



# SMILE THERAPY SERVICES

## Workshops

***Educate, Engage and Encourage Your Team Today!***

SMILE Therapy Services LLC is an award-winning mental health agency that provides mental health therapy and education to individuals, families and groups. From professional development workshops to organizational leadership consulting services, top companies lean on our solutions to improve their employee wellness and culture through our diverse team of licensed experts. SMILE'S team encompasses licensed social workers, licensed professional counselors as well as marriage and family therapists.

*We partner with you to understand the needs of your audience or team and tailor the workshops to be immediately relevant and applicable. All workshops can be provided virtually or in-person.*

# ORGANIZATIONAL LEADERSHIP WORKSHOPS

## Lead with Effective *Communication*

If you're an organizational leader looking to improve your relationships with staff and supervisors, then this workshop is for you. Effective communication can make -- or break -- a **successful work environment**. Unfortunately, many leaders are not equipped with the proper communication tools to lead in a supportive and effective manner. This can **greatly impact morale** and **employee retention**. In this dynamic workshop, leaders will learn **communication strategies** to improve their listening skills as well as conflict-resolution techniques so they can communicate in a **productive** and **respectful manner**.



# Leverage your *leadership* style

Your leadership style has an incredible **impact on your work relationships**. We'll explore the various types of leadership styles as well as the strengths and areas of growth associated with each one. In this light-hearted and demonstrative workshop, we'll show you how **your leadership style** can flow best with your colleagues or supervisors -- and share powerful tips to *leverage your leadership style* -- in the short and long term.

# Emotional Intelligence: *The game changer*

Some experts say that your emotional intelligence, often referred to as "EI" could be more important than your "IQ" in your overall success in life. The good news? We believe you have the power to improve it. In this unique workshop designed specifically for **organizational leaders**, you will learn how emotional intelligence may be impacting your ability *to connect with your team*. We'll also offer you proven ways to strengthen your emotional intelligence so you can **build trust**, and **meaningful relationships** --- while implementing "EI" into the fabric of your communication.

# Cultural Competency & Unconscious *Bias*

Cultural competence helps build a *culture of safety*. In any industry, the standout and most *transformative leaders* tend to make an intentional effort to treat all employees in the same manner -- regardless of their diverse backgrounds or perspectives. In this workshop, we dive into unconscious bias and share with you our top tips to **foster cultural confidence** and **improve inclusion** in the workforce.

# Mental Health *Spot - Checks*

During and after COVID-19, it's especially important to do spot-checks on the "pulse" of your team's mental health. From a phone call to your employee to communicating **support and empathy**, we'll take you behind the curtains of our intimate process -- and share with you the DO's and DON'TS of **mental health language** -- as well as best resources to share with your other team leaders.

# Sexual Harassment

Workshop attendees will learn the definition of sexual harassment vs sexual assault. They will also learn the types of sexual harassments, resources to assist them as well as language/terminology that's associated with it. Additionally, organizational leaders will receive preventative strategies to help avoid and/or reduce these incidents from occurring in the workplace.



# TEAM/GROUP WORKSHOPS

## The *Balancing* Act

How do we start creating a more balanced life? It's a common question our clients often ask at SMILE Therapy Services! That's why we kick off this workshop by educating your group on **Maslow's Hierarchy of Needs**. This helps each individual determine priorities, including external factors in their lives. Then we **identify gaps, define boundaries** (a must!) and create **powerful action steps** to help improve the *balance in their lives*.

## Resiliency

At SMILE, we believe it's possible to build your "*resiliency muscle*." In this workshop, learn the five elements that make up resiliency and the plethora of ways to boost yours -- no matter your age, background or life experiences. We break down dynamic techniques, plus **key resources** and **the winning mindset** to help you **implement resilience** in your daily life.

# Self-Care & Stress *Management*

We often recognize *physical signs of stress*, like exhaustion and digestive problems, long before **we acknowledge emotional signs**. Those tend to creep up in ways that are more difficult to recognize -- until we simply can't ignore them any longer. Discover the differences between physical and emotional stress, the **risk factors** involved, as well as the various ways to **manage stress and reduce anxiety**.

## *The Pandemic's Impact* On Socialization

Attendees will gain a better understanding of COVID-19's impact on the workforce and within schools. They will also take time to identify emotions experienced throughout the pandemic and process the personal and professional impact on their lives. Attendees will learn key strategies to feel connected to family and friends, even as some continue to practice social distancing.

## The Power Of *Patience*

Have you ever taken a chance to **study patience**? In this fast-moving world, we'll encourage you to pause and **cultivate your patience with clients, customers and your staff**. If your employees **often interrupt people** or display poor **non-verbal communication**, then this deep dive workshop will help. By becoming more patient, your workforce will **improve their overall listening skills**, as well as **emotional intelligence** and **overall relationships**.

# COPING WITH TRAUMA

## Grief & Loss

This is the not-so-talked about topic within schools and organizations. And we understand that it's a difficult conversation. But it's a must. From leaders to parents, discover how to **best offer support** to those around you -- including grief-stricken children. We'll explain **bereavement**, other **types of loss**, as well as **grief symptoms** that can vary *according to developmental stage*.

## Trauma Education *Overview*

Learn the fundamentals of trauma, the **impact on the brain** and the many ways it can **change behavior in the long term**. No matter the industry, we would especially recommend this educational workshop to provide you with the insight that would help you to **effectively communicate** and handle possible **troubling symptoms, such as, depression, anxiety, anger**. [For example, we provided a Fortune 100 client this trauma workshop after the wave of social justice protests and also, the January 6 insurrection].

# Mental Health For The *Elderly*

In this workshop, attendees will learn identification, recognition as well as the best ways to refer an elderly individual experiencing mental health issues. Attendees will also receive knowledge on the state of mental health within the aging population and the barriers they face in receiving mental health services. If your group would like, we're also happy to provide resources so you can best serve the aging population and their mental health.

