



Therapy For Real Life
WORKPLACE WORKSHOPS

STRESS and BURNOUT: The Problem We All Experience

- **Professional burnout** is recognized by the World Health Organization to be a costly occupational hazard caused by chronic work stress. Managers and HR professionals witness the effects of burnout as team members complain of **fatigue and exhaustion, poor work performance, and negative feelings** about the work environment.
- The United States is currently facing a **mental health crisis** and a shortage of mental health responders. Estimates show that nearly 1 in 5 adults in the U.S. is experiencing a mental health condition at any given time – on top of the **daily stresses of their job**.
- Participation in traditional Employee Assistance Programs is very low (~ 3-5%) despite the **high need for services**. Many individuals do not even know that these supports exist or how helpful they can be.
- Upsetting news reports can trigger **stress, anxiety, and depression on the job** and make it difficult for teams to remain effective. More and more Americans are reporting that they feel distracted by thoughts of painful political events while at work.
- Managers often feel uncomfortable and **ill equipped to talk about emotional wellness** in the workplace -- even though they very much want to discuss the topic. Managers and leaders are **looking for tools to support their team's emotional needs** (including their own), but do not know how to get started.

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THERAPY FOR REAL LIFE's MISSION is to break beyond the traditional therapy hour to make **burnout prevention concepts accessible to everyone, everywhere**. This work includes therapy services for individuals and couples, burnout prevention strategy for leadership teams, and the *Therapy for Real Life* podcast -- **Because... Self-care goes everywhere!**

Therapy For Real Life adapts strategies from mindfulness principles, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and other **evidence-based therapies into everyday, actionable self-care ideas.**

DESIGN YOUR OWN SELF-CARE WORKSHOP:

Therapy For Real Life workshops are customizable trainings to equip your team with **research-backed self-care skills** adapted for the workplace.

Therapy For Real Life Workshops are *not group therapy*, but instead offer your team training in practical self-care ideas to **buffer against daily stresses.**

Why wait until individual employees complain of high stress when you can **equip your entire team with universal precautions against burnout?**

Let's make burnout prevention inclusive and accessible to everyone.

This is not therapy. This is Real Life.

ABOUT THE FOUNDER:

Anna Lindberg Cedar MPA LCSW is an expert facilitator and licensed psychotherapist on a mission to make therapy concepts more accessible in non-therapy spaces. Anna draws from decades of experience working in high intensity work contexts, and is sustained by using the very same evidence-backed self-care strategies that she teaches in her trainings. Anna founded Therapy For Real Life with the understanding that *we all basically know what we should be doing for our self-care*, but **it sure does help to not go it alone.**

PICK + CHOOSE / MIX + MATCH



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SELF-CARE
EVENT OPTIONS

Pick A Self-Care Workshop Theme

**Burnout Prevention
Hack-A-Thon**

**Mindfulness Meditation
For The Workplace**

**Mental Health
Awareness /
Wellness Campaign**

**Relaxation Skills +
Stress Management**

**Mood Hacks +
Motivation Boosters**

**Grief / Loss / Crisis
Self-Care Skills**

**Leadership Retreats +
Burnout Prevention
Strategy**

**Team Building +
Relationship Skills**

Choose Your Desired Workshop Tone

Mix + match as many
styles as you like...

**Inspiring
+
Hopeful**

**Skillful
Coaching**

**Fun
+
Social**

**Therapy For Real Life
Workplace Workshops**

Educational

Relaxing

**Serious
+
Sensitive**

Design a
workshop
that matches
your unique
workplace
culture.

Burnout Prevention "Universal Precautions" SCALE OF IMPACT

**Select Any Self-Care Theme For A
2-Hour Team Workshop**

Combine Any 2 Self-Care Workshops

Self-Care Skills

Relationship Skills

for a full or half-day self-care bootcamp

Plan Proactive Burnout Prevention

Mindfulness

Communication

Mood Boosters

Habit Change

with quarterly self-care trainings

+ option to add custom podcast episodes for universal listening

Describe Your Self-Care Event Type

**Burnout Prevention Strategy + Retreats
for C-Suite Level / Co-Founders**

**Senior Management Level
Burnout Prevention Training**

**Small and Large Team Trainings:
Interactive Self-Care Events**

**Burnout Prevention Keynotes +
Universal Training Options**
(eg. custom Therapy For Real Life podcast episodes)

**Moving Beyond Burnout:
Sustaining Self-Care + Total Rewards**

Plan Your Burnout Prevention Budget

\$0 - \$2500 **Burnout Prevention Hack-A-Thon Grant**

(Available to nonprofit partners only. Apply here: <https://bit.ly/35avo4V>)

\$2500- \$5000

Burnout Prevention Pilot Workshops

\$5000 - \$15,000

Burnout Prevention Committed Action Campaign or Large Keynote

\$15,000 - \$30,000

Add Therapy For Real Life to your Total Rewards

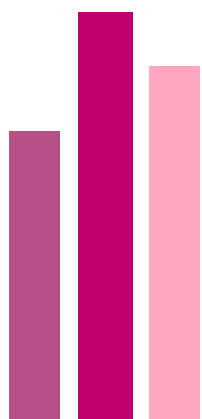
with quarterly stress management workshops or ongoing self-care programs

\$30,000 and above

Become an ongoing partner with Therapy For Real Life for universal burnout prevention training + strategic planning with leadership (limited availability)

Cost Comparison

\$20 - 30 K



The cost of
2-3 employees
attending
weekly therapy
x 1 year

VS.

Total Rewards

Universal Training

Quarterly Workshops

Self-Care Approach

Boost Burnout Prevention In Your Community

Corporate Giving Opportunity

Therapy For Real Life is a socially-minded business that is committed to supporting local nonprofits making positive changes in our community. Your company is invited to partner with Therapy For Real Life to sponsor free and sliding scale Burnout Prevention Hack-A-Thons to benefit a community nonprofit of your choosing. Your company will be highlighted as a partner in the donation and championed on Therapy For Real Life social media as a local burnout prevention hero.

Email therapy@annacedar.com **to discuss partnership opportunities.**

Start Designing Your Own Self-Care WorkShop Now

[Click Here](#)

ADDITIONAL RESOURCES

Visit: **NIMH.gov**

to learn more about the research and original authors behind each therapy style mentioned in this pamphlet.

Therapy For Real Life marketing materials are for informational purposes only and do not constitute mental health care of any kind. Only a licensed mental health professional can assess your personal needs and offer a proper treatment plan.



Therapy for Real Life

**Learn about therapy resources or
schedule a therapy appointment:**

TherapyForRealLife.com

Contact crisis resources,
such as **crisistextline.org**,
for immediate support.

Call **9-1-1** in cases of medical
or mental health emergencies.



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