



Mental Health Offerings for 2023

Dr. Lauren Cook

Clinical Psychologist, Speaker, Career Coach, and Author

Services



KEYNOTES

Bring Dr. Lauren to speak with your team. Talks can be tailored to your group's specific needs and educational requests.

CONSULTING

Lauren partners with executives, management, and HR to help your team identify opportunities for greater mental health support and integration.

WORKSHOPS

Do a deeper dive with Dr. Lauren to integrate pre and post assessments, hands-on trainings, and facilitated conversations.

PARTNERSHIPS

Build community comfort to work with Dr. Lauren for 6-month or 1-year contracts for consistent and scaled mental health programming.



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WHO IS DR. LAUREN COOK?

Dr. Lauren supports companies to help them integrate mental health for all employees, from C-suite to entry-level. While it's easy to feel queasy about these conversations, Dr. Lauren helps all levels of a team so that each member has confidence and compassion when it comes to discussing mental health. With a warm yet straightforward approach, Dr. Lauren teaches groups how to work through anxiety, beat burnout, and advocate for wellness so that businesses see improved morale, greater retention, and higher employee engagement with better bottom lines.

EDUCATION

Dr. Lauren began her training at UCLA, where she majored in Psychology and Communication Studies. She earned her Master's degree in Marriage and Family Therapy from the University of Southern California and she completed her doctorate in Clinical Psychology from Pepperdine University.



Dr. Lauren Cook





Keynote Offerings

Tailored to your needs with
adjustable formats.



Keynote #1

Riding the Waves: How to Mentally Surf Instead of Sink in Unpredictable Waters

WHY IT MATTERS:

So much of the time, life feels uncontrollable and unpredictable. Many employees have felt overwhelmed and it impacts their ability to do well at work--and stay. Dr. Lauren teaches teams how to practice acceptance, cognitive flexibility, and resilience skills to cope with whatever water teams find themselves in. With a normalizing and empathetic approach, attendees will leave feeling empowered and hopeful as they learn how to ride the waves and stay the course.

TAKEAWAYS:

- Integrate the W.A.V.E.S. model to learn how to adapt at work
- Identify sources of support as well as roadblocks
- Target unhelpful thoughts and learn how to reframe mindset while shifting behavior to feel better



Keynote #2

Mentorships that Matter: Find Your Five Seconds of Courage to Connect

WHY IT MATTERS:

Did you know that 94% of employees say they would stay longer with their companies if they had opportunities to learn from a mentor? (Halo, 2021). It's essential that we both find mentors and mentees to support along our journey. Dr. Lauren gives audiences the confidence to reach out and build meaningful relationships that last.

TAKEAWAYS:

- How to overcome social anxiety and the fear of "being a burden."
- Understand the value of courage when it comes to connecting and taking the chance to initiate a mentoring relationship.
- Identify ways to network in a way that builds business and relationships for long-term growth goals.



Keynote #3

Name Your Story: Owning Your Mental Health

WHY IT MATTERS:

Too many of us struggle when it comes to talking about mental health at work. However, as many of us are battling through burnout, anxiety, and imposter syndrome, we need tools to talk--and connect. Receive training for your team to learn how to share about mental wellness, including how to handle crisis situations. Dr. Lauren creates a safe, supportive, and educational space for teams to lean into these crucial conversations.

TAKEAWAYS:

- Name it: Learn the signs of distress, both for yourself and others
- Face it: Understand how to get support and engage in conversations around wellbeing with others
- Embrace It: Come away with an actionable self-care plan

Keynote #4

Find Your Why, Know Your Way: How to Practice Meaningful Decision-Making at Work

WHY IT MATTERS:

Is your team indecisive? Procrastinating? Even apathetic? Anxiety is often the reason why teams struggle with effective decision-making. Dr. Lauren teaches groups how to make values-informed choices with confidence and clarity. See your team morale improve and motivation lift off as your staff learns how to overcome avoidance and take meaningful action that moves your company forward.

TAKEAWAYS:

- Integrate understanding of company values and identify how they apply to upcoming decisions
- Understand how to discern options efficiently and effectively
- Learn how to move through indecision to action, both individually and with a team



Keynote #5

Rise to Shine: Cultivating Wellness in the Workplace

WHY IT MATTERS:

So many teams struggle with morale. Are your employees feeling discouraged, defeated, and disconnected? With Dr. Lauren's extensive research in the field of positive psychology, she helps audiences find intentional purpose without the toxic positivity attached. This will give your team that major boost as they learn how to celebrate the wins, appreciate one another, and get excited for what's to come with their company.

