

Subject Matter Expertise:  
**PRESENTATION  
CATALOG**





# TABLE OF CONTENTS

- **Meet the Presenters | 1**
  
- **Family Wellness Series | 2**
  - *Fostering Emotional Connections*
  - *Happy Mealtimes for the Family*
  - *Childhood Development & Discipline Strategies*
  - *Play & the Brain*
  
- **Additional Presentations | 3**
  - *Vital Connection*
  - *Back to School Blues*
  - *When Your Tank is on Empty*
  - *Mental Health for Young People*
  - *Mental Health 101*
  - *Mental Health 101 for Leaders*
  - *Building Your Mental Wellbeing Toolkit*
  - *Know Your Worth*
  - *Embrace the Mess*
  - *Promoting Respect & Inclusion through Person-First Language*
  - *Seasonal Self-Care*

# MEET THE PRESENTERS

Our team at the Wellbeing Partners has expertise in various areas. Depending on your chosen presentation, you will be matched with our experts in the field.



## LORI THOMAS *DIRECTOR OF WORKPLACE CULTURE & WELLBEING*

Lori has worked in the field of workplace wellbeing for 22 years in multiple capacities which have provided her with a unique perspective on employee experience and wellness. She earned a Bachelor of Science Degree in Exercise Science with a Worksite Health Promotion focus from Winona State University at the start of her well-being career. Since then, Lori has earned multiple designations and certifications, including Adult Mental Health First Aid Instructor, ACSM Health & Fitness Professional, ACE Health Coach, WELCOA Faculty, and WELCOA Top 25 Health Promotion Professionals, to name a few. When not working, Lori enjoys spending quality time with her family, attending one of her four children's activities, and camping.

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## CLAIRE BROWN *WELLBEING SPECIALIST*

Claire advocates for practices that support children's mental and physical wellbeing in schools, homes, and community settings. Claire is a certified Positive Discipline Parent Educator, holds a certificate in Infant and Early Childhood mental health, and is a certified instructor of Youth Mental Health First Aid. In addition to her work with The Wellbeing Partners, Claire serves as an Adjunct Professor of Early Childhood Education at Concordia University and College of Saint Mary.

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## CLAUDIA GRANILLO *WELLBEING SPECIALIST*

Claudia aids in the brainstorming, strategy, and implementation of various community programs such as our mental health stigma reduction campaign, a youth mental health literacy project in schools, and a Safe Routes to Healthy Places project at Southside Terrace. Claudia earned a Master of Science in Political Science from the University of Nebraska at Omaha. Claudia is trained to facilitate using the Technology of Participation® and International Association of Participation frameworks. Additionally, she is also a trained community organizer and is a certified instructor of Youth Mental Health First Aid.

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## SHEENA HELGENBERGER *DIRECTOR OF COMMUNITY, INNOVATION, & ADVOCACY*

Sheena drives the strategy, vision, and implementation of collaborative projects, like the region's mental health stigma reduction campaign WhatMakesUs. The campaign has over 179 stories from community members and has published two journal articles on its impact. Sheena is trained to facilitate using both the Technology of Participation® and International Association of Participation frameworks. She is also a certified instructor of Youth Mental Health First Aid. Sheena earned a Master of Arts in Education Administration from the University of Nebraska-Lincoln.

# FAMILY WELLNESS SERIES

Led by Claire Brown

## FOSTERING EMOTIONAL CONNECTION

How do bonding and attachment impact a child as they grow and what can we do to raise resilient, emotionally healthy children? This session examines how relationships with adults alter children's brains and how we can leverage our emotional connection with our child(ren) to support their mental health.



## HAPPY MEALTIMES FOR THE FAMILY

Why are mealtimes such a stressful time for many families? How does what we know about children's bodies help us make mealtimes happier and healthier for everyone? This session covers strategies to help kids eat the foods they need and make mealtime an enjoyable time of connection.



## CHILD DEVELOPMENT & DISCIPLINE STRATEGIES

How could what we know about kids' brains change the discipline strategies that we choose? This session will dive into child development milestones and apply that information to successful strategies for supporting positive behavior in young children.



