



# **Balance Boldly!**

## **I Matter**

### **Speaker/ Trainer**

# **Proposal**

Sharon J. Lawrence, LCSW-C  
CEO of SJL Professional Services, Inc.  
Founder of Selah Wellness & Therapeutic Services, LLC

## **Sharon J. Lawrence, LCSW-C, LCSW, ACSW, CFSW, EAS-C, CAMS-II, BC-TMH**

Mrs. Sharon J. Lawrence is a highly regarded speaker and coach working extensively in the areas of wellness, mental health, life improvement, career planning, and professional development. She is on a mission to help professionals, entrepreneurs and corporations establish focus, productivity and greater success. She is a licensed Therapist for Therapists and Professionals, Certified Life Coach, Certified Anger Management Specialist, Certified Prepare/Enrich Facilitator and Certified Financial Social Worker who is also trained in Diversity, Equity and Inclusion. With 20 years of experience working with community agencies/community service boards, various Department of Human Services, medical systems, higher education, and mental health, she has helped with staff retention, work/life balance, time management, conflict resolution, team building and healthy relationships.

Mrs. Lawrence is the CEO of SJL Professional Services, Inc. a coaching and consulting service based out of Tampa, Florida. She is also the Founder and Owner of Selah Wellness & Therapeutic Services, LLC, a virtual mental health practice in the states of Maryland and Florida. She is the former co-host of It's All Business Entrepreneurship Show where she was and continues to be affectionately known as the SelfCarePreneur providing information on mental health, self-care, and trends related to the emotional well-being aspect for business owners. She is best known for her signature corporate wellness series and coaching program, Balance Boldly! I Matter.

Mrs. Lawrence is a 6x author and has been a subject matter expert on Good Morning Washington, Let's Talk Live, BMore Lifestyle, and a number of conferences to include Boris L. Henson Foundation Can We Talk? Mental Health Conference. Mrs. Lawrence has also been featured in media publications and podcasts such as but not limited to Yahoo! Lifestyle, Bustle, The Root, Madamnoire, GoodTherapy, Arlington Now (ArlNow), and the I Am CEO Podcast. In addition, Mrs. Lawrence is an Adjunct Professor for Bowie State University (Department of Behavioral Sciences and Human Services) and Prince George's Community College (Department of Human Services) where she is helping to prepare the next generation of helping professionals.

In her spare time, Mrs. Lawrence is a volunteer mentor for Envision Lead Grow mentor program for girl entrepreneurs. She resides in Tampa, Florida with her family.

To read her extended bio visit [www.sjlprofessionalservices.com](http://www.sjlprofessionalservices.com)

# SJL PROFESSIONAL SERVICES, INC.

SJL Professional Services, Inc. was created to strengthen workplace environments by challenging leaders and staff to think differently about their work with the public, how they engage other professionals and how to embrace the concept of self-care and a strengthened workforce/institutions.

With national movements that focus on mental health, self-care, trauma, conflict resolution, diversity and inclusion, marriage enrichment and healthy relationship, there is a constant need to strengthen individuals' mindset and the dynamic of relationship. SJL Professional Services commits to helping organizations, churches/ parishes, higher education institutions, and agencies build their skills in working within their systems and with the community in various ways.

SJL Professional Services is on a mission to change cultures, mindsets and behaviors through its training\*, consulting, and supports.

*\*Trainings and Presentations can be altered and created to meet the needs of any organization/institution.*

# BALANCE BOLDLY!- I MATTER

The I Matter Workshop is a signature 6- week program for professionals that focuses on building a solid mindset around self-care, balance, competency, trust, and professionalism. During this workshop, participants are able to work through organizational concerns while learning conflict resolution skills, time management skills, professional development/ growth, and understanding personality styles. Each participant will develop a greater sense of self while learning to effectively communicate within systems. Each interactive workshop is 2 hours.

Week 1: Professional Communication

Week 2: Assessing Situations

Week 3: Time Management/ Organizational Skills

Week 4: Professional Development

Week 5: Managing Up with Skill

Week 6: Wellness, Boundaries and Self-Care 2.0

# RATES

The Balance Boldly! I Matter Workshop series is signature program that is designed to help organizations build morale and productivity. This series is an interactive and robust process in assisting staff and professionals with learning how to function well personally and professionally. This workshop series will help foster trust, communication, inclusiveness, and confidence in their abilities in the workplace.

The rate for this workshop is \$15,000.

# CONTACT INFO

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