

Joyce Marter, LCPC

Top Mental Health Keynote Speaker & Consultant
"America's Workplace Therapist"

Presentation Formats:

- Keynote Address
- Breakout Session
- Corporate Training
- Workshop
- Webinar
- Mindfulness Experience
- Fundraiser Talk
- University Talk
- Commencement Speech
- Executive Retreat
- Panel Discussion
- Continuing Education Training (CEs available)
- In-House Mental Health Council

Topic Categories:

- Mental Health
- AI & Mental Health
- Burnout
- Psychological Safety
- Healthy Workplace Culture
- Work-Life Harmony
- Financial Wellness
- Mindfulness & EQ
- Communication
- Conflict Resolution
- Resilience
- Leadership
- Motivational

Signature Keynote Presentations

1) Mental Health in the Workplace: 2024 Report & Top Recommendations for Leaders

The 2024 Health Care Strategy Survey indicates that 77% of employers report an increase in workforce mental health needs. According to the World Health Organization, depression and anxiety coast the global economy \$1 Trillion each year, predominantly from reduced productivity.

In this eye-opening and instructive presentation, attendees will:

- Learn the most current mental health in the workplace trends and statistics and what they mean for your industry and organization.
- Identify the cost of unaddressed mental health and substance misuse for your organization.
- Understand why old ways of handling mental health in the workplace are no longer sufficient.
- Receive practical strategies and programs to best address and support employee mental health as well as recommendations for implementation.
- Leave with a toolkit of resources to bring back to your teams.

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2) Mental Wealth: 12 Practices to Transform Mental & Financial Health for Holistic Success

According to the APA, finances and the economy are top stressors for Americans, negatively impacting mental health. This high-energy and inspiring presentation is based on Joyce Marter's award-winning and internationally published book, *The Financial Mindset Fix: A Mental Fitness Program for an Abundant Life*. Twelve practices that are empirically proven to improve mental wellbeing and financial health will be shared through powerful and humorous storytelling.

Attendees will:

- Learn the surprising and powerful interconnection between mental health and financial wellness.
- Identify how to identify and recover from money anxiety, intergenerational financial trauma, and financial infidelity.
- Learn practices to leverage your psychology of money and change your money mindset.
- Receive practical strategies, innovative self-assessment tools and exercises to improve both mental and financial health.
- Leave motivated, empowered and equipped to transform your life and cultivate abundance, personally, professionally and financially.

This presentation can be conducted as a keynote, extended into a half or full day workshop, or broken into a series of 3-4 shorter presentations.

3) The Psychology of Success: Twelve Mindsets to Expand Personally & Professionally

Do you need to reignite your mojo? In this inspiring and empowering presentation, renowned psychotherapist Joyce Marter shares the twelve keys to holistic success, which she identified after 25 years of counseling professionals. Through powerful examples from her own personal and professional journey and her amazing clients, you will become motivated to take the reins of your life and blossom into your greatest potential, at home and work.

By attending this presentation you will:

- Expand your way of thinking about yourself, your life, and your purpose.
- Understand how mindsets such as presence, abundance, compassion, and more can heal and transform your life.
- Learn practical tools and strategies from narrative therapy, mindfulness, cognitive behavioral therapy, and more.
- Receive a toolkit of self-assessment tools, exercises and resources to begin embracing these practices today.
- Leave refreshed and motivated to take positive action to improve your life.

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4) The Mental Health Awareness Breakthrough: 5 Steps to Shatter Barriers, Ignite Conversations & Empower Well-Being

The unprecedented challenges of recent times—stress, uncertainty, and constant change—have profoundly impacted many of us, and our loved ones. Untreated burnout, anxiety, depression, and stress-related disorders have left countless struggling to cope with demands at home and work.

Join us for an inspiring and informative presentation where you'll gain the tools to:

1. Combat stigma surrounding mental health by understanding its parallel importance to physical health.
2. Recognize signs of common mental health conditions in yourself and others.
3. Learn how to foster open, compassionate conversations about mental health both at home and work.
4. Receive a toolkit of mental health information and resources to share.
5. Understand how to access and facilitate care as needed, fostering healing and resilience together.

5) Let's Move From Surviving to Thriving: Refresh & Reboot with Mental Fitness Practices & Exercises

In today's fast-paced and uncertain world, individuals are confronted with persistent stressors and unpredictable challenges that erode mental resilience and lead to burnout.

In this refreshing and inspiring presentation, attendees will:

- Learn that daily mental fitness practices can move us along the mental health continuum from struggling or surviving to thriving.
- Understand the tremendous benefits of simple mindfulness practices and learn easy techniques they can start using right away.
- Receive innovative tools to assess and improve their self-care practices and support systems.
- Create a plan to take actionable steps for improved mental wellness and establish systems of accountability.
- Leave with a toolkit of mental fitness exercises and mental health resources.

By embracing these practical strategies for mental resilience, attendees will break free from the grip of chronic stress, strengthen their capacity to cope with challenges, and be more successful at home and work.

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6) Create a Healthy Workplace Culture: 7 Tips to Optimize Communication & Emotional Intelligence for a Thriving Organization

Without emotional intelligence and psychological safety, workplace dynamics suffer. Organizations can address this challenge by creating compassionate workspaces where employees feel supported, respected, and empowered to thrive. By fostering a sense of belonging and inclusivity, organizations can strengthen team cohesion and collaboration. Prioritizing emotional intelligence and psychological safety cultivates a culture of compassion and success.

