

## **SPEAKERS TOPICS**

Jeanne Strauss, LCSW, is available to speak to your organization or group. The following topics are available and can be tailored to your group's needs. Most topics can be covered in 1 to 3 hours; some are available as an all-day workshop. Workshops on other related topics can be created specific to the needs of your organization.

***Improve Your Relationship Skills:*** Are you frustrated by communication problems in your relationship with a spouse, child or sibling? This workshop will teach you six powerful but simple communication skills that can improve any relationship. Bring a co-worker, teenager or best friend to this workshop and improve the relationship before you leave the class. Or come alone and learn techniques you can teach others and apply to all of your relationships. Learn how to communicate more effectively, avoid a defensive response from others, deal with angry people, communicate with a non-communicator, and resolve conflict.

***Creating Successful Change:*** What allows some people to change successfully? And what prevents other people from changing even when they want to very badly? This workshop will teach you to identify which traits in yourself, clients, friends or family members facilitate change and which don't. You will learn simple ways to utilize the subconscious mind to be sure it is pulling in the same direction instead of resisting change. Exercises to help you prepare for change, get used to change and ultimately succeed at change will be provided. This workshop can happen in two parts. During the first session, you will learn how to make change, set goals, identify potential obstacles and map ways around those obstacles. You will learn why it is essential to get your subconscious mind on board, and why people often fail to reach their goals because their subconscious mind inadvertently sabotages them. During the second session, at a later time, you will report on your progress so far, and determine your next steps to make change a lasting one.

***Couples Workshop:*** Learn the secrets of creating a good relationship. In three steps couples will learn how to go from conflict to transformation. Beyond conflict resolution, this workshop helps you transcend the conflict and meet each other at the core level. Learn what makes couples work, how to predict if a relationship will last, and see what successful couples do that unsuccessful couples don't do. Couples will complete exercises that enhance communication and intimacy.

***Employee Relations:*** Managers can learn important skills to help with de-escalating the angry, excitable and complaining employee. Learn how to evaluate employees for problem behaviors or personality issues and then create a tailored approach for dealing with problem employees. Learn how understanding what makes someone tick, provides the key to integrating them into a team.

**Overcome Procrastination Now:** Why do people procrastinate? In this workshop you answer that question. By taking a simple paper test, you will determine which one of five possible root causes are to blame for you or someone you know. Then learn a systematic approach to address the cause and leave with an individualized plan to overcome procrastination in your life. When goals are put into action anything can be accomplished.

**Achieving Emotional Wealth:** Learn the hallmarks of the emotionally wealthy person. Evaluate yourself to see how emotionally wealthy you are, and identify areas to improve that will make you more resilient, energetic, successful and happy. Everyone is capable of emotional wealth. Learn how to live with your whole heart and soul, love fiercely, find your passion, channel your anger, grieve deeply and let go, face your dark side and transform it, find courage and maintain your equanimity through it all.