The WORxK Solutions

MENTAL HEALTH MATTERS SUMMIT 2024

Day 1 Topic:

Mindset Matters: Mental Health and Self-care to Thrive in Your Career

May 10th, 6:00 - 7:00 PM EST

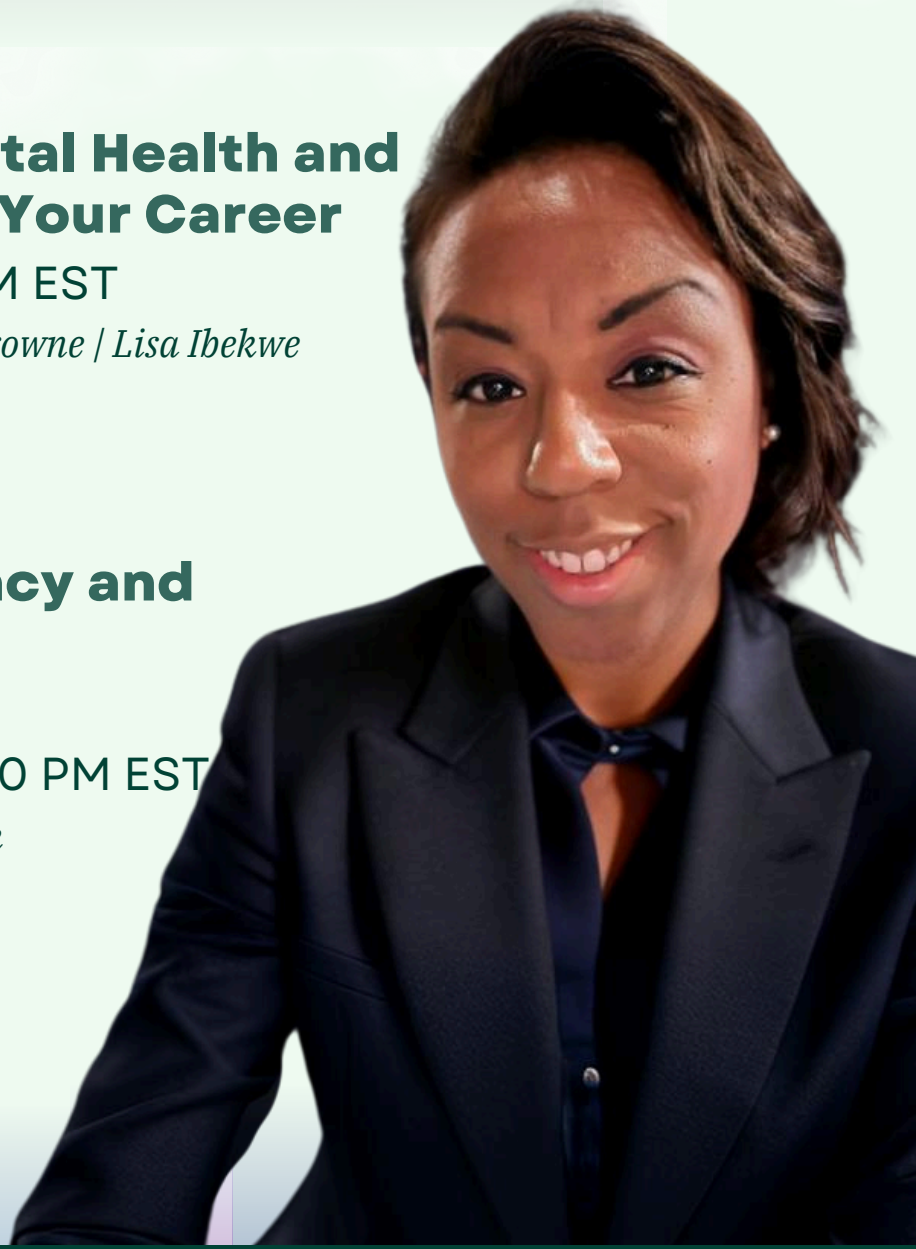
Featuring: Fred Rutman | Heather Browne | Lisa Ibekwe
Angela Johnson | George Brooks

Day 2 Topic:

Mental Health Advocacy and Psychologically Safe Workplaces

May 11th, 11:30 AM - 12:30 PM EST

Featuring: Mel Watson | Kim Groshek
Willow Merchant | Rita S. Fierro
Dominika Staniewicz



Dr. Kristy K. Taylor

Host, Social Impact Career Coach, and Founder of WORxK Solutions, LLC

www.worxksolutions.com @worxksolutions success@worxk.com

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Meet the Speakers for Day 1

Fred Rutman AKA Repeatedly Dead Fred, a former business professor teaching Finance and Marketing, faced a series of medical crises since 2009, including 20 instances of clinical death, resulting in PTSD, Post-concussion syndrome, and ongoing anxiety. Compounded with pre-existing medical issues from a birth stroke, he was forced into permanent medical leave. Despite 22 hospitalizations and 12 heart procedures due to a failing heart, Fred discovered intermittent fasting in 2018, attributing his recovery, including reversing T2 diabetes, to its healing powers. Today, he shares his journey of resilience and overcoming adversity to inspire others!

