

Healthy Relationships | Red Flags | Toxic Friendships | Campus sexual assault | Healing

MARISSA F. COHEN'S TOPIC CATALOG



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Table of *Content*



Presentations can be customized to fit your needs, audience size and demographic.

- **Most Requested Topics**
- **New Programs**
- **Interactive Presentations**
- **Keynotes**
- **New Student Orientation/Welcome Week**
- **Greek Life**
- **Student Leaders**
- **Faculty and Staff Trainings**
- **Specialty Topics**
 - **Med. Students/Allied Health**
 - **Law Students**
 - **Parenting**
 - **Residential Assistants**
 - **Athletics**
 - **Law Enforcement**
 - **Abuse & Mental Health**
- **Events and Awareness Activities**



Marissa's Top 5 Most Requested Programs



WELLNESS DAY

Combo Event



Empowered Rocks

Recommended Program Pairing:
Don't Be A Karen, Be A CAREN



Air Plants

Recommended Program
Pairing: *Setting Boundaries*



Lucky Bamboo

Recommended Program Pairing:
Relationships, Red Flags & Risk Reduction

PROMOTIONAL SPECIAL \$3500

PRICE INCLUDES

Scan here for
workshop topics



- Your choice of guided workshop or keynote by Marissa
- One self-care novelty activity (choice of lucky bamboo, airplants, or empowered rocks)

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RELATIONSHIPS, RED FLAGS AND RISK REDUCTION



In this seminar, we talk about healthy vs. unhealthy relationships, red flags to look for in these relationships, and ways to avoid abusers and narcissists. We can infuse some activities throughout if that's wanted. This program is easily combined with other topics, and presented in an interactive presentation. We utilize group discussions, games and media to engage students and present the material in a way that will stick.

Learning Objectives: Healthy vs. Unhealthy Relationships, Red Flags, Situational Awareness, Consent, Risk Reduction Techniques, Safety Planning, Resources



THE 5 MUST-KNOW TIPS FOR NURSES: TO FEEL PREPARED AND CONFIDENT WHEN WORKING WITH DOMESTIC VIOLENCE VICTIMS

In this Q&A style event, we discuss the 5 most common concerns nurses have while working with survivors of DV and their solutions. Then, we dive into the questions and experiences they've had with patients (with respect to HIPPA) and talk about best practices to handling them. Finally, as a group, we collaborate on building toolkits for each nursing student to use, filled with resources, phone numbers and organizations to recommend to survivor patients. The goal is to feel fully comfortable and prepared to face the challenge of working with someone enduring domestic violence.

Learning Objectives: Best Practices, Keeping Yourself and Your Patient Safe, Arming with Knowledge for Better Results, Knowing Resources and Building Resource Toolkit

DON'T BE A KAREN, BE A C.A.R.E.N™

C.A.R.E.N — Communicate; Advocate; Respect; Empathize; Nourish. These 5 characteristics make you the best partner, advocate and friend that you can be. In this program, we instill these 5 characteristics into your daily friendship interactions, and identify the people in your life that are CAREN's. The more CAREN's you have in your life, the stronger and more beautiful friendships and relationships you'll have.

Learning Objectives: Communication Techniques, Advocacy, Healthy Traits, Toxic Traits, Consent, Red Flags, Resources, Healthy Interactions, Gaslighting

4 EASY TIPS TO BE SITUATIONALLY AWARE WITHOUT MISSING OUT ON THE COLLEGE EXPERIENCE

In this seminar we discuss simple ways to keep yourself and your friends safe on and off campus without shutting yourself in your dorm room for 4 years. The best part of the college experience is the social aspect. But it's important for you to understand how you can balance a social life with being safe. We discuss techniques to keeping yourself and your friend safe while simultaneously enjoying the college experience.

Learning Objectives: Risk Reduction Techniques, Red Flags, Drug Facilitated Sexual Assault, Situational Awareness, Levels of Awareness, Real Life Scenarios, Sexual Assault, Consent

WORKING WITH ANYONE: HOW TO CREATE AND MAINTAIN A HEALTHY, POSITIVE AND PRODUCTIVE WORK ENVIRONMENT

When you spend roughly 1/3 of your life at work, the people around you make a profound difference. With great coworkers and a great boss, the days just seem to fly by. This also relates to student leadership groups, like student government, CAB= SGA, Student Activities, etc. But when you have a narcissist in your workplace, everything drags. They create chaos, distraction, disruption and disjointed team efforts. This is infuriating, and it seems like we can't do anything about it. But that's not true. There is a recipe for creating and maintaining a healthy and productive work environment, even if you have a narcissist in your office.

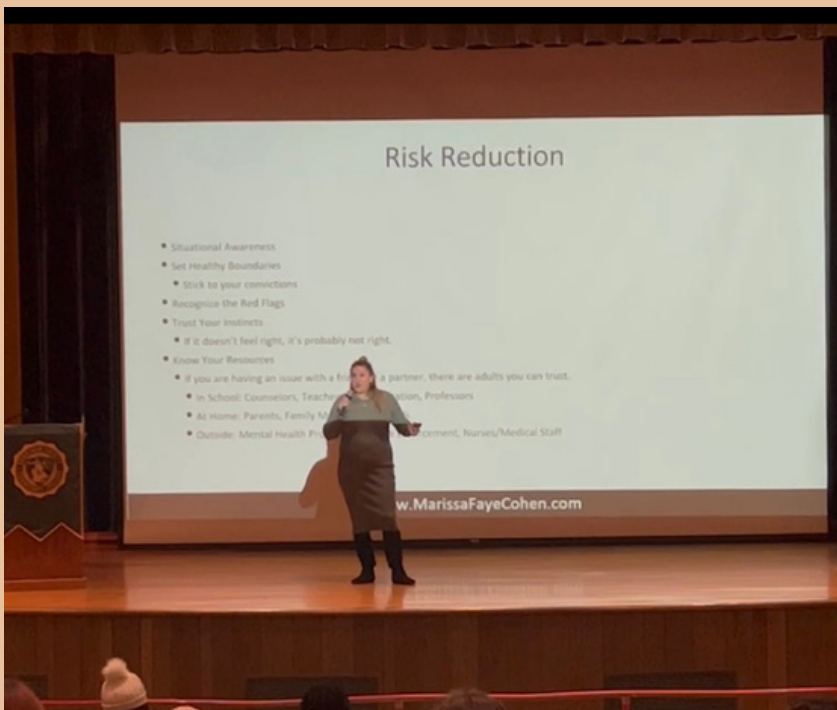
In this seminar, we address narcissistic personalities, and identify the 6 fool-proof ways of working cohesively and efficiently, with a narcissist in your office. Make any workspace safer, and more pleasant using 6 very small changes.

***Ideal for Faculty and Staff Audiences and/or Student Leadership Organizations**

Learning Objectives: What is a Narcissist, Narcissistic Personality Disorder, Red Flags and Symptoms, How Narcissism Affects the Workplace, Communication Tips, Creating a Healthy Work Environment, Boundaries, Support Networks, Resources



NEW *Programs*



RED, YELLOW AND GREEN FLAGS

Every social interaction can be represented by a red, yellow or green flag. The key is determining the color of the flag, and deciding if that interaction and that person is healthy or toxic to you.

