

Joyce Marter, LCPC

Top Mental Health Keynote Speaker & Consultant
"America's Workplace Therapist"
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Signature Keynote & Breakout CE Presentations

Keynote #1: "Mental Wealth: How to Help Yourself & Your Clients Improve Your Mental & Financial Health"

Program Summary: In this inspiring and thought-provoking keynote address, participants discover essential elements for living a truly abundant life that incorporates positive mental health and financial health. Participants learn practical and empirically supported strategies to stop setting their ceilings and create a life of wellness and abundance. The workshop includes a PDF workbook of exercises from Marter's book, *The Financial Mindset Fix*, to help inspire clients to shift from a mindset of fear and scarcity to abundance.

There is an intrinsic relationship between mental health and financial health. Marter explores how to shift your thinking and change your relationship with money to welcome true prosperity. Marter cites research to illustrate how self-worth is connected to net worth. Self-worth is tied to positive self-esteem, including confidence, self-compassion, and self-care. Attendees discover how to promote financial health for themselves and their clients using techniques from cognitive behavioral therapy, narrative therapy, and mindfulness practices. Finally, participants explore how true prosperity is having both financial wellness and personal prosperity such as health, support, work-life balance, and happiness.

Learning Objectives:

- Describe the intrinsic relationship between mental and financial health.
- Identify a scarcity mindset and explain how to cultivate abundant thinking using CBT techniques.
- Define and identify the impact of financial trauma and financially triggered PTSD.
- Integrate at least two tools to help improve your clients' psychology of money and empower them to cultivate an abundant life that incorporates mental wellness and financial prosperity
- Explain how low self-esteem and false self-worth can be detrimental to financial life.
- Promote financial health by using tools and techniques from CBT, narrative therapy, and mindfulness practices.
- Identify how true prosperity requires both financial wellness and personal prosperity such as health, support, work-life balance, and happiness.

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Accompanying Breakout Session Options:

1. How to Heal from Financial Trauma & Money Anxiety

2. How to Set Financial Boundaries in Relationships

- Financial abuse
- financial dependent relationships
- financial codependency
- financial infidelity
- financial communication
- financial agreements
- negotiation

Topic Categories

- Mental Health
- Burnout
- Work-Life Harmony
- Financial Wellness
- Mindfulness
- Emotional Intelligence
- Communication
- Conflict Resolution
- Resilience
- Entrepreneurship

3. How to Talk About Money with Your Partner

Keynote #2: "The Psychology of Success: Wellness Principles for Personal & Professional Prosperity"

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. Participants will learn about the positive effects of these practices on mental and physical health. 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.

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Learning Objectives:

- Indicate how to teach clients about mindfulness practices, including meditation, deep breathing, progressive muscle relaxation, healthy detachment, and more.
- Explain how to teach clients CBT practices to facilitate positive psychology using the power of intention, gratitude, positive visualization, affirmations, and other tools to welcome personal and professional prosperity.
- Create a wellness plan with resources to help clients build the skills provided in the workshop.

Accompanying Breakout Session Options:

"Innovative Tools for Developing Self-Love & Accessing Real Support"

Program Summary: In this dynamic and interactive workshop, attendees participate in exercises to help them explore relationships between self-love, accessing support, financial prosperity, and career satisfaction. From her best-selling book, *The Financial Mindset Fix*, Marter shares innovative, practical resources and exercises that can be utilized right away with clients in any setting. The easy-to-use exercises allow participants and clients to identify and measure areas of need and develop an action plan for taking better care of themselves, thereby welcoming prosperity and career success. Throughout the workshop, Marter provides valuable insights into why accessing support to develop self-love is vital and how to do it.

Learning Objectives:

- Describe the connection between self-love, accessing support, welcoming prosperity, and achieving career success.
- Discuss how to use innovative exercises to help clients promote self-care, financial health, and career satisfaction for overall wellness.
- Practice using innovative tools to identify personal areas of need to prevent professional burnout.

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Presentation #3: "Mindfulness Practices to Promote Mental Health"

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 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. In addition, participants discover how to overcome common obstacles to mindfulness, incorporate mindfulness in workplace programming, and implement practical, powerful mindfulness strategies at home and work. In this discussion and experiential workshop, participants will learn tools and exercises to help their clients develop mindfulness.

Learning Objectives:

- Discuss the definition of mindfulness and why it's so impactful.
- Recognize the obstacles to mindfulness and identify the benefits of practicing mindfulness.
- Implement strategies for increasing mindfulness in both self and clients.

Presentation #4: "Burnout Recovery for Helping Professionals: How to Promote Positive Mental Health & Resilience During Challenging Times"

Program Summary: In this dynamic and engaging presentation, Joyce Marter shares practical tips and strategies to prioritize mental health and wellbeing and recover from burnout during times of chronic stress and uncertainty. 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 to be happier and more effective at home and work.

Learning Objectives:

- Understand the common mental health implications of the pandemic
- Recognize the difference between stress and burnout and complete a burnout assessment.
- Practice mindfulness-based stress reduction techniques.
- Learn practical tools to improve your self-care and access more support.
- Receive resources for ongoing wellness practices.

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Presentation #5: "Working with Clients Who Are Experiencing Sexual Harassment in the Workplace"

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. To support clients who have been the victims of sexual harassment, attendees of this presentation will learn the definition of sexual harassment, the various types of harassment, and legal factors. Marter shares the laws that protect victims and empower clients who are experiencing harassment to advocate for themselves. Participants learn treatment implications and approaches for addressing trauma and other symptomatology related to harassment.

Learning Objectives:

- Understand the definition of sexual harassment, the various types, and legal implications.
- Recognize the verbal, non-verbal, physical, and digital forms of sexual harassment.
- Identify laws that protect victims to empower clients experiencing harassment to speak up, document the abuse, and file a report.
- Provide resources and referrals to assist clients dealing with sexual harassment in the workplace.
- Explain treatment implications and approaches for addressing trauma and other symptomatology related to harassment.

Presentation #6: "Preventing Burnout for Helping Professionals"

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.

Learning Objectives:

- Describe what burnout is and how to distinguish burnout from stress.
- Participate in a burnout self-assessment.
- Identify tools and techniques to create an action plan to prevent or address burnout.

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Presentation #7: "Mental Health Awareness in the Workplace"

Program Summary: 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 them. Participants leave empowered to become positive instruments of change during any mental health crisis.

Learning Objectives:

- Understand the mental health implications of the pandemic
- Learn the signs and symptoms of common mental health challenges
- Develop skills to break through stigma and promote awareness of mental health concerns
- Recognize how to have compassionate conversations about mental health
- Receive resources for ongoing education and assistance

Business Presentations for Behavioral Healthcare Professionals

The Financial Mindset Fix for Counselors: How to Embrace Your Worth to Increase Your Income

Are you a great counselor but struggle with money or wish you earned more? Join Joyce Marter to learn how to change your money mindset to earn the income you deserve. You will become inspired and empowered to start earning more today.

How to Develop an Exit Strategy & Prepare Your Practice for Sale

Do you know what your end goal for your private practice is? Join Joyce Marter to learn how to develop a plan for a strategic sale whenever you are ready to sell, whether that is in a year or decades from now. Having an exit plan will prevent you from losing one of your greatest assets if life throws you a curveball.

How to Successfully Market Your Private Practice

Are you a great counselor but struggle with how to get more clients? Join Joyce Marter to learn how to generate more referrals and income streams for your practice. You will leave inspired and equipped to implement countless effective marketing strategies immediately.