

Joyce Marter

Topics & Presentations

Before booking your presentation, consider the following:

- All presentations can be conducted virtually or in person.
- Presentations can be altered to fit the specific needs of your audience.
- Presentations are flexible and can be adapted from one hour to six hours, depending on your schedule.

Presentation Formats:

- Corporate/Government/Municipal/Organization Trainings
 - Keynote
 - Corporate Training Workshop/Webinar
- Continuing Education Training
Each continuing education training provides CEUs for behavioral therapists, addiction counselors, or other professionals working as a clinician.
- Keynote
- Breakout Session
- Fundraiser Events
- Commencement Speeches

General Speaker Categories:

Motivational (Inspirational)

Mental Health

Resilience

Leadership

Business

Work-Life Harmony/Work-Life Balance/Work-Life Integration

Topics:

Categories & Presentations:

Category #1: Mental Health

“Mental Health Awareness: Breaking the Stigma & Promoting Access to Care”

Program Summary: Day-to-day challenges have negatively affected our mental health and created even more barriers for people already dealing with mental illness and substance abuse. 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.

“Mental Health First Aid for Supervisors & Leaders”

Program Summary: In the U.S., 46.4% of adults will experience a mental health condition. Seventy percent of those happen in the workplace. In this lively interactive workshop, supervisors and leaders learn how to create a workplace that removes the stigma of mental illness and promotes health and wellness. Participants leave the workshop with all the tools necessary to create a Mental Health First Aid Plan. Marter shares steps to address employee mental health issues, how to best work with EAP providers, and additional support resources.

“How to Promote Positive Mental Health & Resilience During Challenging Times”

Program Summary: Dealing with uncertainty can cause unnecessary stress and anxiety. Common responses to challenging times like the pandemic include feelings of grief and loss, depression, and relationship conflict. Marter shares mental health tips to prioritize mental health and wellbeing no matter what the situation. 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 most effective at home and work.

Category #2: Financial Health

“The Financial Mindset Fix: How to Leverage Psychology to Improve Your Mental Wellbeing and Financial Health”

Program Summary: As a therapist, Joyce Marter noticed an extraordinary trend: as her clients improved their mental health, they also began receiving raises, getting promotions, finding better jobs, or starting their own successful businesses. Since that epiphany, Marter has become a go-to expert on establishing ways to improve financial wellbeing by focusing on psychological and relational issues around money. In this workshop, Marter cites research showing the correlation between positive self-esteem and financial prosperity. She reveals how confidence, self-compassion, and self-care

contribute to financial prosperity. Participants discover how to promote mental and financial health using cognitive behavioral therapy, narrative therapy, and mindfulness practices.

“The Psychology of Success”

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. 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 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.

Category #3: Mindfulness & EQ

“Mindfulness in the Workplace”

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. Participants discover how to overcome common obstacles to mindfulness, incorporate mindfulness in workplace programming, and implement practical, powerful mindfulness strategies at home and work.

“Mindfulness During the Holidays”

Program Summary: In this inspiring and rejuvenating presentation, participants learn practical skills to practice mindfulness at home and at work to facilitate inner peace and calm and emotional intelligence to cope with holiday season stressors. Besides learning the benefits of mindfulness, attendees leave with a plan for incorporating mindfulness practices into their daily routine and how to manage challenges when dealing with the winter blues and holiday stress. This presentation is designed to help maintain work-life balance and wellness during the busyness of the season while setting you up for success throughout the year.

“Effective Communication & Conflict Resolution”

Program Summary: Conflict is something many of us try to avoid, but the reality is it's a regular part of life. In this engaging presentation, attendees learn practical tools and strategies to improve their communication at home and work when dealing with conflict. In addition, participants discover specific tips for coping with challenging personality types and setting healthy boundaries to improve emotional and relational wellbeing. After attending this presentation, participants will be able to identify the nature of conflict at work, recognize their own conflict style, incorporate skills to resolve workplace conflict effectively, and rely on resources for ongoing support to create a more productive and efficient work environment.

Category #4: Wellness

"Burnout"

Program Summary: Overwork and burnout are literally killing us. Both contributed to more than 745,000 deaths worldwide in just one year, according to [a recent study](#) from the World Health Organization.

with helpful tools and techniques to create a burnout prevention action plan.

"Sexual Harassment"

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. Participants can expect to learn the definition of sexual harassment, the different types of harassment, laws that protect victims, and how to empower clients who are experiencing harassment to advocate for themselves. In addition, participants will learn treatment implications and approaches for addressing trauma and other symptomatology related to harassment.

"Work-Life Balance"

Program Summary: In this engaging workshop, participants receive practical tools for balancing the responsibilities of work and home brought to light during the unique challenges of the pandemic. Marter provides effective communication, conflict resolution, time management, and stress management tips to practice and share with loved ones. In addition, learn specific parenting suggestions for managing the stressors and anxieties of children and adolescents participating in virtual or hybrid learning environments.

Other topics:

- Conscious Leadership
- Dealing with Difficult People

- De-Escalation Training
- Holiday Stress Resilience
- Self-Care
- Stress Management
- Time Management