Using real-life scenarios, and fictional interactions from popular movies and television, students will decide what behaviors they're willing to accept, and not accept anymore by determining what flag each interaction belongs to.

Then, together, we'll identify different situations and the flag that represents these situations, and hang them in a public area, so other students can be more aware of healthy and toxic interactions and behaviors.

Learning Objectives: Healthy and toxic relationships, red flags, yellow flags, green flags, boundaries, healthy partners, positive behaviors, negative behaviors.

LEAD AND EMPOWER: STUDENT LEADERSHIP

Student leaders have a much larger responsibility than just organizing fun events and delegating funds to clubs. They are responsible for creating and maintaining a healthy campus culture, empowering their peers and leading social and campus change. That alone is a significant responsibility, then adding in classes, social engagements and oftentimes a job.

The life of a student leader is crazy. I can relate. When I was in college, I was a student leader. And with that incredible honor, came much responsibility and a ton of very necessary life lessons.

Setting boundaries, recognizing my perceived celebrity and influence and learning how to use it for good, were just a few.

In this interactive program, we dive into what empowerment, resiliency and leading change looks like, and how to do it while also taking care of themselves by setting healthy boundaries, keeping themselves motivated, and managing their time effectively.

Learning Objectives: Leading Change, Empowering Yourself and Others, Setting Healthy Boundaries, Identifying Your Passionate Cause, Time Management, Stress Management, Resilience and Self-Preservation

SPEED FRIENDING

Humans are social creatures that are never taught how to properly socialize... imagine that! Effective communication is uncommon, which is so strange when literally everything we do on a daily basis is communicating a message. Whether it's verbal or nonverbal, we are communicating our emotions, feelings, beliefs, opinions, wants and needs. But we may be doing it the wrong way, or in a way that others won't understand.

In this experience, we discuss healthy and impactful ways to communicate that will lead to more opportunities for personal and professional growth, partnership and friendship. Then, using these new tools, do a round of "Speed Friending" in which we will exercise these new muscles and meet some really cool new people!

Learning Objectives: Communication Skills, Verbal Communication, Nonverbal Communication, Being Interesting vs. Interested, Active listening, Boundaries, Respect



Interactive Presentations



HEALING THROUGH THERAPEUTIC WRITING

Mental Health awareness has become the forefront trend since the beginning of COVID. Self-care and mindfulness are extremely important, especially in colleges and universities. About 24.3% of students impacted by abusive relationships and sexual assault will drop out of college this year. They won't seek out the resources that they desperately need. So instead, I bring the resources to them. Writing has been an incredibly useful tool for survivors of trauma. It allows them to Release the burden they're holding on to, without the vulnerability of talking about it.

In this program, I use therapeutic writing techniques to help survivors of trauma let go of their abuse and begin to heal in a healthy way. Thus, decreasing the risk of dropping out. Everything students will need, including pens and notebooks, is provided by me.

Learning Objectives: Healing Technique, Coping Skills, Therapeutic Writing, Releasing, Confidence Building, Empowerment and Support, Community

LET'S SET SOME BOUNDARIES

We are always encouraged, but never taught how to stand up for ourselves. Having the confidence to stand firm against something that bothers you is a powerful feeling. In this seminar, we learn why setting boundaries are important, how they play into keeping yourself safe in relationships and picking healthy partners, and how to set effective boundaries and defend them.

Abusers and narcissists method starts with pushing and disrespecting boundaries. But if we have boundaries that make us feel safe, and we feel confident in them, we will make the correct choice for ourselves.

Learning Objectives: Healthy Relationships, Boundaries, the Importance of Boundary Setting, Toxic Relationships, Narcissists, Setting Impactful Boundaries, Setting a Boundary Together

11 SIGNS OF A TOXIC RELATIONSHIP

In this seminar, we cover the 11 Toxic Traits to be aware of that narcissists most commonly portray. The more you can recognize them, the earlier you can choose to leave without fear of danger or harm. Having the capability to recognize manipulators and narcissists, helps you keep yourself and your friends and family safe. We will learn to identify the "early warning signs" of an abuser, and how to avoid toxic relationships.

Learning Objectives: Toxic Traits, Red Flags, Healthy vs. Unhealthy Relationships, Leaving Safely, Being A Good Advocate, Safety and Prevention

ADVOCATING: HOW TO BEST SUPPORT YOUR FRIENDS AND FAMILY WHO HAVE EXPERIENCED ABUSE

In this seminar, we identify the top 3 habits of a great advocate. We discuss how to avoid victim blaming, and what it means to really support a survivor of domestic violence or sexual assault. It's really difficult to watch someone you love endure abuse, because you feel helpless. But there are ways to be there while they're in the abusive situation, and after they leave that are effective and helpful.

Learning Objectives: Advocacy, Vicarious Trauma, Healthy Coping Skills, Habits of Helpful Advocates, Keeping Everyone Safe, Red Flags, CAREN, Communication, Respect, Advocacy, Empathy, Nourishment, The 5 Characteristics of A Good Advocate

EMPOWERED WOMEN EMPOWER WOMEN

Healing doesn't happen overnight, and it certainly doesn't happen by yourself. Empowered women empower women. We need to see examples of people who have overcome what we've experienced to give us the guidance and confidence to do it ourselves. For Women's History Month or any other time of the year, I share my experience and how I have overcome sexual assaults, domestic violence, narcissists and stalking, and help others along their journey!

***This program is great for Women's History Month (March)**

Learning Objectives: Setting Boundaries, Survivor Stories, Finding Your Path, Healing Resources, Healing Journeys, Tools and Activities to Healing, Confidence Building, Releasing Your Trauma, Restoring Confidence, Rebuilding, Resilience

BEING A GOOD FRIEND

Throughout life, we accumulate friends and friendships. We surround ourselves with the people with whom we share interests, history, and character traits. But not every friendship is healthy. The truth is, we are never actually taught how to be a good friend, or what to look for in a healthy platonic relationship. And as simple as it seems, 84% of women and 75% of men report having had a toxic friend at some point in their life.

Learning how to be a healthy friend and foster healthy friendships is important. Our friends teach us about ourselves, and we adopt mindsets, mannerisms, and habits from the people we surround ourselves with. In this program, we identify the characteristics of a healthy platonic friendship, and look into our own lives to isolate the toxic friends from the healthy friends.

Learning Objectives: Healthy Friendships, Red Flags, Toxic Traits, Healthy Traits, Advocacy, Self Love, Toxic Relationships, Mindset Coaching, Community Building

4 EASY TIPS TO BE SITUATIONALLY AWARE WITHOUT MISSING OUT ON THE COLLEGE EXPERIENCE

In this seminar we discuss simple ways to keep yourself and your friends safe on and off campus without shutting yourself in your dorm room for 4 years. The best part of the college experience is the social aspect. But it's important for you to understand how you can balance a social life with being safe. We discuss techniques to keeping yourself and your friend safe while simultaneously enjoying the college experience.

