

# MARISSA F. COHEN'S TOPIC CATALOG



**2024 NATIONAL CAMPUS SPEAKER OF THE YEAR**  
**NATIONAL SURVIVOR OF THE YEAR**



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# How To Use *Marissa*



- *Wellness Days*
- *De-Stress Weeks*
- *Leadership Trainings*
- *Awareness Months*
  - *January*
  - *March*
  - *April*
  - *May*
  - *September*
  - *October*
- *Interactive & Engaging Presentations*
- *Keynotes*
- *New Student Orientation/ Welcome Week*
- *Greek Life Programming*
- *Leadership Retreats*
- *Faculty and Staff Trainings*
- *Specialty Topics*
- *Events and Awareness Activities*



“ I just attending this amazing event. It very informative and engaging about healthy and unhealthy relationships. She talks about red flags, and sometimes we don't realize how unhealthy a behavior is. The speaker gave great examples both from shows and personal about unhealthy and healthy relationships.



# WELLNESS DAY

## Combo Event



**Air Plants**

Recommended Program  
Pairing: *Setting Boundaries*



**Empowered Rocks**

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



**Lucky Bamboo**

Recommended Program Pairing:  
*Relationships, Red Flags & Risk Reduction*

**PROMOTIONAL SPECIAL**  
**\$4,000**

Scan here for  
workshop topics



### PRICE INCLUDES

- Your choice of guided workshop or keynote by Marissa, plus, One self-care novelty activity (choice of lucky bamboo, airplants, empowered rocks, etc.);
- Or choice of two self-care & Wellness novelty activities

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# WELLNESS DAY MAKE & TAKE OPTIONS:



## Paint Night

Recommended Program Pairing:  
*Empowered Women Empower Women*



## Empowered Rocks

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



## Bathbombs

Recommended Program Pairing:  
*Let's Set Some Boudnaries*



## Friendship Bracelets

Recommended Program Pairing:  
*Healthy Friendship Trivia*



## Coloring Books

Recommended Program Pairing:  
*Relationships, Red Flags and Risk Reduction*



## Airplants

Recommended Program Pairing:  
*11 Signs of a Toxic Relationship*



## Zen Gardens

Recommended Program Pairing:  
*Working With Anyone*



## Reed Diffusers /Essential Oils

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



## Lucky Bamboo

Recommended Program Pairing:  
*Red, Yellow and Green Flags*



## Vision Boards

Recommended Program Pairing:  
*Lead and Empower*



## Gratitude Jars

Recommended Program Pairing:  
*Wellness Wednesdays: Self-Care Edition*



## Galaxy Jars

Recommended Program Pairing:  
*Stalking: Abuse inSilence*



# *Marissa's Top Requested Programs*

“ Marissa Cohen is very inspiring and empowering! If you want to be heard and informed she is a go to person! ”



“ Marissa always manages to make difficult conversations approachable and fun and still remain true to the respect the subject deserves. ”

# RELATIONSHIPS, RED FLAGS AND RISK REDUCTION



Relationships really shape us. They impact our decision making, how we perceive love, ourselves and our surroundings. When you're in a toxic or unhealthy relationships, you start to feel that the abusive and narcissistic behavior is normal. And especially in college, these relationships have the ability to define our futures.

In this program, we identify healthy and unhealthy relationships, discuss what red and yellow flags look like, break down consent and have discussions about boundaries and how to be a good friend and partner. Very important lessons, portrayed in a lighthearted, fun and engaging program, with games, group discussions and a lot of comfortable laughter.

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

## LET'S SET SOME BOUNDARIES



"Let's Set Some Boundaries" is a comprehensive program designed to empower individuals with the skills and knowledge needed to establish healthy and effective boundaries. This program recognizes the importance of boundaries in fostering positive relationships, maintaining well-being, and achieving personal growth. Participants will explore the concept of boundaries, understand their significance in various aspects of life, and learn practical strategies to set, communicate, and enforce boundaries confidently.

