

# STRESS & ANXIETY CONFERENCE FRIDAY WORKSHOPS



Wendy has more than 25 years in marketing, strategy and organization development. As a positive psychology practitioner, she draws upon her own industry experience to help build high-performing teams and align these teams to the organization's strategy.

## MORNING WORKSHOP 1 | 9:00-10:00am MST

### Emotional Intelligence & Resilience – Why It's Even More Critical in Today's World

Speaker: Wendy Van Besien,  
Leadership & Executive Coach

Emotional Intelligence is critical for both personal and professional success. Yet many of us don't understand what it is and how it can help us lead a happier and more successful life. It's a skill that can be learned and it helps build resilience.

*Presentation Appropriate for Ages 10 and Up*

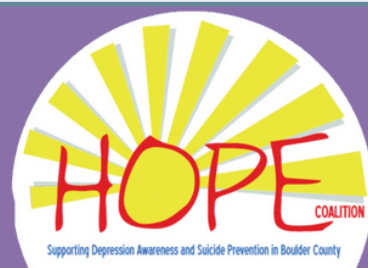
## MORNING WORKSHOP 2 | 10:30-11:30am MST

### Understanding Depression in the Time of COVID

HOPE Coalition of Boulder County Speakers:  
Colie's Closet Members & Jenny Hecht, LCSW

HOPE Coalition's presentation will look at statistics, warning signs and risk factors of depression and suicide. How COVID and other issues that have presented themselves in 2020 will be also discussed and resources will be presented.

*Presentation Appropriate for Ages 14 and Up*



The HOPE Coalition of Boulder County was formed in 2005 with a \$5000 grant from the Gary Barnett Foundation in the name of former CU Buff football player Gabe Oderberg who took his life in September 2004 at the age of 23. Concerned citizens and groups from around Boulder County formed the Coalition to educate, train, and empower people of all ages in Boulder County to address the issues of depression and suicide.



Karen is an interpersonal communication consultant, author, and a member of the Motivational Interviewing Network of Trainers. She has been working with parents in one capacity or another for over 30 years. She lives in Boulder County, and her now adult children attended BVSD schools.

## LUNCH WORKSHOP | 12:00-1:00pm MST Communicating with Your Kids During Stressful Times

Speaker: Karen Alonge,  
Interpersonal Communication Consultant

During challenging times (i.e. all of 2020), communication can become difficult and strained. This is particularly unfortunate because loving family connections can be a very effective antidote to stress. Karen will share several strategies parents can use to enrich the warmth, support, and comfort they provide during chaotic, troubling times.

*Presentation Appropriate for Adults/Parents*

## AFTERNOON WORKSHOP 1 | 1:30-2:30pm MST

### Serving Our Values in Difficult Times

Speaker: Brooks Witter, M.A., LPC,  
Wise Roots Parenting

This workshop will introduce the ACT Matrix of Psychological Flexibility. Audience members will come away with a basic understanding of the concept of psychological flexibility and how to improve this behavioral quality in meaningful contexts of their life. Psychological flexibility is a concept that speaks to one's ability to orient towards the central values of one's life, engage those values through action, and develop capacities to accept & unhook from challenging thoughts, emotions and impulses. Audience members will gain skills and be given resources in personal values assessment, mindfulness & acceptance practices, and setting meaningful goals in valued life-domains.

*Presentation Appropriate for Ages 15 and Up*



Brooks is a counselor, Acceptance and Commitment Therapy trainer, and co-Founder of Wise Roots Parenting. He currently runs a small private practice and his online parent education program, Wise Roots Parenting. He has an extensive professional background supporting individuals, couples, families and teams transform challenges into strength building opportunities.



Stephanie is a licensed clinical social worker and nutritionist. She currently maintains a private practice online and in Boulder, CO, writes for national & local publications, consults for mental health agencies & substance abuse recovery centers, and speaks at live and online events.

## AFTERNOON WORKSHOP 2 | 3:00-4:30pm MST Three Mental Health Nutrition Principles Everyone Should Know

Speaker: Stephanie Small, LCSW, CNE, CMHN

Are you struggling with depression, anxiety, insomnia, substance cravings? Poor focus, ADD, OCD, etc? Your symptoms may be emotional in origin - but they may also be physiological. And if they are, our conventional medical system doesn't generally have much to offer aside from a pill or two. Enter mental health nutrition: a powerful and highly effective approach that has been gaining traction. Mental health nutrition is the art and science of using nutrition and supplements to balance and stabilize biochemistry and reduce or eliminate mental health symptoms. Join this 90 min webinar to explore the connection between the Standard American Diet, gut function and mental health—and learn some simple, highly effective interventions that you can implement in your life immediately.

*Presentation Appropriate for Ages 13 and Up*

# STRESS & ANXIETY CONFERENCE SATURDAY WORKSHOPS



Wendy helps parents understand their children by using temperament psychology and neuroscience. She has over twenty years of experience in education, working in the classroom and corporate sector. She has created a best-selling parenting reference book entitled, *Your Child's Inner Drive*.