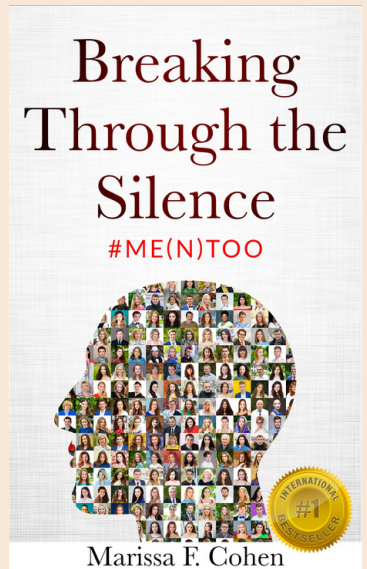
***I host this virtually every September 26 for National Situational Awareness Day**

Learning Objectives: Risk Reduction Techniques, Red Flags, Drug Facilitated Sexual Assault, Situational Awareness, Levels of Awareness, Real Life Scenarios, Sexual Assault, Consent

#MENTOO

In this workshop, we focus on male survivors. Male survivors of sexual assault are the least reported incidents of all violent crimes overall. And that's because they've never felt supported, and there are stigmas against them at every turn. Their masculinity and sexuality are questioned. They are asked why they don't fight back. And it's disgusting, because women get more support immediately. So, in this seminar, we discuss resources for male survivors, as well as healing activities that will help them overcome their trauma specifically.

Learning Objectives: Male Survivor Patterns, Speaking Out, Confidence Building, Empowerment and Support, Healing Activities, Release, Resilience, Rebuild, Resources



WHAT IS GASLIGHTING?

What is Gaslighting and why am I hearing that word so much?

Recently, gaslighting has become a trending topic in our society, but nobody can really explain what it is. Gaslighting is the act of a narcissist trying to push blame off of them and onto their victim or survivor. And they do this in many different ways. And as simple as it sounds, the psychological impact of gaslighting is detrimental to the survivors well-being. In this workshop we address the many ways narcissist use to gaslight people, how to identify it, and how to evade these attempts and keep yourself safe and sane.

Learning Objectives: Gaslighting, Emotional Abuse, Trends and Patterns of Narcissists, Tool and Tips to Staying Safe and Sane, Resources

THE HEALING FROM EMOTIONAL ABUSE PHILOSOPHY: THE 3 KEYS TO OVERCOMING NARCISSISM

In this interactive presentation, we infuse important lessons, such as red flags, healthy relationships, what abuse is, etc. with activities to help students overcome their abuses and experiences. Topics can be customized, but the activities are immediately effective and cannot be customized. Survivors will leave the workshop feeling empowered, free and confident.

Learning Objectives: Red Flags, Risk Reduction, Releasing Trauma, Resilience Boosting, Rebuilding Tools, Healthy Relationships, Confidence, Healthy Healing Techniques, Coping Skills, Healthy vs. Unhealthy Relationships

7 THINGS NARCISSISTS DO WHEN YOU GO NO CONTACT

When you're dealing with a narcissist, especially in a platonic or romantic relationship, cutting them out will never be easy. They feel superior and smarter than everyone around them, and will manipulate and lie to get what they want. When you decide to cut them out, break it off or go "no contact," you're bound to feel some backlash. This seminar is created to prepare you for some or all of the backlash you may feel after deciding to go "no contact" with a narcissist.

Learning Objectives: Tips to Managing Backlash of Narcissists, What is a Narcissist, Tools, Tips and Resources, What to Expect from your Narc, Support Networks

STALKING, ABUSE IN SILENCE: WHAT YOU NEED TO KNOW TO KEEP YOUR CAMPUS SAFE

Stalking reports have increased on college campuses by over 65% since 2017. That increase in reports is a scary revelation for colleges and universities around the country, but it's difficult to address. In this seminar, we discuss stalking, what it is, and why it's so dangerous even though you're not being physically harmed, and better ways to keep campuses safe from stalkers and abusers.

Learning Objectives: What is Stalking, Red Flags, Abusive Relationships, Psychological Aftermath of Stalking, Coping Skills, Resources, How to Reduce Stalking on Campuses

LOVE IS...

Some of the most common misconceptions about love and healthy relationships come from TV shows, movies and media. Not only do they set unrealistic expectations, but they glamorize drama, jealousy, and abusive tendencies, to create a story. But that's not really love. And the sooner we change those misconceptions, the better!

In this seminar, we identify healthy and unhealthy relationship practices, and discuss what to look for in a realistic, healthy relationship.

Learning Objectives: Red Flags, Healthy Relationships, Toxic Relationships, Abuse, Contro / Emotional Abuse, Love vs. Control, Yellow Flags, What to Look for in Healthy Relationships

TALK TO ANYONE: THE 3 TIPS FOR HEALTHY COMMUNICATION

In school we learn all kinds of skills. How to share, make friends, take tests, study, do algebra, dissect frogs, and much more. But one thing we don't learn is how to properly and effectively communicate with each other. Then we grow up, and instead of discussing, we argue. And instead of talking through issues, we fight.

In this program, we learn how to communicate with each other effectively, in ways that will create the desired outcome, and won't lead to resentment, arguments or fights.

Healthy communication is crucial for healthy relationships, both romantic and platonic. To live a fulfilled life surrounded by positivity, love and support, we need to be able to express our feelings and communicate properly.

Learning Objectives: Communication skills, I statements, Feelings, Healthy communication, breathing exercises,

ABUSE IN THE LGBTQIA+ COMMUNITY

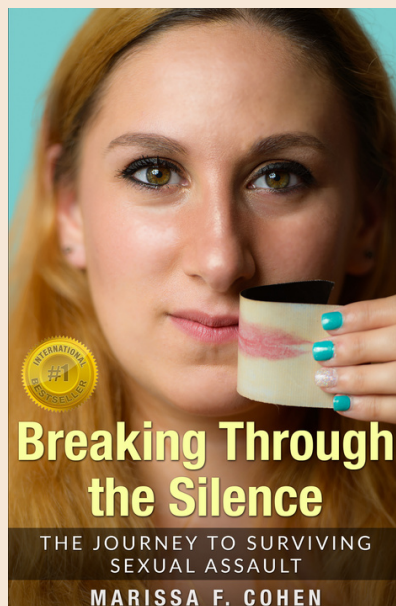
People in the LGBTQIA+ Community are at the highest risk for experiencing abuse and assault out of any other demographic across the board. There are many reasons for that, which need to be explored and prevented. The more we discuss the barriers in the LGBTQIA+ community, and create a safe environment for people, the safer they'll be. The key is to identify these issues because all students deserve safety, and healthy relationships.

Learning Objectives: Grooming, LGBTQIA+ Community Safety, Toxic Traits, Red Flags, Healthy vs. Unhealthy Relationships, Leaving Safely, Being A Good Advocate, Safety and Prevention



Keynotes





BREAKING THROUGH THE SILENCE

From middle school through college, it was one sucker punch to the gut after another. After experiencing multiple abusive partners, toxic friend groups, sexual assaults, rape and a narcissistic family, it seems unlikely that someone would be able to trust anyone, let alone have healthy relationships. But after all of that, I picked myself up, put myself back together, published 4 bestselling books, became a speaker, healer and thought leader. If I can overcome trauma, everyone can.

