

MARISSA F. COHEN'S TOPIC CATALOG



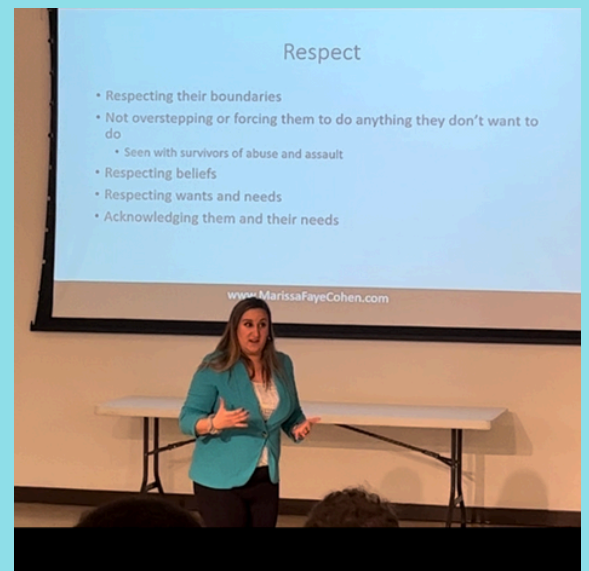
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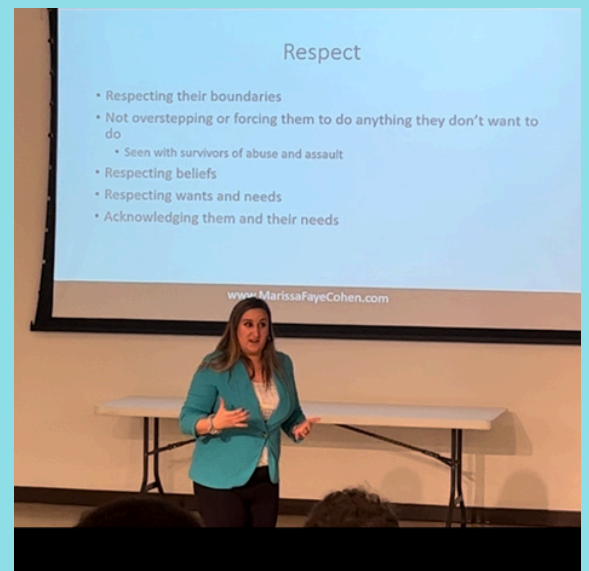
Presentations can be customized to fit your needs, audience size and demographic.



Life Skills Trainings



- HEALTHY AND TOXIC RELATIONSHIPS
- HEALTHY RELATIONSHIPS: COMMUNICATION, RESPECT AND TRUST
- SELF-CARE AND WELLNESS: HEALTHY DECOMPRESSION TOOLS
- DATE RAPE & SITUATIONAL AWARENESS: KEEPING YOURSELF AND YOUR BATTLE SAFE
- COPING WITH BIG EMOTIONS: TURNING RAGE INTO RESILIENCE
- SETTING HEALTHY BOUNDARIES
- SEXUAL HARASSMENT & MST: UNDERSTANDING, ADDRESSING AND PREVENTING MILITARY SEXUAL TRAUMA
- HEALTHY AND TOXIC RELATIONSHIPS: IDENTIFYING RED FLAGS



Marissa's Most Requested Programs



BYSTANDER INTERVENTION: THE 5 D'S OF ADVOCACY



Direct, Distract, Delegate, Document, & Delay. the five D's of Advocacy & Bystander Intervention. In this training, we identify & discuss what MST, consent and sexual harassment look and feel like, and use scenario examples to assess the levels of situational awareness, and how to implement the 5D's after you've identified risk.

Learning Objectives: Understanding MST, MST Impacts, Identifying Survivors of MST, Behavior Recognition, Levels of Situational Awareness, Distract, Direct, Delegate, Interactive Scenarios and Group Discussions

LEADERSHIP TRANSFORMATION: BUILD A FOUNDATION OF LASTING CHANGE

Change-focused leaderships a brand-new type of leadership. The need for leading the change in culture, leading towards a healthy, People First, approach and encouraging healthy relationships and interactions within the military, is the direction we're moving in. And luckily enough, we've been creating this change across demographics for years. Using our tools and techniques, we train current and future leaders about how to build the foundation of lasting change, and lead with respect.