## PLAY AND THE BRAIN

What's happening inside a child's brain when they play and how can families make the most of this vital part of childhood? This session will explore the importance of play, physical activity, and togetherness to support strong and connected families.



# ADDITIONAL PRESENTATIONS

*Offered via webinar or in-person*

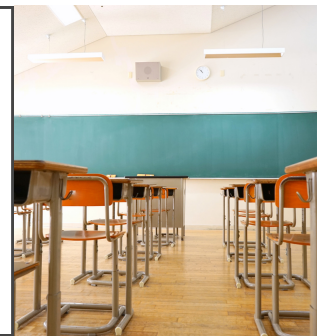


## **VITAL CONNECTION: HOW TO BUILD UP PARENTS AS THEIR CHILD'S MOST IMPORTANT BOND (FOR EDUCATORS)**

Early Childhood Educators know how important the parent/child bond is. But how do we support parents in forming these vital connections with their children? What kinds of strategies can we offer when parents are struggling? Participants will leave this session empowered to come alongside parents as they prioritize early bonding.

## **BACK TO SCHOOL BLUES**

"Back-to-School" time brings changes to schedules for families, new stressors for everyone, and often new behavior challenges for children. Learn how to support your child(ren) through this difficult time of the year, how to partner with teachers, and how to rock the school year routines.



## **WHEN YOUR TANK IS ON EMPTY: HOW CAREGIVERS CAN FOCUS ON FILLING UP**

Whether you are caring for a child or an aging parent, caregivers often feel like they are running on empty. Join us to learn about mental health considerations for caregivers, tips to get filled back up, and why you should give yourself—not just those you care for—grace and empathy.

## **MENTAL HEALTH FOR YOUNG PEOPLE**

Parents, and any adult caring for a teenager, can wonder about their teen's mental health. In this webinar, participants will learn about what's typical of young people, how to identify Mental Health warning signs, and when to seek support for your teen.



## CULTIVATING A WORKPLACE TO THRIVE

We'll provide practical tips for creating an inclusive and welcoming environment for your staff. We'll discuss psychological safety, belonging, and inclusion in the workplace and their impact. You'll learn the benefits of a psychologically safe workplace and practice the five pillars of belonging. You'll also share your successful examples and learn from each other.



## MENTAL HEALTH 101

In this session, we'll expand your knowledge of mental health conditions and teach you how to be a mental health ally by discussing common signs and symptoms of mental health challenges, stigma, and the importance of using person-first language. You'll gain tools and strategies to support mental health.



## MENTAL HEALTH 101 FOR LEADERS

Leaders of people will learn about mental health conditions, common signs and symptoms, importance of psychological safety, workplace culture, and how to be a mental health ally with a leadership lens. We'll also explore using person-first language to reduce stigma. By the end of the session, leaders will have gained tools and strategies to support mental health in the workplace.



## BUILDING YOUR MENTAL WELLBEING TOOLKIT

Unmanaged stress and anxiety can lead to a place where people feel overwhelmed, exhausted, and eventually to burnout. Join us to learn about practical tools and strategies to identify stressors, explore self-care strategies, and improve your overall work/life integration.



## EMBRACE THE MESS

Do you find yourself juggling family, professional, and social responsibilities to the point where something has to give? Join us to explore the power of embracing the mess, giving ourselves permission to not have it all together, and learning how to take care of our own needs first so we can continue to take care of those around us.



## PROMOTING RESPECT & INCLUSION THROUGH PERSON FIRST LANGUAGE

In this presentation, participants will learn about the history and stigma behind common language still used today and explore the benefits of using “person first” language, practice swapping familiar phrases, and discuss situations when “identity first” language may be more appropriate while accommodating others’ personal preferences.

## SEASONAL SELF-CARE

Money and family responsibilities are among the top sources of stress in the United States, and the end of the year is when these stressors tend to be most prevalent. Join The Wellbeing Partners for a virtual webinar where we will discuss ways to navigate the feelings of overwhelm that many people experience as the year ends and provide self-care tips using the 8 dimensions of wellbeing to manage that overwhelm.



# THANK YOU!

*We appreciate you browsing through our catalog. If you have any unique needs, we would be delighted to hear from you. Don't hesitate to get in touch and let us help you achieve your goals.*

## Contact Us



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