My road to healing was unpaved, filled with obstacles, roadblocks and adversity. But I got there. And so can students. Everyone is fighting a battle nobody can see. Kindness, compassion and a strong support network are key ingredients making your life the absolute best it can be.

Learning Objectives: Healthy vs. Unhealthy Relationships, Red Flags, Situational Awareness, Consent, Risk Reduction Techniques, Safety Planning, Resources

UNDERSTANDING YOUR ABUSE

Having worked with survivors for 12+ years, I've noticed the one commonality between all of us. Once we figure out we're being abused, we don't understand. We don't understand, "why us," we don't understand our side-effects or aftermath, we don't understand why we feel the way we do, and why they did what they did. Nobody talks about it.

But knowledge and understanding are the foundation for healing. So, in this keynote, I create an environment of openness, community and empowerment, so that survivors who are suffering in silence and just trying to navigate the thoughts in their heads, have the opportunity to truly conceptualize the behaviors of our narcissists and abusers.

We don't know what we don't know, and therefore aren't able to ask the right questions. This seminar gives survivors the insight to ask the right questions and seek the right form of help for them. Healing is a process, and this is the first step.

Learning Objectives: Understanding Abuse, the Aftermath, Superpowers Developed After Abuse, Neuro/Biological Changes, How to Heal, Healing Techniques, 3 Keys to Overcoming Narcissism

WOMEN'S HISTORY MONTH

In the last 50 years, women have made incredible strides in terms of rights and freedoms. But we aren't done. Women still grow up being conditioned to feel less than, to deal with the sexualization and abuse from others, and to behave in certain ways.

In my life, I have experienced sexual abuse and conditioning from childhood through adulthood. I have learned how much these incidents have impacted the way I view the world and myself, and have fought to change my mindset and conditioning.

In this keynote, I address how the mistreatment of women has aided in creating the obstacles that we continue to face today, and encourage and inspire others to look at their conditioning to change their mindset, their future and the future for up and coming women.

Learning Objectives: Understanding childhood conditioning, strength and overcoming sexual abuse, real-life experiences, changing self-talk, confidence and self esteem.

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New Student Orientation & Welcome Week



HEALTHY STRESS MANAGEMENT HABITS

Let's face it, students entering college today are not prepared for the roller coaster of experiences college and universities provide for them. Newfound freedom, time management, and feeling like an island when they're having social, emotional, or academic difficulties.

In this interactive presentation, we introduce fun stress management and trauma-informed tools into students' habits. College is the best time of our lives. Minimizing stress and introducing healthy coping skills before any of the stress and chaos begins is a preventative measure that gives your students a leg up against the culture shock that is college.

Start their college experience off already ahead. Plus, they'll all get a FREE gift from me to help them on this journey!

Learning Objectives: Healthy vs. Unhealthy Relationships, Stress Management Tools, Trauma Informed Coping Skills, Therapeutic Writing, Healing, Red Flags, Awareness, Situational Awareness, Resources, Breathing Exercises

SPEED FRIENDING

Humans are social creatures that are never taught how to properly socialize... imagine that! Effective communication is uncommon, which is so strange when literally everything we do on a daily basis is communicating a message. Whether it's verbal or nonverbal, we are communicating our emotions, feelings, beliefs, opinions, wants and needs. But we may be doing it the wrong way, or in a way that others won't understand.

In this experience, we discuss healthy and impactful ways to communicate that will lead to more opportunities for personal and professional growth, partnership and friendship. Then, using these new tools, do a round of "Speed Friending" in which we will exercise these new muscles and meet some really cool new people!

Learning Objectives: Communication Skills, Verbal Communication, Nonverbal Communication, Being Interesting vs. Interested, Active listening, Boundaries, Respect

RELATIONSHIPS, RED FLAGS AND RISK REDUCTION



In your first year of college, you're adapting to a million new experiences, including new relationships. Unfortunately for me, I was never made aware of Red Flags, toxic behaviors and how to set boundaries, and so I ended up in a lot of compromising situations, and allowing very unhealthy people into my life.

In this seminar, we spell out exactly the type of behaviors that I was never warned about, to allow incoming freshman to have a head start in making healthy decisions. This program has been called, "An event that I wish I had when I was in college."

Learning Objectives: Healthy vs. Unhealthy Relationships, Red Flags, Situational Awareness, Consent, Risk Reduction Techniques, Safety Planning, Resources, Boundaries



Greek Life



GREEK LIFE: STIGMAS, MYTHS AND SAFETY PROTOCOLS

There are a lot of negative stigmas roaming around about Greek Life. But there are incredible benefits, too. You have a built-in family and a sense of belonging. You know that you have people that have your back and will support you. However, there are dangers in it, too. From peer pressure and pledging requirements, to higher likelihood of Drug/Alcohol Facilitated Sexual Assault (also known as Date Rape), there is a higher chance of something happening. So, in this seminar, we discuss the stigmas of Greek Life, and then ways to be situationally aware and stay safe with your brothers/sisters.

Learning Objectives: Stigmas and Myths of Greek Life, Safety Planning, Situational Awareness, Drug Facilitated Sexual Assault, the 55 Different Drugs Most Commonly Used to Spike Drinks, Alcohol Facilitated Sexual Assault, Consent

NOT ALL MEN

In society, we spend so much time and energy teaching women how to not be assaulted: don't put down your drink, don't wear revealing clothes, don't drink too much, use the buddy system... blah blah blah. But we don't spend any time teaching men appropriate ways to treat their partners. Safe and impactful communication, appropriate and inappropriate sexual behavior, how to ask for consent, etc.

In this program, we learn about all the ways men have been misled into thinking that toxic masculinity will get them what they want. We assess behavior patterns and learn better and healthier ways to have a safe and healthy relationship.

Ideal for Middle School, High School, and College Age Men.

Can Also be Generalized for All Genders

Learning Objectives: Safety Planning Techniques, Red Flags, Escape Plans, Situational Awareness, Consent

WAX OFF ABUSE

It's a silly world we live in, where the best way to gain traction and attention for a good cause is to do something a little strange. The Ice Bucket Challenge for ALS, Walk a Mile in Their Shoes for Sexual Assault, and so my Nonprofit, Within Your Reach, has come up with an equally silly and attention-getting fundraiser that has been really popular across the country.

Wax off abuse, usually sponsored by a fraternity, features brothers getting waxed (By a professional) publicly and people donating to the nonprofit to watch. Some chapters went as far as to price certain areas. Chest, Legs, Back, Arms, and Armpits are up for waxing, and the money raised provides survivors of DV and SA with free healing resources provided by Within Your Reach!

LET'S SET SOME BOUNDARIES

Greek life is like being inducted into a club of guaranteed friends for life., but it's still so important to be able to set healthy boundaries with your sisters and brothers, and have them respect that. Whether it's sharing a living space, spending a lot of time with them, or participating in various activities, you need to know how and when to say no. And you need to know how.