**Learning Objectives:**

1. Gain a deep understanding of the concept of boundaries and their impact on personal and professional well-being.
2. Identify specific areas in life where boundaries are crucial and learn to differentiate between healthy and unhealthy boundaries.
3. Acquire effective communication skills to express boundaries assertively and with empathy.
4. Develop practical tools and strategies to set, maintain, and reinforce boundaries in diverse contexts, fostering healthier relationships and personal growth.

## 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

## HEALTHY RELATIONSHIP TRIVIA

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, boundaries and other related topics.

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

# 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

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## 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.

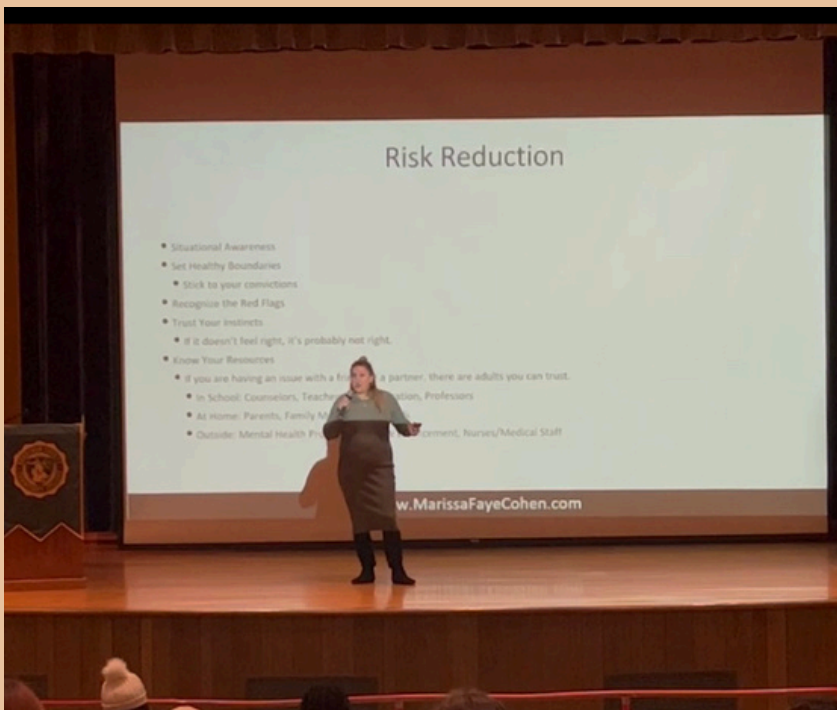
**Learning Objectives:** Leading Change, Empowering Yourself and Others, Setting Healthy Boundaries, Identifying Your Passionate Cause, Time Management, Stress Management, Resilience and Self-Preservation

“ If you want hear an informative speaker who is passionate about helping others who experience abuse or want to know more about how to help others you should go to one of Marissa Cohen's events.

”



# *\*NEW\** *Programs*



## Risk Reduction

- Situational Awareness
- Set Healthy Boundaries
  - Stick to your convictions
- Recognize the Red Flags
- Trust Your Instincts
  - If it doesn't feel right, it's probably not right.
- Know Your Resources
  - If you are having an issue with a friend or a partner, there are adults you can trust.
    - In School: Counselors, Teachers, Administration, Professors
    - At Home: Parents, Family Members
    - Outside: Mental Health Professionals, Clergy, Counselment, Nurses/Medical Staff

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# SEX TOY BINGO

Bingo has become one of the unanimously most attended events on campuses around the country. So, we decided to put our own spin on it.

A catchy name for a hilarious event! It's bingo, but with sex toys as prizes. But really, we're teaching about consent, healthy and safe sex, and communication with intimate partners.

It's a fun, engaging and educational event where everyone laughs and learns.

**Learning Objectives:** Consent, Consent Rules, Healthy Communication, Safe Sex, Safety with your intimate partner, how to communicate needs effectively

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## RELATIONSHIP TAROT READINGS

Sometimes, there are pieces of advice that we just need to hear or be reminded of. I'm not really a tarot card reader or medium, but we have created a deck of tarot / oracle cards with important messages about healthy and toxic relationships, healthy and toxic friendships, red flags, consent, boundaries, and similar important topics that students just need a reminder of.

