

Sharon J. Lawrence, LCSW-C

SPEAKER | AUTHOR | CORPORATE TRAINER | THERAPIST | LIFE COACH



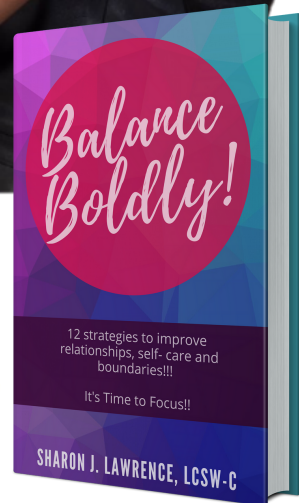
Sharon J. Lawrence is a highly regarded speaker and coach working extensively in the areas of wellness, life improvement, career planning, and professional development. She is on a mission to help professionals, entrepreneurs and corporations establish focus, productivity and greater success. She is a licensed therapist, 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, the State 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 a co-host of It's All Business Entrepreneurship Show where she is 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 has been featured as a subject matter expert on major media outlets and podcasts.

In addition, Mrs. Lawrence is a national speaker, trainer, adjunct profession and author. She resides in Tampa, Florida with her family.



Available at



PRESENTATION TOPICS

BALANCE: Employee Wellness & Stress Management

BALANCE focuses on team building, mental health, solution focused strategies, crisis management, conflict resolution, and boosting staff morale.

This interactive workshop is filled with tools and techniques that promote wellness and a commitment to the organization and self.

Mental Health and Trauma In the Workplace

This workshop highlights the importance of understanding that mental health challenges, the culture of mental health, workplace trauma, types of trauma and the approach of trauma informed care. It will focus on how unresolved areas related to mental health and trauma in the workplace compromises the fidelity of personal lives and the professional environment.

POP CULTURE: Diversity, Equity, Inclusion and Acceptance!

This interactive workshop focuses helping organizations commit to change related to diversity, equity, inclusion and acceptance. Strategies will provide guidance to help leaders and diversity teams identify goals with the end in mind.

BOOK SHARON TODAY!

Visit: www.sjlprofessionalservices.com or Email: sjlprofessionalservices@gmail.com

Workshops can be either developed or altered to the organizations needs