Through this inspiring and informative presentation, participants will:

- Foster a sense of belonging and inclusivity, promoting team cohesion.
- Implement diversity initiatives and team-building activities.
- Support employees in addressing diversity challenges.
- Establish trust and openness, encouraging open communication.
- Address conflicts constructively, viewing mistakes as learning opportunities.
- Develop emotional intelligence through mindfulness and resilience practices.
- Receive resources for ongoing support and development.

7) Thriving Amid AI Advancements: 7 Easy Ways to Navigate AI-Driven Change with Resilience & Positivity

Rapid AI advancements exacerbate burnout and overwhelm among employees, negatively impacting morale and productivity. Employees face increased stress and anxiety due to the uncertainty of adapting to new technologies and uncertainty as to how their positions will be changed or even eliminated.

In this proactive, supportive and empowering presentation, attendees will learn how to:

1. Practice acceptance that change is a normal part of growth and development.
2. Adopt a growth mindset to cultivate resilience.
3. Detach from expectation, outcome & that which we can't control.
4. Empower ourselves to identify and embrace what is within our control.
5. Learn stress & anxiety reduction techniques to successfully navigate change.
6. Mindfulness Strategies Including Adopting a Growth Mindset & Cultivating Health.
7. Access Support for Positive Mental Health & Career Success.

By proactively preparing employees for AI-induced changes and supporting their mental well-being, organizations foster a resilient and high-performing workforce capable of thriving in the face of technological advancements.

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8) Mindfulness in the Workplace: Cultivating Resilience & Emotional Intelligence

In today's fast-paced work environments, mindfulness emerges as a crucial tool for fostering resilience, enhancing emotional intelligence, and promoting overall well-being. This presentation aims to equip participants with practical strategies and resources to integrate mindfulness into their daily work routines, ultimately creating a more productive and harmonious workplace culture.

Participants will be inspired and equipped to:

1. Develop Healthy Detachment: Learn techniques to cultivate healthy detachment from stressors and challenges, promoting a balanced approach to work-life integration.
2. Become a Single Tasker to Recover from the Disease of Being Busy: Learn strategies to chunk related tasks, silence notifications, and set healthy boundaries to increase productivity and reduce stress, errors, accidents and injury in the workplace.
3. Enhance Emotional Intelligence: Explore how mindfulness practices can strengthen self-awareness, self-regulation, and empathy, fostering better interpersonal relationships and decision-making.
4. Utilize Mindfulness Resources: Gain access to practical resources and tools for incorporating mindfulness into daily routines, including guided meditations, breathing exercises, and relaxation techniques.

Participants will participate in an invigorating guided meditation and leave empowered to create a workplace environment that values mindfulness, emotional resilience, and holistic well-being, ultimately contributing to improved focus, productivity, and employee satisfaction.

9) Mental Health Triage in the Workplace: 6 Strategies to Enhance Culture, Productivity & Well-Being

Workplace mental health challenges impact productivity and morale, demanding proactive leadership to protect employee well-being and organizational success.

This presentation equips leaders to:

- Recognize mental health trends and addiction issues, identifying early warning signs.
- Foster open communication and psychological safety through active listening and honest discussions.
- Implement regular check-ins and performance reviews to monitor employee well-being.
- Understand leaders' roles in supporting employees with mental health concerns.
- Be aware of legal and confidentiality issues while prioritizing employee privacy.
- Cultivate empathy and support, promoting a psychologically safe work environment.

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General Information

- All presentations can be conducted virtually or in person.
- Presentations can be altered to fit the specific needs of your audience, including combining 2-3 presentations or creating a unique presentation upon request.
- Presentation lengths are flexible and can be adapted from one hour to a full day of training, depending on your needs.
- All presentations include a customized, dedicated landing page with downloadable copies of the slides, handouts, articles, and resources so attendees leave with a toolbox of new knowledge and skills.
- Hybrid presentations and recordings of presentations are welcome.
- Book sales and signing available after in-person presentations, offering an elevated experience for attendees.
- Virtual presentations use features such as polls, chat, breakout rooms, and Q&A to increase engagement and interaction.
- Joyce Marter Enterprises, Inc. is a registered entity with Sam.gov: Unique Entity ID: SAGEB5C2LD83 CAGE Code: gFQF8.
- These presentations can also be geared towards behavioral health professionals, including learning objectives (NBCC CEs may be available).
- Additional CE presentations for behavioral health audiences available upon request.

Additional presentation topics, formats and categories offered through Joyce Marter Enterprises, Inc. by Joyce's husband and professional speaker and counselor, [Jason Marotzke, M.Ed.](#)

Pricing

- Pricing depends on multiple factors including whether your organization is for-profit or non-profit. In-person presentations include a speaker fee plus hotel and travel expenses. Virtual presentations are more cost-effective.
- Discounted packages are available for multiple presentations. For example, many companies book a keynote presentation for their annual conference and 2-3 additional webinar presentations throughout the year. Presentations by Jason Marotzke may also be included in these packages.
- Speaker fees may be adjusted when [Joyce's award-winning and internationally published book](#) is purchased for attendees ([hardcover](#) or [Kindle](#)).