

Practical Knowledge and Skill Building for Teams

We offer high-impact and interactive **live** webinars on a range of topics relevant to employees, teams, and senior leaders as they seek to foster individual and organizational resilience during challenging times.

Our Facilitators

The mental health experts who lead our trainings are **Licensed Independent Clinical Social Workers*** with deep experience in private practice psychotherapy, hospital settings, and academia.



Sara, LICSW



Gregory, LICSW



Gioia, LICSW

*This credential is one of many that permits the practice of clinical psychotherapy and is managed at a state-level, typically by the Dept. of Health. Licensure candidates must possess a master's or doctoral degree in social work from an accredited school. One must also complete a minimum amount of post-graduate work experience (4,000+ supervised hours) and pass the ASWB Clinical examination.

Featured Topics

Supporting the Transition to Post-Pandemic Life

Learning Objectives

- ✓ Understand the science of chronic stress and trauma on the brain and body, including the possibility of 'post-traumatic growth'
- ✓ Learn how to validate the experience of grief and honor losses as a means to healing
- ✓ Explore burnout and understand how stress stays in the body after the stressor is gone, and how this may influence post-pandemic anxiety
- ✓ Learn tools that support holistic health to heal and enhance resilience in the face of future distress

Cost

\$1,460 - \$4,380

1-hour live Zoom Webinar
Up to 500 participants

Includes 30-minute consultation with webinar sponsors to customize content for a specific audience

“Thank you for this presentation– it has been really helpful for validating my feelings and experiences. I feel better prepared to cope much more effectively now.”
- Recent webinar participant

Banister Advisors LLC delivers stability, relief, and improved outcomes to employees and their organizations when personal crisis strikes.

We are a client services firm focused on helping individuals and families navigate health crisis, complex eldercare, end-of-life, and bereavement-related circumstances. Our team of professionals is dedicated to ensuring that complex circumstances are addressed discreetly, efficiently, and appropriately.

CONTACT TO LEARN MORE
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