## MORNING WORKSHOP 1 | 9:00-10:00am MST Parenting a Unicorn: How Your Child's Temperament Could be Driving them Towards Risk

Speaker: Wendy Gossett, M. Ed., Temperament, MBTI,  
Jungian & Enneagram Specialist

Society places many expectations upon us and parents may adopt these same expectations and place them on their kids. However, these expectations may be completely unrealistic and hindering kids with certain temperaments from becoming the magical creatures they were designed to be. Society has already told these unicorns they don't fit in, so it is critical that parents give them the accurate message that their brain physiology was purposely designed to bring beauty and balance to the world. Audience members will gain an understanding of The Four Temperaments, how to identify the four personality traits most at risk, what you can do to help and more!

*Presentation Appropriate for Ages 13 and Up*

## MORNING WORKSHOP 2 | 10:30-11:30am MST Helping Teens Move Through Anxiety

Speaker: Paige Trevor, Certified Parent Educator,  
The Balancing Act, LLC

Helping kids move through anxiety is tricky in the best of times. Add a tumultuous world and a teen brain, it's hard to know where to start. This workshop will walk parents through the science of the changing teen brain, communication techniques that build connection, and how to help our teens manage their anxiety. Time will be spent differentiating between anxiety that gives us energy (we have control) and anxiety that freezes us (we have no control). Work will be in small groups to practice conversations, share best practices and leave the workshop with actionable items. Participants will also discuss common pitfalls to watch for and avoid when relating with teens.

*Presentation Appropriate for Adults/Parents*



Paige is a speaker and writer who has trained parents in the DC area and virtually since 2006. She especially likes talking to parents of Tweens and Teens providing support during these tumultuous years. Paige's seminars pair an engaging presentation style – she uses a blend of empathy, humor, cheerleading and “a wee bit of tough love.”



Brandon struggled with academics throughout high school, but it wasn't until college that he recognized that his brain did not work like those of his peers. After receiving an ADHD diagnosis, Brandon's goal has been to better understand how the ADHD brain works. After teaching special education for 12 years, he started Stride Learning. Stride's mission is to help students with executive function challenges—specifically ADHD and dyslexia.

## LUNCH WORKSHOP | 12:00-1:00pm MST Improving Executive Function Skills

Speakers: Brandon Slade, CEO/Founder of  
Stride Learning & Nicholas Thompson, LCSW

When students struggle with executive function skills such as organization, time management, and planning, they're more likely to have late or missing assignments and procrastinate on long-term papers and projects. They may seem unmotivated or constantly frustrated by school. Students with ADHD are often victims of misconception when people perceive their lack of focus as laziness or disinterest. However, executive function skills don't occur naturally—they're learned. Teaching the skills these students lack helps them to succeed not just academically, but in all areas of their lives. Through repetition, routine, self-advocacy, and staying active, students can thrive.

*Presentation Appropriate for Ages 11 and Up*



Nicholas is a Licensed Clinical Social Worker and has been working for over 12 years with youth and their families in a variety of settings including schools, private practice, residential treatment facilities, and detention centers. Nicholas has a private practice in Boulder, CO and is passionate about assisting youth and their families in realizing adolescence is a time of great opportunity and not just a phase to survive.

## AFTERNOON WORKSHOP 1 | 1:30-2:30pm MST Journal Writing to Calm Anxiety

Speaker: Kay Adams, LPC, Center for Journal Therapy Inc.

Anxiety is everywhere throughout our culture -- climate change, income inequality, racial tension, social injustice, healthcare, political discontent -- and then in 2020 we added a global pandemic. Where do we turn for the inner calm required for conscious life choice? Personal expressive writing on a notebook or screen can mitigate anxiety responses by helping us clarify thoughts, sort through complex feelings, make action plans and celebrate small successes. The personal journal is free, accessible to all with basic literacy and can offer surprising outcomes in just five minutes. In this experiential workshop, structured writing and optional sharing will be used to explore strategies for anxiety management including mindfulness resources, creative techniques to access inner strength, and four keys to well-being that calm the brain.

*Presentation Appropriate for Ages 13 and Up*



Kay is a psychotherapist and journal/poetry therapist in Arvada. She is an international thought leader in the use of expressive writing for healing, growth and change. Kay is the author of 13 books on journal writing for personal development and a three-time recipient of the National Association for Poetry Therapy's Distinguished Service award. Her latest book, *Journal Therapy for Calming Anxiety*, was released in June 2020.



Isabelle is a licensed therapist and the founder of The Feel Good Life, which provides stress management tools for individuals and their families. She is a celebrated international speaker and authority on the subject of stress, whose work has helped thousands lead lives of less stress and greater well-being, productivity, and health.

## AFTERNOON WORKSHOP 2 | 3:00-4:00pm MST The Stress Reset Masterclass: How to Lower Your Stress Anytime, Anywhere

Speaker: Isabelle Tierney, M.A., LMFT

In the last 10 months, stress levels have skyrocketed due to the pandemic, the political climate, and general uncertainty about the future. Whether it's dealing with new family dynamics, job insecurity, juggling multiple responsibilities, or supporting our kids through these changes, many of us are struggling to adjust to the new normal. It's no surprise that stress wears on our physical, mental, and spiritual health. In this presentation, you'll learn a proven method to help you reduce your stress and restore your well-being, anytime, anywhere. Real-time exercises and a free manual are included.

*Presentation Appropriate for Adults/Parents*