque supports her individual and organizational clients to powerfully rise to their greatest health and success.

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# FEATURED SPEAKERS



*"We are still writing our stories. The present and future are ours to co-create. We can make the choice to love and accept ourselves just as we are in this moment, and, at the same time, move tenderly toward our personal and collective evolution."*

Nicole has been practicing therapy professionally since 2010 and working in the field as a non-professional since 1999. She believes looking inward and getting to know and understand the layers of "self" is the greatest gift we can give ourselves and the world. Every life obstacle faced is also an opportunity for embodying our growth.

## NICOLE SARTINI

M.ED., LPCC, IMPH  
CO-FOUNDER, EXECUTIVE DIRECTOR AND THERAPIST  
BRIDGE COUNSELING AND WELLNESS,  
THE ACADEMY OF INTEGRATIVE MENTAL HEALTH

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Airlea Williams, LCSW is the cofounder and principal consultant with Lead Well Strategic Consulting (Lead Well) She works directly with corporate CEO's, executive teams, agency administrators, and senior officials to build strategies, provide executive coaching and strategic thinking, facilitate challenging discussions, and achieve the organization's vision.



## AIRLEA WILLIAMS

LCSW, PRINCIPAL CONSULTANT &  
CO-FOUNDER  
LEAD WELL STRATEGIC  
CONSULTING

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# FEATURED SPEAKERS



Lauren Muir is a Licensed Professional Clinical Counselor and a certified clinical trauma specialist for families. She believes it is essential to create a comfortable space for each individual to be heard and express themselves freely.

Lauren is available to consult and speak on topics around mental health for children and teens, mental health in the workplace, and mental health in sports environments.

## LAUREN MUIR

LPCC, CO-OWNER OF MARTIN AND MUIR COUNSELING

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Keri Knight is a creative, compassionate, and intuitive therapist and takes a holistic approach. She loves to work with bright, creative, sensitive, overthinking & deep-feeling adults with ADHD, Anxiety, Stress, Trauma, Giftedness, Codependency, living and thriving as a Highly Sensitive Person

Keri speaks on topics related to ADHD for adults, college students and teens with a focus on women and ADHD.



## KERI KNIGHT

LCSW, ADHD COACH

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# FEATURED SPEAKERS



Devin Person is a humble 21st century incarnation of the wizard archetype, playfully blurring the line between fantasy and reality. Wizards are helpful guides who bring magic, mystery, wisdom, and hope to the societies in which they serve.

In addition to his work as a wizard, he received his Master Hypnosis Certification while training in New York at the nation's leading hypnosis training institute, and has led hypnosis programs for Squarespace, Google, and other Fortune 500 companies over the past 10 years.

## DEVIN PERSON

HYPNOTHERAPIST AND OWNER  
OF CHANGE YOUR MIND KY

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Allison is a compassionate speaker with a skill for connecting to her audience with ease and relatability. She is the co-owner of Northstar Counseling Center and helps produce continuing education workshops for Northstar Learning Lab. As a therapist she works with families, individuals and adolescents on topics surrounding parenting, life transitions, grief, ADHD and more.

Allison's previous talks focus on bringing Mindfulness skills into your life in realistic and attainable ways.



## ALLISON HOWELL

LMFT AND CO-OWNER OF  
NORTHSTAR COUNSELING CENTER  
NORTHSTAR LEARNING LAB

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# FEATURED SPEAKERS



**NELLIE  
SPRINGSTON**

M.ED. , CALMA KIDS

Nellie Springston, M.Ed. is the founder of Calma: Calm & Loving Minds Achieve, a school mindfulness program and training that helps teachers create calm classrooms. She is also the author of the children's book *Paws & Breathe* that teaches children self-regulation in a fun and effective way.

She speaks about: using mindfulness as a tool for self-regulation at home and in the classroom, preventative behavioral techniques, childhood cognitive development and how to help children and teens manage larger emotions such as anxiety, anger, loneliness and academic, social and extracurricular pressure.

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Emily Vicars has been with Mental Health Lou from the beginning! She's a strong advocate for mental health and suicide prevention and is trained in the American Foundation for Suicide Prevention's *Talk Saves Lives* presentation.

Emily loves helping dispel the myths around mental health by bringing Talk Saves Lives into schools, businesses and community organizations. She's worked with houseless populations, veterans, students and more!



**EMILY VICARS**

AFSP TALK SAVES LIVES  
PRESENTER

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