

# EMPOWERING MINDS AT WORK

## Mental Health, Resilience, and Leadership Workshops

Hi, I'm Tiffany Cutrone, and as a licensed psychotherapist and organizational leadership expert, I help organizations foster resilient, engaged, and connected workplaces. With over a decade of experience and a Doctorate of Education in Organizational Leadership expected in 2025, I specialize in trauma-informed care, mental wellness, and transformational leadership.

Through tailored ERG programs, I empower organizations to address burnout, enhance retention, strengthen leadership, and cultivate inclusive cultures where employees and leaders thrive. My workshops provide practical strategies aligned with business goals, ensuring meaningful impact and lasting success.

### SIGNATURE TOPICS

- ✓ Preventing Burnout and Promoting Well-Being
- ✓ Stress Management and Resilience Building
- ✓ Work-Life Balance and Integration
- ✓ The Power of Mindful Communication
- ✓ Supporting LGBTQ+ Employees
- ✓ Prioritizing Mental Health in the Workplace
- ✓ Effective Leadership for Employee Engagement
- ✓ Leadership Strategies for Employee Retention
- ✓ Navigating Organizational Change with Empathy
- ✓ Building a Culture of Support and Advocacy

# COLLABORATION PACKAGES

## **FOUNDATIONAL PACKAGE: \$1500**

- One 60-minute virtual workshop
- Designed for small to mid-sized groups
- Includes a follow-up resource guide
- Best for introducing essential topics like burnout prevention or inclusive leadership

## **COMPREHENSIVE SUPPORT PACKAGE: \$6,000**

- Six 60-minute virtual workshops over 6 months
- Flexible for groups of any size with optional breakout discussions
- Ongoing leadership consultation to align strategy and outcomes

## **ENHANCED ENGAGEMENT PACKAGE: \$3,500**

- Three 60-minute virtual workshops over 3 months
- Suitable for multiple ERGs or teams
- Customized content aligned with organizational goals
- Includes email support and follow-up materials to sustain momentum

## **CUSTOM PACKAGES AVAILABLE**

- Fully tailored virtual programming for specific needs (e.g., retreats, executive coaching, wellness days, multi-day intensives)
- Includes consultation to develop a personalized plan



Ready to invest in your team?

Contact me to support your organization.

**TIFFANY CUTRONE,  
LCMHC, LPC, LCAS**

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