These cards and this event is great for a quick make & take event that promotes healthy relationships, self-respect, self-care, boundaries, and consent, and every student leaves with a card they can keep and use as a reminder. Maybe they'll pull something that you needed to hear today.

\*\* This event is great for Welcome Week / Orientation, Spring Fling, or just a random fun and interactive event \*\*

**Learning Objectives:** Healthy Relationship Tips, How to be a good advocate, friend and partner, healthy and toxic relationships, boundaries, consent, healthy friendships, relationship advice

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## RED FLAG BINGO

There has been a lot of talk about red flags: what they are, how we've seen them, what they look like, which is all amazing. But how do we make that information stick?

With a game? *BINGO!* (See what I did there?)

Red Flag Bingo brings attention to Red Flag Behaviors in a way that makes the conversation fun!

In Red Flag Bingo, we can laugh about the behaviors of people who are trying to hurt us, and win cool prizes. But mostly, it an exercise in identifying and recognizing unhealthy and toxic behaviors that we have allowed and tolerated for too long.

**Learning Objectives:** Red Flag and Toxic Behavior Identification, Engaging and Interactive means for learning, discussions about unhealthy and toxic behaviors

# PASSIVE AGGRESSIVE BINGO

Who doesn't know someone that's super passive aggressive? And why does it make us feel so bad?

Passive aggressive commentary and behaviors are common from toxic people and abusers because it gives them control and leaves us feeling like we did something wrong or need to fix it. Unlearning that is a step forward in self-care and eliminating toxicity from our lives.

In Passive Aggressive Bingo, we can laugh about the behaviors of people who are trying to control us, and win cool prizes. But mostly, it an exercise in identifying and recognizing unhealthy and toxic behaviors that we have allowed and tolerated for too long.

**Learning Objectives:** Red Flag and Toxic Behavior Identification, Engaging and Interactive means for learning, discussions about unhealthy and toxic behaviors

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## DEAR FUTURE ME

Do you ever reflect on moments, situations and people in your life and how they impacted you? It feels really good to address the many regrets, concerns and mishaps in the past, and move through those guilty or heavy emotions.

But what about future anxiety? We are basically told at 18 that we need to make decisions that impact our whole lives. Which is why college students have the same anxiety levels as 40-year-old men. That's a real fact.

Give your students a chance to minimize their anxiety about the future and how each individual moment is going to impact them. Using programs like, Dear Future Me, we encourage students to positively prepare themselves and address their future concerns in a healthy and productive way.

**Learning Objectives:** Self-Love Exercise, Building Confidence and Self-Worth, Healthy Stress Management Tools, Healthy Coping Skills and Habits, Trauma Relief

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## SHRED YOUR STRUGGLES

Our bodies carry all of our worries, struggles and traumas, and eventually, it becomes too heavy. When you don't unload the burden of stress and trauma, it manifests in pain, sickness, and mental health concerns. Learning how to effectively let them go relieves stress and tension, alleviates pain and allows you to move through your days without a cloudy head.

In this program, we talk about how stress and trauma impact us, and then we try different activities to help rid ourselves of the stress and trauma.

**Learning Objectives:** Healthy Communication Skills, Stress and Traumas Impact on our Bodies, Healthy Stress Management Tools, Setting Healthy Boundaries

# RED FLAG CAMPAIGN

Identifying red flags in conversation or from past experiences is one thing, but being able to recognize them as they're happening is what keeps us safe. Hindsight is 20/20.

In this program, we identify red flags as they're happening. So we learn what to look for and how to spot it in our world.

Students should leave feeling empowered and comfortable spotting red flags in the moment, instead of ignoring them and finding out the hard way.

**Learning Objectives:** Red flag behaviors, dangerous relationships, toxic relationships, identifying abusive behavior patterns, setting healthy boundaries, picking safe and healthy relationships.

