

**2023**

## **DR. RHONDA M. WOOD**

### **ABOUT THE PRESENTER**

Recognized as one of the most prominent voices for mental health advocacy, Dr. Rhonda M. Wood is an award-winning international keynoter, bestselling author, and a leading authority on mental health. Leveraging over 30 years of corporate leadership experience, Rhonda impacts audiences and trains individuals, corporations, and organizations worldwide on her proven mental wellness strategies that help eradicate mental health stigmas and adopt compassion, awareness, and acceptance. She coaches corporate leaders and employees to live, learn, and lead in the areas of emotional intelligence, stress management, and communication resulting in higher productivity and a more positive work environment.

### **ABOUT THE PRESENTATION**

Company leaders balance personal and professional lives that require a constant, firm grasp on mental acuity. Many of them suffer disproportionately from adverse life experiences that can lead to depression, anxiety disorders, and toxic levels of chronic stress. Unacknowledged and untreated mental health issues can limit one's ability to cope with the everyday stressors of life to function productively and effectively. It is imperative to take the necessary steps and get the appropriate training to safeguard their mental health and recognize the importance of prioritizing oneself and not succumbing to external work or life stressors.

This presentation will train company leaders on the need to be educated, equipped, and empowered on raising mental health consciousness, decreasing stigma, providing resources, advocating for support, and understanding the benefits of getting help when needed. The presenter's down-to-earth humor compels the audience to laugh while they learn and leaves them with empowering tools and practical strategies for leaders to develop and maintain a top-notch workforce and positive work environment. Improving mental health literacy and reducing stigma across an organization are two of the most effective strategies in promoting workforce wellbeing. By training team members on effective help-seeking behaviors, businesses will improve mental health and wellness at an individual and organizational level.

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