In this seminar, we discuss what boundaries are, how to set them and then we practice setting boundaries with our friends, so we can get comfortable defending out boundaries and sticking up for ourselves and our individual needs.

Learning Objectives: Healthy Relationships, Boundaries, the Importance of Boundary Setting, Toxic Relationships, Narcissists, Setting Impactful Boundaries, Setting a Boundary Together



Student Leaders



STUDENT LEADERS: HOW TO LEAD A SAFE CAMPUS

Campus safety is everyone's job, especially if you're a student leader. Your colleagues and peers look to you for support, direction and advice. So, knowing what consent means, how to handle adverse situations, and what resources are available is crucial.

In this interactive seminar, we address these issues, and train student leaders how to appropriately respond if any of their peers seek them for support or guidance with sexual assault, domestic violence, narcissism, emotional abuse, stalking, and any other related issue. Student leaders are the other students first line of defense. They are more likely to seek out a student leader than a faculty or staff member. They need these tools.

Learning Objectives: Getting Consent, Healthy Relationships, Toxic Relationships, Red Flags, Drug Facilitated Sexual Assault, Alcohol Facilitated Sexual Assault, Safety Practices, Risk Reduction, Resources

LEAD AND EMPOWER: STUDENT LEADERSHIP

Student leaders have a much larger responsibility than just organizing fun events and delegating funds to clubs. They are responsible for creating and maintaining a healthy campus culture, empowering their peers and leading social and campus change. That alone is a significant responsibility, then adding in classes, social engagements and oftentimes a job.

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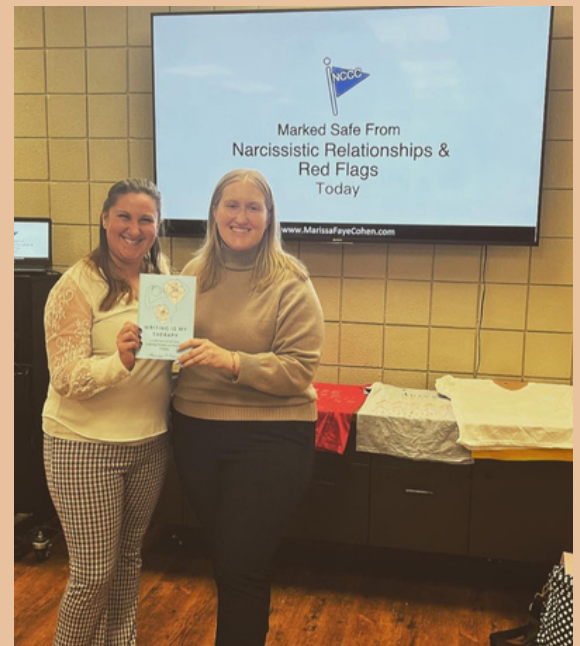
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Learning Objectives: Leading Change, Empowering Yourself and Others, Setting Healthy Boundaries, Identifying Your Passionate Cause, Time Management, Stress Management, Resilience and Self-Preservation

DON'T BE A KAREN, BE A C.A.R.E.N™

C.A.R.E.N — Communicate; Advocate; Respect; Empathize; Nourish. These 5 characteristics make you the best partner, advocate and friend that you can be. In this program, we instill these 5 characteristics into your daily friendship interactions, and identify the people in your life that are CAREN's. The more CAREN's you have in your life, the stronger and more beautiful friendships and relationships you'll have.

Learning Objectives: Communication Techniques, Advocacy, Healthy Traits, Toxic Traits, Consent, Red Flags, Resources, Healthy Interactions, Gaslighting



Faculty & Staff Trainings



HOW TO DEAL WITH NARCISSISTIC PERSONALITIES IN THE WORKPLACE

When you spend roughly 1/3 of your life at work, the people around you make a profound difference. With great coworkers and a great boss, the days just seem to fly by. But when you have a narcissist in your workplace, everything drags. They create chaos, distraction, disruption and disjointed team efforts. This is infuriating, and it seems like we can't do anything about it. But that's not true. There is a recipe for creating and maintaining a healthy and productive work environment, even if you have a narcissist in your office.

In this seminar, we address narcissistic personalities, and identify the 6 fool-proof ways of working cohesively and efficiently, with a narcissist in your office. Make any workspace safer, and more pleasant using 6 very small changes.

***Ideal for Faculty and Staff Audiences**

Learning Objectives: What is a Narcissist, Narcissistic Personality Disorder, Red Flags and Symptoms, How Narcissism Affects the Workplace, Communication Tips, Creating a Healthy Work Environment, Boundaries, Support Networks, Resources

THE PROTOCOL TO HANDLING STALKING, SA & DV ON CAMPUS EFFICIENTLY AND SAFELY

Title IX requires that all federally funded institutions have a protocol in place to aide when confronted with sexual harassment, sexual assault, domestic violence, and stalking. If you don't have one, dealing with the situation is messy and disorganized. We have created a fool-proof, easy to implement protocol to set up in your institution to protect the organization from a Title IX violation, and also to keep the students and faculty, whomever is suffering from a Stalking situation safe.

Learning Objectives: Stalking Protocol, It Takes A Village Mentality, Stalking, Boundary Setting, Resources, Healthy vs. Unhealthy Relationships, Stalking, Staff Support Programs, Sexual Assault, Domestic Violence,

WORKING WITH ANYONE: HOW TO CREATE AND MAINTAIN A HEALTHY, POSITIVE AND PRODUCTIVE WORK ENVIRONMENT

Narcissists have a tendency to distract and disrupt when they're not the center of attention. They want all eyes on them, and all the credit to be theres, unless of course something goes wrong. Then they blame everyone else.

Using my FUSE -- 4-point formula, we take 'big' personalities and transform their irritation into production. By reframing the way we view their quirks, we can easily infuse their difficult personalities from a liability to an asset.

Learning Objectives: What is a Narcissist, Narcissistic Personality Disorder, Red Flags and Symptoms, How Narcissism Affects the Workplace, Communication Tips, Creating a Healthy Work Environment, Boundaries, Support Networks, Resources, Facts Not Feelings, How to engage a narcissistic personality and get them to be a help instead of a hinderence.

ADVOCATING FOR YOUR STUDENTS: KNOWING HOW TO HELP IF THEY DISCLOSE TO YOU

It's not uncommon for students to reach out to professors and faculty that they trust in times of need. You basically become satellite parents, which can be a great thing. It means they trust you. But, when they come to you about abuse or assault, it is such a sensitive subject, and one that not many people know how to properly handle. In this seminar, we discuss the best practices for being an effective advocate for your students. Armed with the knowledge of how to respond, you'll feel confident in guiding them towards the right resources and how to approach the subject in a healthy and confident way.