Learning Objectives: Transformational Leadership, Lead with Change, How to be an effective leader, Inspirational and Impactful Leadership techniques, Initiating and maintaining culture change.

INTERVENTION LEADS TO PREVENTION: INITIATING WITH SUPPORT

Prevention starts with shifting the cultural change. Leadership implementing intervention strategies and holding their Soldiers accountable is the quickest and most effective way to impact culture changes across the military. In this seminar, we address intervention tactics, how to create and maintain a healthy culture, and how to support those who have been affected.

Learning Objectives: Understanding MST, MST Impacts, Identifying Survivors of MST, Behavior Recognition, Intervention Techniques, Boundaries, Setting Up Effective Protocols, Shifting Installation Culture, Maintaining a Healthy Team

THE SAFE INSTALLATION INITIATIVE

When we join the military, our immediate goal is to keep the country and civilians safe. Using our bodies and minds, we do everything in an effort to protect others. In return, it's expected that we are protected as well.

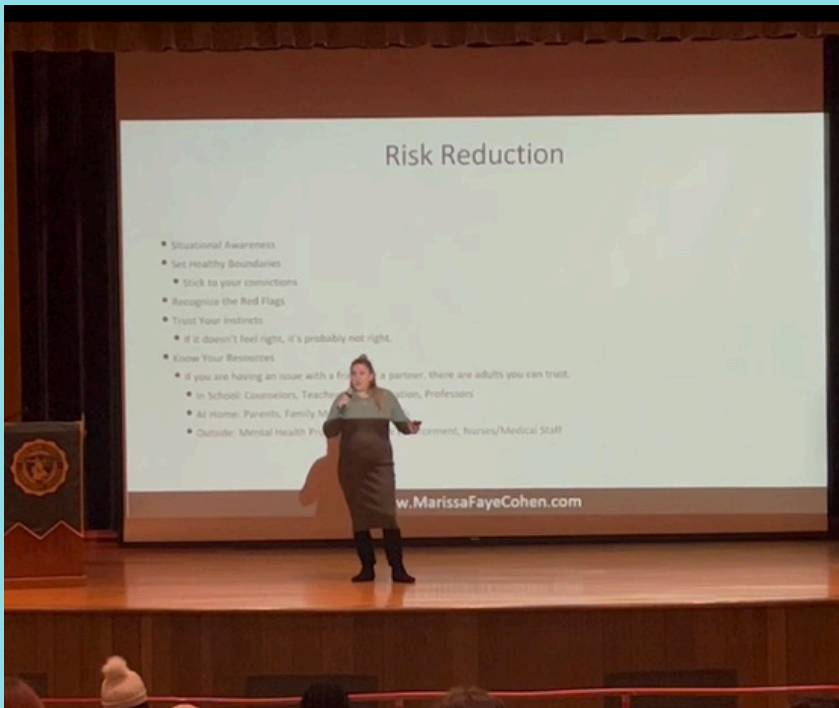
In this program, we discuss real examples of sexual harassment, MST and abuse within the military, and how the impact ripples out from the individual to the entire military. Each little ripple creates a larger problem, from the feeling of safety and protection of the individual, to the readiness of the unit, and camaraderie of the entire branch. It's important to highlight how each individual can make a profound positive or negative impact on the whole.

In this program, we discuss what boundaries look and sound like, and implement this skill immediately. We identify how and when consent is needed, and how to be clear about consent. We discuss the many examples of sexual harassment in the workplace and how to become involved if you see something to keep each other safe.