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## BALL PIT CONVERSATIONS

Meeting new people and starting conversations is difficult, which is why we take that awkwardness out of it!

On your campus, we set up a scenario that immediately breaks the ice, and has ice breakers to instantly start a conversation and connect strangers and create friendships.

Using communication skills, and pushing students out of their comfort zone, we create an experience they'll laugh about forever.

Ball Pit Conversations takes the nerves out of nervous.

**Learning Objectives:** Communication Skills. Openmindedness, Making New Friends, Finding Connections with Others, Comfortability in New Situations

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## CONFIDENCE AFTER CATASTROPHE

There is so much stimuli that we encounter every day that leads us down a negative path. From the things we hear from other people and media sources, and how that makes us feel, to how it impacts us and we internalize it, every day feels more and more catastrophic. We carry so much heaviness inside our bodies, and it impacts the way we feel and see the world, and ourselves.

Breaking through these catastrophes and rebuilding our sense of self-worth, self-love and self-awareness increases our overall happiness and quality of life.

Help your students find Confidence After Catastrophe by giving them the tools to overcome traumas.

**Learning Objectives:** Blocking out daily negativity, resilience, confidence exercises and activities, self-awareness, identifying self-worth

# SOULFUL SELF-CARE

Engaging in 20 minutes of self-care per day can relieve stress and overwhelm by 80%. Unfortunately, with schedules and responsibilities the way they are for college students, with anxiety levels equal to adults in the workforce with families, they don't have the tools or the time management to self care.

Not today! Implementing easy, 20-minutes-per-day self-care routines can be the difference between students who are happy, successful and involved, and those who fall through the cracks.

In this program, we discuss the importance of including self-care in our daily routines, and try various self-care exercises to see what fits.

**Learning Objectives:** Self-Care Tools, The Importance of Self-Care, Writing Skills, Healthy Stress Management, Setting Healthy Boundaries, Time Management

# GUIDED LEADERS: COMMUNICATION, CONFLICT & LEADING WITH PURPOSE

“Guided Leaders: Communication, Conflict, and Leading with Purpose” is a dynamic college student leadership program designed to cultivate essential skills for effective leadership. Participants will engage in immersive and interactive material focused on mastering communication, resolving conflicts, and leading with a clear sense of purpose. Through games, discussions and and dynamic activities, students will enhance their communication proficiency, learn strategies for constructive conflict resolution, and discover the transformative impact of purpose-driven leadership.

**Learning Objectives:** heightened ability to lead collaboratively, navigate challenges, and inspire positive change in both academic and future professional environments.

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## VIGILANT CAMPUS LIVING: A ROADMAP TO SAFETY THROUGH SITUATIONAL AWARENESS

“Vigilant Campus Living: A Roadmap to Safety through Situational Awareness” is an essential program aimed at equipping the student population with the skills and knowledge to enhance their safety on campus. Through engaging discussions and real-life scenarios, participants will develop a heightened sense of situational awareness, empowering them to navigate their campus environment with confidence.

**Learning Objectives:** identifying potential risks, implementing proactive safety measures, and fostering a culture of shared responsibility, comprehensive understanding of situational awareness, enabling them to contribute to creating a secure and vigilant campus community.

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## OPENING DOORS, HEARTS AND MINDS: A JOURNEY THROUGH DIVERSITY, EQUITY AND INCLUSION

“Opening Doors, Hearts, and Minds: A Journey through Diversity, Equity, and Inclusion” is a transformative DEI program designed specifically for college students, fostering an environment of understanding, empathy, and inclusion. Through engaging exercises, facilitated discussions, and experiential activities, participants will embark on a journey of self-discovery and explore the depths of stigmas and bias of diversity. The program aims to enhance cultural competency, challenge biases, and empower students to become advocates for equity.

**Learning Objectives:** knowledge and tools to contribute to a more inclusive campus culture that celebrates diversity and values every voice.