TAKEAWAYS:

- Identify personal & professional values in the context of wellbeing
- Effectively set goals and utilize mentorships to achieve these goals
- Develop a sense of gratitude that fosters daily appreciation
- Highlight the importance of personal passion and utilizing talents to serve the team and advance forward progress



Additional Topics Areas for Your Team



The Boardroom Brain: Learning the Psychology Behind Success to Maximize Impact Personally and Professionally

You Deserve to Be Here: When Imposter Syndrome Strikes and How to Stand Up Against It

Practically Perfect in Every Way: When Perfectionism Actually Impairs and How to Embrace the In-Between

Understanding the Enneagram at Work: How Knowing the Power of Personality Transforms Work Culture

Why Your Mindset Matters: Breaking Down Unhelpful Thoughts to Build Yourself Up



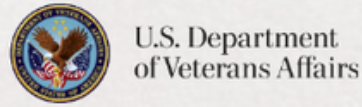
"We hired Dr. Cook to give a Keynote on "Riding the Waves" of mental health. Dr. Cook was inspiring, compassionate and our company responded very well to her talk and we received a 100% positive feedback rate. Dr. Cook is kind, warm and up to date with all of the latest research and I especially appreciated her reminding everyone of the mind/body connection. Thank you Dr. Cook! You are an incredible human, speaker and teacher!

--Monique Viscetto, Senior Executive of Learning & Development at Collabera

Former Clients

Dr. Lauren Cook has given over 500 talks over the past 10 years and some of her former clients include:

A few of Dr. Lauren's speaking clients:



Bring Lauren to Speak:

Susanne Senoff, Senior Director, Enterprise Security at Arm writes:

“Dr. Cook’s seminar was the best use of an hour I’ve ever spent on the topic of well-being. I’m still referencing some of the themes that she brought up. Lauren was engaging, even in a digital format, and had a style that was welcomed across the globe. I highly recommend her.”



SPEAKING



Areas of Expertise



HOW TO TALK ABOUT MENTAL HEALTH

- Building comfort with mental health dialogues
- Conversations between management and employees
- Understanding confidentiality vs. privacy
- How to handle crisis

ANXIETY MANAGEMENT

- How to not let anxiety impair performance
- Panic, social anxiety, OCD
- Perfectionism
- Imposter syndrome
- Working through avoidance

DECISION MAKING

- When worrying impairs decision-making
- Conquering indecision and making values-based decisions as a team
- How to weigh logic and emotion

LIFE TRANSITIONS

- Adjusting to new company, particularly for those just graduating college
- Navigating work-life balance
- Emerging adults
- Generational differences
- Fostering mentorships

WELLNESS INTEGRATION

- Easy to implement self-care plans
- Gratitude practices
- Getting into flow
- Power of mindfulness
- Utilizing team support

Press

Dr. Lauren Cook has provided clinical expertise for the following outlets among others:

NBC *BUSTLE* **Forbes** THE ZOE REPORT
Parents *well+GOOD* **Medium**
 **PBS** **BESTLIFE** **KTLA 5** **Chicago Tribune**
The New York Times **SHAPE** THRIVE  GLOBAL



Consulting Services

LAUREN'S APPROACH

Dr. Lauren seeks to create a safe, non-judgmental space where team members are accepted fully as they are. Dr. Lauren takes an active approach to her work and helps companies set meaningful and actionable goals in a supportive setting.

WORKING WITH LAUREN

Whether you're looking for consultation for your executives, extensive training for your managers or you want to better integrate your incoming recruits, Dr. Lauren helps companies seamlessly implement wellness at work. With diverse career assessment experience, Lauren helps clients identify their strengths while creating tangible steps for success moving forward.

WHAT TO EXPECT

- Integrative support with executives, managers, HR, and all team members for enhanced understanding of wellness initiatives
- Pre- and -post assessment to understand unique needs and perspectives within the company
- Career assessment utilization (Strong Interest Inventory & Skill Scan Drive)
- Values assessment with both personal and professional decision-making
- Conversation facilitation to understand strengths and areas for improvement regarding mental health support in the workplace
- Timeline creation of goals for client accountability with regular checkpoints on progress
- Mindset support with both encouragement and thoughtful challenging to reframe perspective



NAME *Your* STORY

MENTAL HEALTH

NAME IT.
FACE IT.
EMBRACE IT.



For Company Use

Name Your Story Curriculum

Dr. Lauren created a series of evidence-based video modules, handbooks, resources, and handouts for companies to provide mental health training for their employees. The curriculum has been used by thousands of participants around the country. For inquiries, please email booking@drlaurencook.com.



Let's Work
Together.

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