



INVITED

PSYCHOTHERAPY AND COACHING, LLC

Menu of Services

Colleague Training

Topics include, but are not limited to, *Resilience in the Workplace, Habits for Peak Performance, Integrative Approach for Mental Health, Mindfulness for Stress Management, Growth Mindset.*

Group Diffusing

Group diffusings provide a safe and confidential space for colleagues to give voice to their experiences and to share emotional support, coping strategies and success stories.

Individual Counseling or Coaching

Leadership Interview and Summary Report

Can include up to five leaders. The purpose of leadership interviews is to identify specific problems, factors, needs and goals related to burnout among colleagues. This can be done on an individual or group basis. A summary report of findings will be provided.

Management Training

Management training focuses on supporting leaders in identifying signs and symptoms of burnout, facilitating difficult conversations with colleagues who are struggling, and connecting those individuals with the appropriate support services.

Management Consultation

Individualized, targeted consultation sessions with leaders around difficult cases, which may include performance management concerns.

Peer Counseling Training and Rollout

Selected colleagues will train to serve as peer counselors who provide one-on-one emotional first aid to colleagues in need. Peer counselors will also learn how and when to escalate referrals to mental health providers. Three trainings in total are recommended.



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Organizational Wellness Package

Includes the following services:

- Three interview sessions with individual leaders, or three groups of five or fewer, and subsequent summary reports
- Three colleague trainings
- Three colleague diffusings
- One management training session
- Peer counseling program rollout, including initial planning meeting and three subsequent peer counselor trainings
- Management consultation may be discounted as an add-on.

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