# RELATIONSHIP BINGO

“Healthy Relationship Bingo” is an engaging and lighthearted game designed for college students to explore the dynamics of healthy and toxic relationships in a fun and interactive manner. This unique approach allows players to navigate through relationship scenarios, identify positive and negative attributes, and learn about crucial aspects of communication and mutual respect. Through the game’s playful format, participants gain valuable insights into fostering healthy connections while recognizing warning signs of toxicity, promoting a campus culture that prioritizes well-being and positive relationship dynamics.


## HEALTHY FRIENDSHIP TRIVIA

“Healthy Friendship Trivia” offers college students a delightful and educational game to navigate the nuances of friendships in a lighthearted setting. Through trivia questions and interactive challenges, participants can explore the characteristics of healthy and toxic friendships, promoting a deeper understanding of communication, boundaries, and mutual support. This engaging game fosters a positive and enjoyable way for students to enhance their social awareness and build lasting, meaningful connections on campus.

## WELLNESS WEDNESDAYS: SELF-LOVE EDITION

Wellness Wednesdays: Love Edition is a dynamic college program designed to explore and enhance students’ understanding of Self Love. Participants will engage in insightful discussions and interactive activities to foster a greater awareness of self-care, boundaries, and the principles that contribute to flourishing and sustainable confidence.

**Learning Objectives:** Establishing Self-Love, Implementing Self-Care Routines, Creating Healthy Daily Routines, Confidence Boosting, Setting Healthy Boundaries

 “ I have lived through this and I appreciate the bravery you have to make it your mission to help others through it or avoid it all together. I know that healing process well, thank you. ”



# *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

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## 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

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## 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

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## 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

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# EMPOWERED WOMEN EMPOWER WOMEN

In our society, we are taught that the world is competitive and women need to fight each other for opportunities. That's not the case. In fact, women supporting women and boosting each other up has proven to give up and coming women more opportunities, and higher confidence. We are slowly changing the way women are perceived and treated in the workplace.

In this program we talk about how women can empower women to help each other grow and succeed. We talk about historical women who have made massive societal changes, and focus on how we can empower other women to help them empower more women.

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

**Learning Objectives:** Goal Setting, Empowerment, Historical Women's Impact, How to Empower Others, Positivity, Wellness

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## 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

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## 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

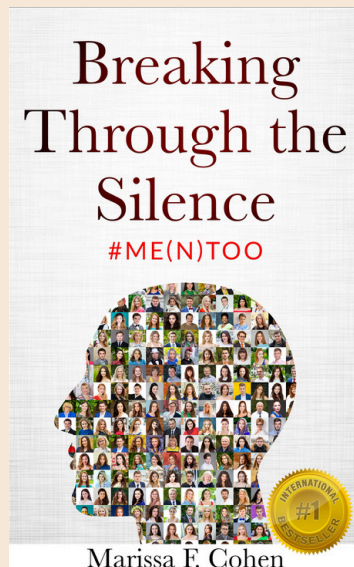
**Learning Objectives:** Risk Reduction Techniques, Red Flags, Drug Facilitated Sexual Assault, Situational Awareness, Levels of Awareness, Real Life Scenarios, Sexual Assault, Consent

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# #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

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## 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

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## 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 wont 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,

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## 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

# 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.



# *Keynotes*

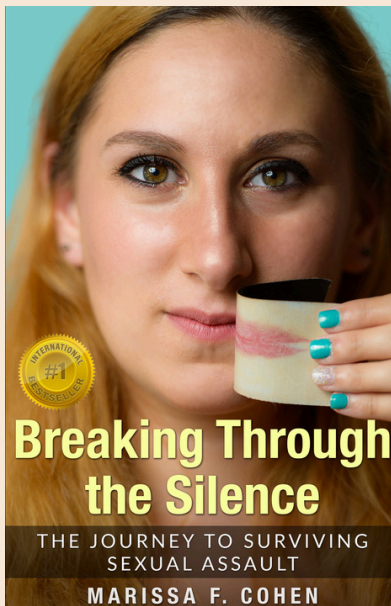


# BREAKING THROUGH THE SILENCE

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.