Learning Objectives: Great Advocate Habits, Resource Building, How to Address Abuse, Best Ways to Help Students, Confidence in the Content, What is DV/SA, Psychological Aftermath of Assault, Recognizing Students Red Flags

CREATING A HEALTHY WORK ENVIRONMENT TO PREVENT BURNOUT AND INCREASE EMPLOYEE RETENTION

In higher education, there are a lot of moving parts, juggling tasks and projects and navigating red tape. All of that, mixed with an unhealthy or disorganized workplace is a recipe for disaster. Prioritizing mental health and creating a healthy work environment will increase productivity and employee retention, and decrease employee burnout rates and turnover.

Burnout is about the workplace, not the people. Using these 5 small shifts in your work environment can positively impact all aspects of the dynamics of your workplace and organizational performance.

Learning Objectives: Boundary Setting, Healthy Relationships, Healthy and Productive Communication, Healthy Workplace, Coping Mechanisms, Staff Support Programs, Productivity, Employee Retention, Mental Health Awareness, Resources

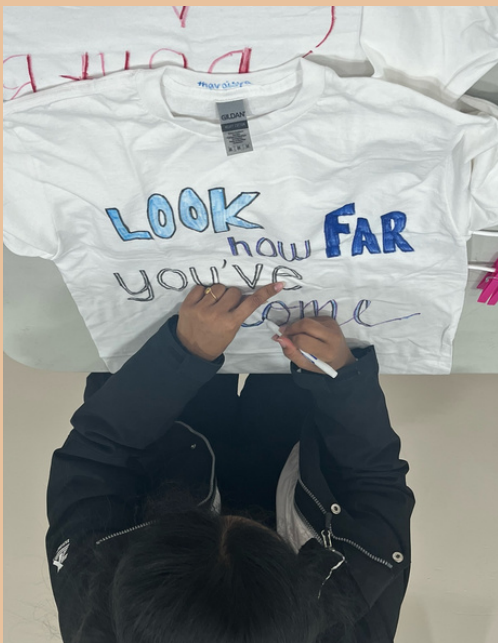
FACULTY ON FACULTY ABUSE: IT HAPPENS.

Nobody is immune to abuse. Unfortunately, it can happen to anyone, anywhere. 90% of sexual assaults are perpetrated by someone you know, an acquaintance, colleague, friend, partner, etc. It's easy to point someone in a direction when you're not the someone struggling. So, in this seminar, we discuss how coworker abuse can affect your workplace safety and feeling of comfort, and give you the tools you need in case you ever need them. It's better to know than not know, you know?

Learning Objectives: Boundary Setting, Healthy Relationships, Healthy and Productive Communication, Healthy Workplace, Coping Mechanisms, Staff Support Programs, Productivity, Employee Retention, Mental Health Awareness, Resources, Workplace Sexual Harassment



Specialty Topics



MEDICAL GASLIGHTING

It is a well-known conversation in the survivor community discussing that the medical industry misunderstands the chronic aches and pains that we experience after experiencing abuse. We've noticed that it's easier to slap a diagnosis on us when there's no definitive symptoms and tests can't identify any "issues," than it is to truly find a root cause.

In this seminar, we discuss what medical gaslighting is -- telling survivors that nothing is wrong because the tests say so, as opposed to listening to our concerns. The next generation of doctors and physicians need to do better. Help us live pain-free with dignity.

Learning Objectives: Physical aftermath of abuse, Domestic Violence, Emotional Abuse, Narcissism, Impact of DV on Survivors, Best Practices to Working with DV Clients, Tools and Resources, Neurological and Biological Changes, Neurotransmitters, Impact of Stress, Behavior Changes, Internal and External Factors, Gaslighting, Medical Gaslighting

THE 5 MUST-KNOW TIPS FOR NURSES: TO FEEL PREPARED AND CONFIDENT WHEN WORKING WITH DOMESTIC VIOLENCE VICTIMS

In this Q&A style event, we discuss the 5 most common concerns nurses have while working with survivors of DV and their solutions. Then, we dive into the questions and experiences they've had with patients (with respect to HIPPA) and talk about best practices to handling them. Finally, as a group, we collaborate on building toolkits for each nursing student to use, filled with resources, phone numbers and organizations to recommend to survivor patients. The goal is to feel fully comfortable and prepared to face the challenge of working with someone enduring domestic violence.

Learning Objectives: Best Practices, Keeping Yourself and Your Patient Safe, Arming with Knowledge for Better Results, Knowing Resources and Building Resource Toolkit

NEUROLOGICAL AND BIOLOGICAL CHANGES THAT HAPPEN AFTER ABUSE AND SEXUAL ASSAULT

People who have never experienced abuse will often wonder why their friend, partner or family member doesn't, "Seem like themselves," after experiencing abuse or assault. That's because they're not the same person. Not only does abuse/assault affect you emotionally, but it also impacts you neurologically and biologically. There are real, internal changes that shift the way that person perceives the world, and their body reacts to outside stimuli. They feel pain that is immeasurable, and usually is considered not real.

In this presentation, we get into the internal changes that happen, so medical professionals and advocates can better understand how to interact with, diagnose and treat patients and people who have experienced abuse.

Learning Objectives: Domestic Violence, Emotional Abuse, Narcissism, Impact of DV on Survivors, Best Practices to Working with DV Clients, Tools and Resources, Neurological and Biological Changes, Neurotransmitters, Impact of Stress, Behavior Changes, Internal and External Factors

PRACTICING FAMILY LAW & THE IMPACT ON SURVIVORS OF DOMESTIC VIOLENCE

Working with survivors of abuse in a legal setting is not easy, and that's because this issue is very emotional. Love isn't logical, and so addressing a survivor in a legal setting with logic may not be as effective as meeting them where they are emotionally. There are techniques and words to use that make the situation more comfortable for your client, and more efficient for you. Together, we'll walk through the most effective way to relate to your client, and make the legal process easier for everyone.

Learning Objectives: Domestic Violence, Emotional Abuse, Narcissism, Impact of DV on Clients, Best Practices to Working with DV Clients, Tools and Resources

PARENTING AFTER ABUSE: HEALING THE FAMILY

This interactive presentation usually is most effective for people who have left an abusive situation, and returned to college. Not exclusively, but that has mainly been the audience. In this presentation, we discuss the effects of abuse on the family dynamic, adults and children, and ways to relieve that trauma and move forward as a family unit.

Learning Objectives: Familial Healing, Different Effects Abuse Can Have on Children and Adults, Healthy Healing Techniques, Coping Skills, Red Flags in Adults and Children

BEST PRACTICES FOR RESIDENTIAL ASSISTANTS (RA) TO SAFELY RESPOND TO DV & SA

Being an RA is a huge responsibility. You are tasked with the safety of yourself, your floor and your building. You have to know how to respond to all different types of problems and issues, and know all of your resources. It's an incredibly important job. One of the most crucial responsibilities of an RA is knowing how to safely intervene in dangerous situations, such as a domestic dispute, or a sexual assault. And most students aren't prepared for all that happens during and after such an event.

In order to properly respond to DV and SA, you have to first understand it. Then, and only then, can we arm you with the knowledge of the best and most effective ways to respond to keep yourself, the survivor and your building safe.