The Summer I Died Twenty Times | Repeatedly Dead Fred Author Page | Fred Rutman | @repeatedlydf | The Dead Man Walking Podcast

Dr. Heather Browne PsyD, LMFT, TedX speaker, best-selling author of: Speaking with the Heart: Transforming Your Relationship and Communication with Compassion and Connection, helps people recognize the power of communication. It is one of our most important skills that we have, and yet we don't consider our understanding, approach, belief, and therefore, miss our possibilities. Living with a paranoid schizophrenic mother gave Dr. Heather a unique and powerful awareness that no one has the same reality, though we believe we do. Utilizing this revolutionary awareness has allowed her to transform communication within self and within all other types of relationships. This is the hidden key to acceptance. And this is her mission to share.

https://www.drheatherbrowne.com/ | TEDx | Dr. Heather Browne | Dr. Heather Browne | Speaking with the Heart | TikTok | Dr. Heather Browne | @drheatherbrowne

Kim Groshek leads a powerful community of successful C-suite executives who are redefining what it means to be on top. As a keynote speaker, international best-selling author, and business powerhouse, she empowers people and organizations worldwide.

FREE PASS to the April Pause Virtual Show | Kim Groshek | Unlock Success Guide

Lisa Ibekwe is a beacon in mental health advocacy, dedicated to enhancing children's, teens', and young adults' well-being. As a Licensed Clinical Social Worker with Nigerian heritage, she infuses resilience learned from her Georgia upbringing. Lisa's Biology and Psychology background, complemented by a specialized Master's in Social Work, underpins her expertise. Certified trauma therapist, she employs advanced techniques like EMDR and Play Therapy. Passionate about empowering youth, Lisa envisions a society prioritizing mental health, advocating for healing and well-being for all.

https://thecomfyplacellc.com/ | @socomfytherapy | Lisa Ibekwe | @socomfytherapy | Lisa Ibekwe | The Comfy Place

George Brooks has been living with mental illness since age 7, enduring abuse, weight loss surgery, childhood obesity, numerous health issues, addiction, divorce trauma, custody battles, and the challenge of raising a son with mental illness. Despite facing poverty and navigating various business ventures, he thrives as a black man. As a mental health advocate, CEO, life coach, public speaker, writer, and producer, he draws strength and wisdom from his journey, viewing it as a blessing. George seeks to share his experiences and inspire others.

George Brooks

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Meet the Speakers for Day 2

Mel Watson is a respected professional speaker, mentor and specialist in Wellbeing and HR Strategy. Her senior career in the Australian public and private sectors spans almost two decades, where she was responsible for projects ranging from company health and safety initiatives to government DEI strategies and manager education programs. With training in mental health and positive psychology Mel now consults, delivers workshops and speaks to businesses and events across Australia and internationally. Her key topics of interest are burnout prevention, DEI and workplace wellbeing strategy. Mel also runs a successful group program and mentors high-achieving women on prioritising their wellbeing and burnout recovery.

melwatson.com | Mel Watson | Mel Watson

Introducing **Angela Johnson**, a transformative wellness and spiritual coach who has a great passion for guiding individuals on their journey to holistic well-being. Angela J brings wisdom, compassion, and empowering insights to inspire positive change. She has a B.S in Psychology, a M.A in clinical counseling and is a certified spiritual formation coach. Get ready to embark on a journey of self-discovery and spiritual transformation with Angela J's tailored 1-on-1 coaching.

soundmindwellnesscenterllc.org | Sound_Mind_Wellness

Willow Merchant, MSN, FNP, IBCLC, with certifications in trauma-informed care and alternative healing, guides women from all walks of life in various nursing roles. She believes in women as the architects of the future, weaving supportive wisdom through shared journeys. In one-on-one or group settings, she celebrates inner voice and creativity, fostering peace and purpose. At Emerging Hearts, through coaching, group sessions, circles, events, retreats, and ceremonies, she transforms life's challenges into strength, cultivating purpose and inner peace.