# TAKE BACK THE NIGHT

Take Back the Night is an empowering rally for survivors and advocates alike to promote safety, support and accountability on our campuses!

We host a Rally, encouraging survivors on our campuses to Speak Out about their experiences with sexual and domestic violence, and then march around campus chanting that we're taking back the night. Nobody should ever feel uncomfortable or scared to be on campus at night. We are connecting and rallying to keep our campuses safe and perpetrator-free!

As the Keynote, I present a 12-15 minute speech about my experiences with abuse and sexual assault, and how those experiences taught me about myself, growth, healing and ultimately, encouraged me to speak publicly. Then, I invite your students to Speak Out and promote safety on your campus!

**Learning Objectives:** Advocacy, Awareness, Healthy and Toxic Relationships, Consent, Manipulation Tactics to Avoid, Inspiration, Healing Techniques,

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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

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## \*\* NEW \*\* 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

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## 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

# 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

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## \*\* NEW \*\* BALL PIT CONVERSATIONS

Meeting new people and starting conversations is difficult, which is why we take that awkwardness out of it!

On your campus, we set up a scenario that immediately breaks the ice, and has ice breakers to instantly start a conversation and connect strangers and create friendships.

Using communication skills, and pushing students out of their comfort zone, we create an experience they'll laugh about forever.

Ball Pit Conversations takes the nerves out of nervous.

**Learning Objectives:** Communication Skills, Openmindedness, Making New Friends, Finding Connections with Others, Comfortability in New Situations



# *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

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## 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

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## 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!

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## 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

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# FRATERNAL FOUNDATIONS & SORORITY SYNERGY

"Fraternal Foundations & Sorority Synergy" is an engaging hour-long program designed for college students in fraternities and sororities to explore and establish healthy boundaries within their Greek life experience. This interactive session aims to equip participants with the knowledge and skills necessary to foster a positive and respectful environment. By the end of the program, attendees will gain a deeper understanding of the importance of setting boundaries, learn effective communication strategies, and develop a toolkit for maintaining strong and supportive relationships within their Greek community.

## Learning Objectives:

1. Recognize the significance of healthy boundaries in fostering a positive fraternity or sorority culture.
  2. Acquire effective communication techniques to express personal boundaries and understand those of others.
  3. Develop practical strategies for maintaining respectful relationships, promoting unity, and enhancing the overall well-being of the Greek community.
- 

# GUARDIANS OF THE NIGHT: BYSTANDER INTERVENTION IN COLLEGE

Guardians of the Night: Bystander Intervention in College is a comprehensive course designed to empower students as proactive defenders of safety within their campus communities. This dynamic program explores the principles of effective bystander intervention, emphasizing practical strategies to address issues such as unsafe drinking it's impacts, including sexual assault. Participants will develop the skills and knowledge necessary to confidently step up, intervene, and contribute to the creation of a safer and more supportive college environment, without fear or hesitation.

## Learning Objectives:

1. Equip students with a deep understanding of the concept of bystander intervention, including the psychological and social factors that influence decision-making in critical situations.
  2. Foster the development of practical skills to recognize, assess, and intervene in situations involving unsafe drinking and sexual assault, promoting a culture of active responsibility within the college community.
  3. Empower students to communicate effectively, collaborate with peers and authorities, and navigate potential challenges associated with intervening in various situations, ultimately contributing to the enhancement of campus safety and well-being.
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# REFRAMING RITUALS: COLLEGE CONVERSATIONS ON HAZING IMPACT

"Reframing Rituals: College Conversations on Hazing Impact" is an engaging program that seeks to foster awareness and critical dialogue surrounding the impact of hazing within collegiate environments. Through open and respectful discussions, participants will explore the psychological, social, and emotional consequences associated with hazing rituals. The program aims to empower students to challenge existing norms, create a safer campus culture, and promote positive, inclusive traditions.