Learning Objectives: Domestic Violence, Sexual Assault, Emotional Abuse, Narcissism, Impact of DV on Survivors, Emotional Aftermath, Best Practices to Working with DV Survivors, Working with SA Survivors, Tools and Resources On and Off Campus, Cool Down Practices

STUDENT ATHLETES: KEEPING YOURSELF AND YOUR REPUTATION SAFE

It's not news to anyone that athletes are among the highest accused population for sexual misconduct and domestic violence. Although only 2-8% of accusations are false, you still don't want to get caught in that crossfire. The way your reputation is impacted is irreversible.

In this seminar, we identify consent, healthy and appropriate relationship practices, and ways to keep yourself and your reputation safe. Nobody wants to end up being the newest Brock Turner, or the Ray Rice. So understanding how to safely and appropriately conduct yourself is a MUST -- especially if you dream of going pro.

One accusation WILL end your career before it starts.

Learning Objectives: Getting Consent, Healthy Relationships, Toxic Relationships, Red Flags, Drug Facilitated Sexual Assault, Alcohol Facilitated Sexual Assault, Safety Practices, Risk Reduction

CRIMINOLOGY AND CRIMINAL JUSTICE: HOW TO PROPERLY HANDLE DOMESTIC DISPUTE SITUATIONS

Working with survivors of abuse is confusing and complicated. They called for help, but don't want it when you arrive? It doesn't make logical sense, and that's because it's an emotional issue. There are proper and effective ways to handle DV calls and situations without worrying about getting hit by the victim. In this seminar, we cover the correct ways to address an incident, and how to safely defuse the situation and keep everyone involved safe.

Learning Objectives: Domestic Violence, Emotional Abuse, Narcissism, Impact of DV on Survivors, Best Practices to Working with DV Clients, Tools and Resources, Cool Down Practices

ABUSE AND EATING DISORDERS

The world of eating disorders is commonly misunderstood. When we paint a picture of people who suffer from eating disorders, we regularly misrepresent who actually experiences them. And more commonly than not, they are trauma-based. Eating disorders are often a reaction to emotional, verbal and physical abuse. And recognizing that these situations feed off of each other is another step towards keeping our students safe and healthy.

In this seminar, we discuss the overlap of a survivor of abuse and a person who has an eating disorder, and how those two situations build off of each other. This program is eye-opening for students who aspire to be counselors, mental health advocates, and therapists.

Learning Objectives: Abuse, Control, Eating Disorders, How Mental Health is all Connected, Addressing Concerns, Identifying the Problems, Ways to Help, Being a Good Advocate

ABUSE AND SUBSTANCE ABUSE

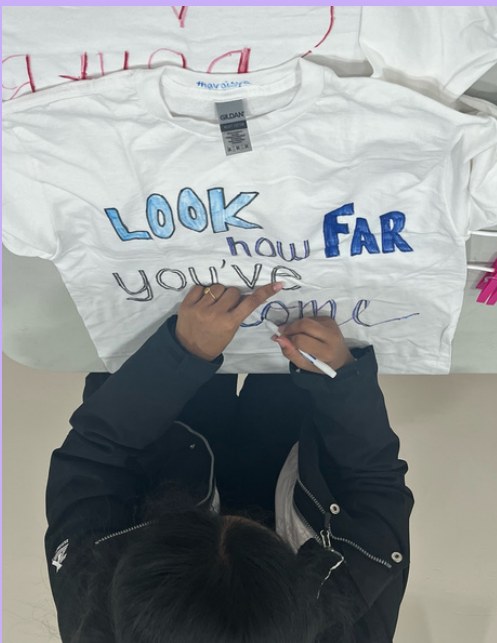
In the survivor community, we see a large overlap between survivors of abuse and substance abuse. Drugs and alcohol provide a numbness after experiencing abuse that stop the emotional turmoil for a short period of time. And that quietness becomes a feeling of peacefulness. We crave for our brains to stop repeating the words of our abusers to us, and the memories to stop invading our daily lives. Drugs provide that, but then create a million other problems.

Without understanding the depths of abuse that survivors face, we will not be empathetic to the poor choices that were made after the fact. In this program, we discuss abuse, substance abuse and how they are connected. This program is best for criminology related fields of study and psychology related fields of study.

Learning Objectives: Healthy vs. Abusive Relationships, The Aftermath of Abuse, Substance Abuse and How It Helps Survivors, Substance Abuse and Abuse Overlaps, How to Support Survivors, Empathy and Understanding



Events and Awareness Activities



THE CLOTHESLINE PROJECT



The Clothesline Project is a program held internationally on college campuses. It is the ultimate display of awareness, support and empowerment.

Across a quad, student center or high-traffic area on campus, we'll hang a clothesline. Students will come and decorate shirts with Calls to Action, Disclosures of Abuse, Empowering Phrases and Awareness Messages using paint or markers.

We will then hang the shirts across the clotheslines in order to display to all students these messages.

PUT THE NAIL IN IT

Dave Navarro is the Spokesperson for this event, and I'm honored to be a part of this. This awareness event requires minimal effort and budget.

In order to promote the frequency of Domestic Violence, myself and students will stand in high-traffic area(s) on campus and ask students if they'd like to paint their nail purple for DV Awareness. We paint one nail purple on each student to promote support and advocacy.

If they choose to paint their nail, they are identifying themselves as a safe person that someone can come to if they're experiencing abuse.

VISION BOARDS

Vision boards are an incredible way for students to encourage themselves to thrive and succeed. They give students a way to see their dreams come true and empower themselves to overcome obstacles and live their best lives.

Vision boards are a successful way to encourage survivors to push themselves out of their comfort zones and overcome their trauma.

In this activity, we use magazines, newspapers, photos, etc. and paste them onto poster boards for the students to hang or place in their dorms. It's a constant reminder of what they want to achieve and will push them to do so.

RELATIONSHIP JEOPARDY

Sometimes the best way to retain information is to make it fun. In this 1-hour interactive program, we address the most commonly asked questions, myths and facts, and surprising facts about healthy vs. toxic relationships, abuse, sexual assault, and related topics.

Interactive and educational, Relationship Jeopardy promotes safe relationships, identifies red flags, commonly asked questions, statistics, and safety tips.

STIGMA WALL

Survivors of abuse get a lot of push-back and doubt from society and people who have never experienced abuse. In this program, we address all the misconceptions, stigmas and inaccurate perceptions of being a survivor and experiencing abuse. The goal is to change the way people view survivors, and create a safe place for survivors to come forward and seek help.

PURPLE RIBBON CAMPAIGN / TEAL RIBBON CAMPAIGN

This is a simple and engaging event that doesn't require a ton of prep work. Basically, students and I hang around a high-traffic area and pass out ribbons

Purple Ribbons - October Domestic Violence Awareness

Teal Ribbons - April Sexual Assault Awareness Month.

The point is to draw attention and create awareness and support on campus. We can use this as a marketing event for a speaking program.

DENIM DAY

Denim day is an ode to the 18-year old Italian girl who was raped by her 45-year-old driving instructor. He was first convicted, and then appealed and it was overturned. A statement from the Court argued that because the victim wore very tight jeans, she had to help him remove them, and by removing the jeans it was no longer rape but consensual sex.

