

WORKSHOPS OFFERINGS

SINCLAIR P. CEASAR III

MENTAL HEALTH SPEAKER

CONTENT & LEARNING OUTCOMES

BLACK HISTORY MONTH OFFERING #1

How to Heal Generational Trauma through Storytelling

Workshop Content

- Defining trauma, generational trauma, and racial trauma
- The importance of storytelling through oral and written traditions
- Understanding the myriad of causes for generational and racial trauma
- Exploring current impact of trauma on Black mental wellness in the U.S.A.
- Identifying and exploring a variety of healing modalities (therapy, psychiatry, yoga, meditation, etc.)
- Discussing the power of storytelling in 1:1 and group contexts
- Developing our own three word stories of healing

Learning Outcomes

Upon completion of this workshop, participants will be able to:

- Articulate 3 outcomes of storytelling in relation to healing
- Define trauma, generational trauma, and racial trauma
- Understand the causes for generational and racial trauma
- Share 3 - 5 healing modalities as they relate to mental wellness
- Develop a 3 word story of healing

Audience

- Corporate teams
- Student leaders
- Educators

Duration & Delivery

- 1hrs - 4hrs via Zoom
- Recording
- PDF Workbook

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BLACK HISTORY MONTH OFFERING #2

Why Celebrating Black Joy is an Act of Resistance

Workshop Content

- Defining activism, resistance, revolution, and social justice
- The impact of negative/false narratives around Black bodies in the media
- Understanding the value of celebration and joy in relation to Blackness
- Using storytelling an effective tool for reverence and remembrance
- The importance of holding onto unbreakable joy and practical ways to integrate celebration and gratitude on a weekly basis

Learning Outcomes

Upon completion of this workshop, participants will be able to:

- Articulate the importance of Black Joy as an act of subversion, healing, and reverence
- Articulate the differences and similarities between activism, resistance, revolution, and social justice
- Understand the value of celebrating and acknowledging the triumphs and achievements of Black friends, colleagues, mentors, and trailblazers
- Identify their source of unbreakable joy
- Develop a practicable system of practicing gratitude on a weekly basis

Audience

- Student leaders
- Educators

Duration & Delivery

- 1hrs - 4hrs via Zoom
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- PDF Workbook

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BLACK HISTORY MONTH OFFERING #3

Our Ancestors Wildest Dreams: How to Leverage Social Media to Inspire Future Generations

Workshop Content

- The role of social media in Black uplift, celebration, and activism
- Exploring how Twitter, Instagram, and TikTok have been used to engage, inspire, and organize
- Unpacking civility, one-sided diatribes, and heart-centered dialogue
- Identifying one's personal brand story and learning how to post with intentionality
- How to host Twitter Chats and Instagram Lives to engage followers in “1% Deeper” conversations The importance of healthy boundaries in relation to social media use and mental wellness

Learning Outcomes

Upon completion of this workshop, participants will be able to:

- Define the role of social media in Black uplift, celebration, and/or activism
- Describe 3 ways social media can be leveraged to inspire and inform current and future generations
- Define one or more of the following: gaslighting, civility, heart-centered dialogue, and one-sided diatribes
- Share their 100 word personal brand story
- Understand the importance of engaging in “1% Deeper” conversations
- Effectively host a Twitter Chat or Instagram Live

Audience

- Students
- Educators

Duration & Delivery

- 1hrs - 4hrs via Zoom
- Recording
- PDF Workbook

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SIGNATURE OFFERING #1

What's Next: How to Manage Anxiety During Times of Change

Workshop Content

- Three grounding techniques to practice when anxiety levels are high
- The importance of the 3 Cs (consistency, clarity, and courage) during uncertain times
- How to build and sustain one habit around self-care & wellness
- How to develop a solid "if all heck breaks loose again" action plan
- The power of vulnerability and storytelling in the context of healing

Learning Outcomes

Upon completion of this workshop, participants will be able to:

- List three practical and simple anxiety reducing grounding techniques
- Recognize the warning signs of overwhelm and impending panic
- Understand the importance of consistency, clarity, and courage in relation to anxiety management
- Design a practical and sustainable when/then habit system
- Articulate a personalized emergency plan

Audience

- Corporate teams
- Student leaders
- Educators
- Caregivers

Duration & Delivery

- 1hrs - 4hrs via Zoom
- Recording
- PDF Workbook

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SIGNATURE OFFERING #2

Better Boundaries: How to Confidently Say Yes to Yourself

Workshop Content

- Understanding the impact of setting healthy boundaries
- Navigating the guilt of saying “no”
- The importance of clear, assertive communication when setting boundaries (includes templates for setting boundaries via email, text, and in person)
- Introduction to nonviolent communication and practice implementing the practices and techniques
- Navigating toxic work, school, and home environments

Learning Outcomes

Upon completion of this workshop, participants will be able to:

- Define the importance of healthy boundaries
- Clearly articulate 2-3 of their unshakable values
- Identify 2-3 people/habits that negatively impact their mental and/or physical wellbeing
- Identify their self-limiting beliefs and the automatic thinking that keeps them from self-advocating
- Use strategies to navigate toxic environments while maintaining their safety and dignity
- Assertively communicate their needs in via texting, email, or in person communication
- Identify and effectively utilize trusted sources of accountability and support

Audience

- Corporate teams
- Student leaders
- Educators
- Caregivers

Duration & Delivery

- 1hr - 4hrs via Zoom
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SIGNATURE OFFERING #3

Reignite Your Values: How to Lead & Find Joy When Everything Falls Apart

Workshop Content

- How to rediscover and articulate your values for your role/position (aka: why did you apply in the first place and who do you serve?)
- Creating a values-based leadership commitment
- Using improv games and techniques to improve engagement, communication, and trust across your team or organization
- The importance of holding onto unbreakable joy and practical ways to integrate celebration and gratitude on a weekly basis
- The importance of generativity as it relates to retention and engagement

Learning Outcomes

Upon completion of this workshop, participants will be able to:

- Articulate 3 of their leadership values
- Design a values-based leadership commitment
- Teach one group based improv game to their peers
- Explain the importance of active listening as it relates to building trust
- Explain the importance of of generativity as it relates to engagement

Audience

- Corporate teams
- Student leaders
- Educators
- Caregivers

Duration & Delivery

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