Learning Objectives: Understanding MST, MST Impacts, Identifying Abuse and Abuse of Power, Recognize Power Dynamics, Consent When and How, Types of Sexual Harassment, What Boundaries Are and What they Look Like, Setting Healthy Boundaries



All-Rank Programming



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, Counselors, Nurses/Medical Staff

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HEALTHY RELATIONSHIPS: COMMUNICATION, RESPECT AND TRUST

Communication, Respect and Trust are the three ingredients for a healthy relationship. With the rates of domestic violence in the military being incredibly high (42,000 reported cases between 2015-2019), and knowing that only about 5% of cases are reported, it is clear that this is a safety issue for our servicemembers. Learning how to effectively communicate with each other, respect each others needs, and trust each other is the beginning of having a healthy relationship. In this training, we identify ways to communicate, trust and respect our partners and implement them immediately.

Learning Objectives: Boundary Setting, Active Listening, Communication Skills, Showing Respect, Trust Exercises, Problem Solving, Mediation

CONSENT: THE MYSTERY REVEALED

Consent is key in every relationship and sexual encounter. There is no discussion. But asking for consent can be awkward and uncomfortable. In this training, we discuss the importance of consent personally, professionally and wholly -- how the need for consent can impact the entire team.

Learning Objectives: Consent is Key, How to Get Consent, Healthy and Toxic Relationships, Criminality of Not Getting Consent, Legalities and Liabilities, Impact on the Team

COUPLES RETREAT

Balancing all of the moving parts of military life can be very stressful. and overwhelming. And in the shuffle of it all, we forget to connect with our spouses. And then you blink, and years have gone by and it's like you're living with a stranger.

But our families are what make this commitment worth it. Your spouse is your partner in life, and having a healthy connection with them is incredibly important. For mental health, wellness, emotional and spiritual wellbeing. Our partners play a huge role in our ability and readiness.

Let's encourage reconnection. In this training, we discuss common scenarios that couples face, and how to navigate through them to continue to build a happy, healthy life together.

Learning Objectives: Communication Skills, Respect, Boundary Setting, Mental Health, Tools and Techniques to Healthy Relationships, Healthy and Toxic Behaviors



Leadership Programming



ZERO TOLERANCE: HOW TO CULTIVATE A CULTURE OF APPROPRIATE BEHAVIOR

Installations that are managed by Commanders and Higher Ups that enacted a Zero Tolerance policy have significantly less sexual assaults than those that don't. Logically, it makes sense. If the leaders create a zero tolerance policy and enforce it, then people will feel less safe engaging in inappropriate or dangerous behaviors.

In this training, we discuss a Zero Tolerance policy, and then implement it immediately. We have created the tools, now it's time to engage them.

Learning Objectives: Understanding MST, How MST Impacts Everyone, Zero Tolerance Policy, How to Implement Immediately, The Outcomes of Zero Tolerance, Impact on Readiness and Retention

ADDRESSING MST: LEADERSHIP'S ROLE IN CREATING A SAFE AND RESPECTFUL MILITARY CULTURE

The culture of any installation starts at the top. If Leadership is disinterested in their subordinates, that sentiment trickles down, and you'll have a room filled with leadership that don't care. That's how toxic environments are created. It is everyone's responsibility to maintain a healthy environment, but the initiative starts at the top. In this training, we identify issues and learn how to address them and resolve them.

Once Leadership addresses an issue and then steps up to resolve it, I guarantee you'll see immediate shift in culture.

Learning Objectives: Problem Solving, Leadership, Communication Skills, Leading with Change, Shifting Culture, Enacting Policies, Setting Boundaries, Respect

CONVERSATIONS WITH LEADERSHIP: PREVENTING MST EFFECTIVELY

MST is more debilitating than just to the victim. It impacts the entire installation. Readiness, Effectiveness and Retention are all consistently negatively impacted by MST. It creates a safety issue, divides teams, and forces leadership to make quick and difficult decisions. Understanding the impact creates the awareness of how to better address and handle these incidents.

Let's have a real discussion about MST. If we want to prevent it, we have to address it. And when it's addressed correctly, we can implement immediate change to create a culture of advocacy, support and trust. If you can't trust the people serving next to you, who can you trust?

Learning Objectives: Understanding MST, Leadership's Role in Prevention of MST, Addressing Incidents, Identifying MST, Implementing Change, Shifting the Culture.