https://www.emergingheartscollective.com/ | Free ticket to Virtual Womens Circle

Emerging Hearts Collective | Emerging Hearts Collective

Dr. Rita Fierro, an author and social justice consultant, equips leaders to driven successful social justice initiatives for systems change. With over 20 years of consensus-building experience, she has evaluated $95 million in funding, trained about 1000 individuals, and coached 200. In 2017, Dr. Rita's expertise played a key role in the creation of a community-police vision in Newark, NJ to end police brutality. This collaboration helped there be no police shootings or deaths in the city in 2020. Her book, "Digging Up the Seeds of white Supremacy," exposes persistent mechanisms of class and race inequality entrenched in our politics. Dr. Rita holds a Ph.D. in African American Studies from Temple University and a Master's in Sociology from the University of Rome. Fierro Consulting, LLC has increased the effectiveness of organizations combating racism and sexism internationally.

Rita Fierro | @drritawrites | Rita S. Fierro

Meet M.S. Dominika Staniewicz, Elite Neuroencoding specialist, Brain Health Coach, and author of "The Magic of Dreaming Big, Acting Small, and Achieving Success." Coach D blends firecracker charisma with scientific wisdom, advising top leaders and playing pivotal roles in national negotiations. With 5000+ hours of corporate training and a decade in academia, her expertise shines. A catalyst for change, she navigates mental well-being complexities with precision, advocating for holistic happiness. Whether as trainer, coach, or speaker, Dominika Staniewicz exemplifies resilience, turning life's obstacles into stepping stones toward dreams.

www.yourbraincoachd.com | Dominika Staniewicz

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Company Profile

WORxK Solutions, LLC

Trusted Prescription for Mission Driven Individuals and Organizations in Social Impact

ABOUT US

Founded by Dr. Kristy K. Taylor, Certified Career & Executive Coach, also known as the Social Impact Career Coach, WORxK Solutions, LLC provides holistic career services, resiliency coaching, and workshop facilitation for mission-driven individuals and organizations in the social impact sector. We equip individuals with the tools to build resilience, overcome obstacles, and create sustainable pathways towards fulfilling careers that align with their values and passions using our five-fold WORxK Coaching Framework:

Work Towards Goals • **O**pen Communication • **R**esilience Building • e**X**cellence in Performance • **K**eep Growing

Leveraging our signature REBT DEIA Framework, we partner with social impact organizations to deliver customized career development workshops and coaching aimed to enhance professional presence and foster organizational resiliency. Our approach involves challenging irrational beliefs, encouraging personal accountability, and promoting inclusive leadership to facilitate change.

By combining these two frameworks, we prioritize emotional resilience, diverse perspectives, and inclusive practices. WORxK Solutions, LLC is the prescription for empowering mission-driven individuals and organizations in the social impact sector to drive meaningful change.

OUR SERVICES

- Employee Engagement Programs
- Transition Support
- Networking Skills
- Mentorship Programs
- Performance Improvement Plans
- Diversity and Inclusion Initiatives
- Onboarding Support
- Employee Coaching
- Talent Development
- Leadership Development
- Training & Development
- Career Development
- Succession Planning
- Work-Life Balance Workshops
- Health and Wellness Workshops
- Professional Presence Coaching
- Professional Development
- Career Exploration
- Career Goal Setting
- REBT Mindset Transformation Coaching
- Stress Management Coaching
- Work-life Balance Coaching
- Burnout Prevention Coaching
- Career Strategy Success Planning
- Books & Career Development Resources

BOOK YOUR FREE CONSULTATION TODAY!

DR. KRISTY K. TAYLOR, SOCIAL IMPACT CAREER COACH

Dr. Kristy K. Taylor, also known as the Social Impact Career Coach, has assisted hundreds of clients in achieving their career goals. She is a military veteran and a Certified Professional Career & Executive Coach with expertise in REBT Mindset Life and Emotional Intelligence Coaching. Dr. Taylor is the founder of WORxK Solutions, LLC, where she specializes in providing career and organizational development, as well as resiliency coaching and workshop facilitation for mission-driven individuals and organizations, utilizing her signature REBT DEIA Framework as a change management model. She champions WORxK Solutions, LLC as the prescription for a mission-driven workforce. Dr. Taylor empowers clients to reach their highest potential by providing supportive, accountable coaching and career development services. Visit www.worxksolutions.com to learn more!