## Learning Objectives:

1. Develop a comprehensive understanding of the psychological and emotional impact of hazing on individuals and the broader college community.
2. Facilitate open and respectful conversations about hazing, encouraging participants to challenge existing rituals and norms, and explore alternative, positive traditions.
3. Empower students to become advocates for change by providing them with the knowledge and skills to address hazing, fostering a culture of inclusivity, respect, and well-being on campus.



# *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

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## 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 leaning 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

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## 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





# 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

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## 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,

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## 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

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## 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

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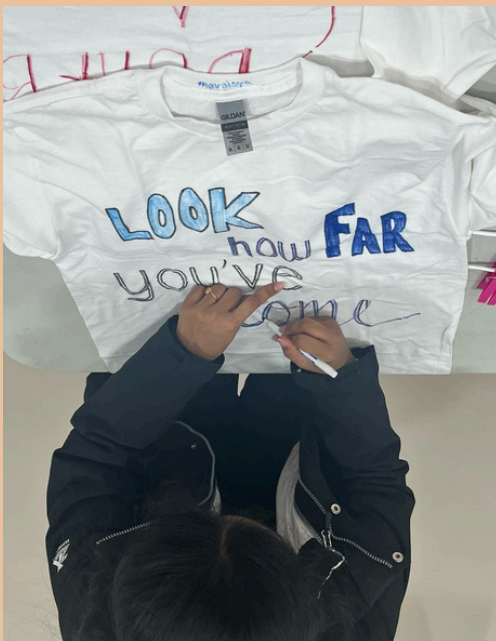
## FACULTY ON FACULTY ABUSE: IT HAPPENS.

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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## ABUSE AND SUBSTANCE ABUSE

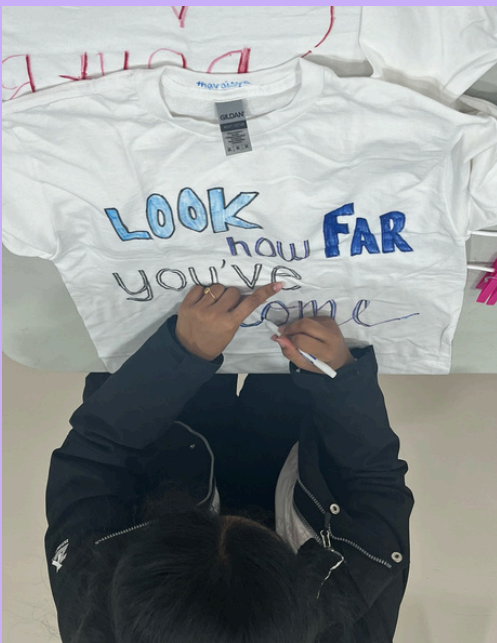
In the survivor community, we see a large overlap between survivors of abuse and substance abuse. Drugs and alcohol provide a numbness after experiencing abuse that stop the emotional turmoil for a short period of time. And that quietness becomes a feeling of peacefulness. We crave for our brains to 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.

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## 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.

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## 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.

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## HEALTHY RELATIONSHIP TRIVIA

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

In our everyday life, we have biases that we carry around. Sometimes, we don't even realize we have them. Conscious and Unconscious biases dictate how we view the world, demographics of people, and experiences and interactions. When we become aware of those biases and stigmas, we are better prepared to debunk them and rid them from our consciousness.

In this program, we address stigmas and biases that we and society hold against different demographics of people and debunk them to get a better understanding of people and our world. We are actively working to change the world one stigma at a time. And if you learn something new, that's a bonus!

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## TAKE BACK THE NIGHT

Take Back the Night is an empowering rally for survivors and advocates alike to promote safety, support and accountability on our campuses!

We host a Rally, encouraging survivors on our campuses to Speak Out about their experiences with sexual and domestic violence, and then march around campus chanting that we're taking back the night. Nobody should ever feel uncomfortable or scare to be on campus at night. We are connecting and rallying to keep our campuses safe and perpetrator-free!

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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>

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## 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.