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National Professional Speaker,
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Signature Keynote Presentations

Keynote #1: The Use of Improv Techniques in Counseling

This dynamic and interactive workshop applies the innovative communication and collaborative relational skills gleaned from improv to the counseling profession. These skills can be applied both to counseling and to leadership roles within schools, organizations and associations. The applications will be introduced, explored and practiced in this fun and engaging program. Attendees will leave with new tools to foster relationship skills, team building, and creative problem solving within themselves, their clients, students and supervisees.

Learning Objectives:

After attending this program, the participant will be equipped with:

1. An introduction to the key concepts of improv and which can be used with clients
2. Access to a body of research that promotes the use of Improv with specific clients
3. The opportunity to experience the use of improv and
4. The ability to start using improv techniques with clients immediately

Keynote #2: Using Your Intersectionality to Be Strong Allies & Advocates

In this informative and interactive training, participants will learn what intersectionality is and begin to identify what identities form their experiences. Through this awareness, they will be encouraged to explore how these identities can be used to help those who are experiencing limitations.

By the end of the presentation, attendees will:

- Understand what intersectionality is and how it relates to them
- Recognize that everyone has parts of their intersectionality that gives them access or denies them access to resources and knowledge
- Learn what a safe space is and why it is important for courageous conversations
- Identify their identities and the impact that it has had on their life
- Recognize that they have identities that can help those that do not have access due to their identities
- Discuss how this can fuel their work as Allies and Advocates
- Know how to create a safe space
- Understand why it is important to have courageous conversations
- Create an action plan using smart goals to move forward

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Related Breakout Sessions:

1. *Creating a Culture of Safe Space for Courageous Conversations*

This initial training session is designed to set up the environment needed to have the courageous conversations focused on creating positive change. Based on strategies for creating supportive and productive group work, attendees will be taught strategies for effective communication, affirming language and behavior, taking on supportive roles, providing feedback in a productive and non-harming format, techniques to become a strong listener, and the role of confidentiality in these spaces.

2. *Identifying Your Intersectionality: A Deeper Dive into Who We are and What We Have to Give*

This training session is focused on an examination of what experiences make up an individual. Historical information will be given on intersectionality and how an individual's identities are created and what types of impacts these have on an individual. The attendees will use resources to map out their intersectionality identities and what impact these identities have had on their access to opportunities, resources, information, and privilege. Through this work they will be able to start creating a "menu" of support.

3. *Using Your Intersectionality to Be Strong Allies & Advocates*

This training session is designed to reinforce the previous sessions, checking in on the resources and work provided previously, and to begin the work at creating workable personal and professional plans to become strong allies and advocates for growth. In this session, the intersectionality identity maps will be used to expand the "menu" of support. Discussion on what allies and advocates are and how their work benefits everyone. Resources on common practices will be discussed and provided along with the opportunity to create personalized action plans. Opportunity for group share and creation of accountability partners will be provided.

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Keynote #3: Cultivating LGBTQIA+ Inclusivity in Counseling

In this informative and interactive training, participants will learn how to create a welcoming and inclusive workplace environment for members of the LGBTQIA+ population.

Attendees will:

- Learn how to remove stigma and promote openness and inclusivity by:
- Understand current issues and trends and why this is so important
- Recognize common barriers for transgender and gender diverse people in the workplace
- Learn affirmative language including LGBTQ terminology and gender-neutral language
- Discuss examples of inclusive behavior
- Understand and addressing implicit bias and microaggressions
- Report harassment, discrimination, or bullying
- Recognize how to be an ally and ambassador
- Examine policies and procedures for inclusivity in language and resources