As an acknowledgement to that ridiculous statement, we observe Denim Day by wearing denim jeans, decorating denim clothing, and promoting that clothing does not equal consent.

In this activity, we encourage students to wear jeans in solidarity, but also decorate jean clothes -- jackets, pants, shirts, button-ups, etc.

PANEL DISCUSSION / Q&A

These topics are rarely talked about, especially personally or in-depth. So, I offer an opportunity for students to ask questions and I answer them personally, citing experiences, stories, moments, memories, etc. or professionally using data and statistics, depending on the nature of the question.

It's important for students to feel comfortable addressing these concerns and questions to allow them to make more informed decisions.

I'm an open book, and happy to answer any and all questions related to sexual assault, domestic violence, and my personal experiences with them.

GRATITUDE JARS

Showing gratitude is actually one of the healthiest ways to heal your mind and your body. Showing gratitude daily has been linked to lower stress, higher energy, decreased depression, increased self-esteem and confidence, lower anxiety and increased positive and healthy friendships, choices and restful sleep.

The use of gratitude jars as a part of students daily routine will actually show a positive shift in their work ethic, time management capabilities, and effectiveness.

In this activity, everyone receives a jar to decorate, and colorful paper to fill the jar with all the things and people in their lives they're grateful for. We also implement this immediately as a daily activity each morning and evening to start and end each day with a positive mindset.

WALK A MILE IN THEIR SHOES

This fun event is usually hosted by Greek Organizations, but works with any leadership organization as well. It is a campus-wide awareness event that is filled with laughter.

Originally, it was created for men to show their support and understanding for female survivors of sexual assault. Men would wear women's heels and walk a mile alongside women.

Now that we have more clarity that sexual assault and rape are not "female problems," we include everyone in Walk A Mile In Their Shoes. Participants wear shoes of another gender and walk a mile with each other to show support, empowerment and understanding.

This event is best outdoors in a very high traffic area or around the campus.

BE THE SOLUTION RALLY

Just like any pep rally, the aim behind a Be The Solution Rally is to provide an atmosphere of overwhelming support for the survivors on your campus. By hosting a Be The Solution Rally, you're inviting the students on your campus to provide insight and support about ways to keep your campus safe, and show the survivors on your campus that they aren't alone.

When hosting a Rally like this, it's important to have support staff around. These events can get emotional, people may disclose their trauma, and having Wellness Staff involved can be very helpful.

PAINT THE TOWN (CAMPUS) PURPLE / TEAL

Paint the Town Purple / Paint the Town Teal is a fun awareness event that incorporates the whole campus! We are taking the campus by storm and coloring it with the awareness colors of sexual assault (teal) and domestic violence (purple) to show survivors we see them and we support them.

We've hung posters with statistics and resources, painted windows, chalked the walkways, and hung banners. Students are taking back their campuses across the country by supporting their peers and showing that we don't allow toxicity on our campuses!

MOVIE NIGHT & DISCUSSION

Movies and media have begun to portray abuse and sexual assault as more than just a plot move. They're addressing it as the pinnacle issue that it is, and it has sparked conversation and concern. I am here to address all of those questions and concerns. I have a list of movies and TV shows/episodes that feature and accurately address sexual assault, domestic violence and stalking.

In this program, we play a movie or TV show/episode and then open up the room for discussions.

TAKE BACK THE NIGHT

Take back the night is an event held on college campuses empowering survivors to feel empowered and safe walking around campus at night. It is a rally, a protest and a community awareness event where we feature speakers, students and leaders to encourage safety on campus, and empowerment for survivors.

SCAVENGER HUNT

A scavenger hunt can be a great way to learn about the effects of sexual assault, harassment and domestic violence. Each clue gives some insight into experiencing abuse (but not triggering), as well as facts, statistics, in a fun and engaging way.

We can pick the clues, topics and locations to find together.

ART EXHIBIT / DISPLAY

This event is very impactful. We usually collaborate with the fine arts programs and clubs on campus. We'll pick a word/theme (Empowerment, Trauma, Healing, etc.) and have students create works of art to display on campus.

The connects the fine arts students to this topic, and attracts a lot of attention. This is a great way to advertise a speaking gig and discussion, and engage students to the topic of our talk.

CONSENT WORKSHOP

Consent is Key! Without consent, any sexual activity is illegal. In this workshop, we dive into consent, how to get consent, and how to communicate with intimate partners in a healthy way, to make sure that the intimacy is fun for everyone.

SETTING BOUNDARIES

We are always encouraged, but never taught how to stand up for ourselves. Having the confidence to stand firm against something that bothers you is a powerful feeling. In this seminar, we learn why setting boundaries are important, how they play into keeping yourself safe in relationships and picking healthy partners, and how to set effective boundaries and defend them.

Abusers and narcissists method starts with pushing and disrespecting boundaries. But if we have boundaries that make us feel safe, and we feel confident in them, we will make the correct choice for ourselves.

EMPOWER ROCKS!

This activity is all about empowerment. It's about learning to empower yourself and your friends, and how to be an empowering force in the world.

We set up a table with rocks and paint, and allow people to paint and decorate empowering phrases on these rocks, and line walkway, garden or high-traffic area with them, so we can spread empowerment and self-love.

OPEN MIC / SLAM POETRY / COFFEE HOUSE

I host a slam poetry, open mic or coffee house on your campus, featuring your students. The floor is theirs to share their stories, their writing and their souls in a safe environment.

These events tend to attract the art students, writing and theater students and usually work out very well in the evenings (4-year campuses) and lunchtime (2-year campuses).

I recommend providing coffeehouse treats to attract an audience. Biscotti or other bakery sweets, and Coffee/Tea has work out really well.

CHALK THE WALK

This is a great "college-hour" activity, or done at a time when most students are not in class. We provide chalk and ask students to draw, doodle or write empowering phrases and pictures on sidewalks or concrete, to show support, empowerment and advocacy for students who may need it.

COUNTDOWN - 20 PEOPLE PER MINUTE

Every minute, 20 people are impacted by physical or emotional abuse. This program brings light to that by ringing a bell or using sound to create awareness for that.

Usually set up in a high-traffic area, we have a table with a bell, clock or alarm (or a mix), with information about domestic violence and the resources on and off campus. This event pairs well with other awareness activities, like a Clothesline Project, Stigma Wall,

CLOTHES DISPLAY

This program originated in Brussels. A museum curated an exhibit that featured the clothing people were wearing when they were sexually assaulted and raped. It disproved the myth that what we were wearing meant we were asking for it.

Hosting a program on your campus like this is powerful, but requires student participation.

To see more about the origin of this event, visit:

<https://www.euronews.com/2018/01/17/brussels-recreates-rape-survivors-outfits-to-tackle-victim-blaming>

TRAUMA WRITING

Writing has been an incredibly useful tool for survivors of trauma. It allows them to Release the burden they're holding on to, without the vulnerability of talking about it.

In this event, I use therapeutic writing techniques to help survivors of trauma let go of their abuse and begin to heal in a healthy way. Thus, decreasing the risk of dropping out. Everything students will need, including pens and notebooks, is provided by me.