

IOME Mental Wellness

in the workplace

IOME, LLC offers a variety of mental health and self care training topics for your employees. Allow IOME to help your employees support their overall wellness journey by providing education on mental health topics. The training will be presented by the founder of IOME and Licensed Professional Counselor, Becky Lauridsen. Show your employees just how vital their overall wellness is by investing in their mental health.

IOME Mental Health Training Topics

Self Care is Preventative Care

Burnout Prevention

Creating Work/Life Harmony

Strengthening Relationships

Overcoming Loneliness

ONSITE or VIRTUAL for ONE HOUR

Open Forum Discussion at End

Offering tangible tools for employees to immediately implement.

REVIEWS

From City of Fort Collins Wellness Team Leader: "Becky Lauridsen, Founder of IOME, is a passionate advocate for your mental well being. She shares her knowledge, experience, and resources with great empathy and grace. When the pandemic hit like a tidal wave, we called upon Becky to help us bring support to our employees. She quickly responded by giving our employees the gift of support with hope and compassion. She gave them tools to learn to understand they are not alone, to understand what they are really feeling, and how to take care of yourself during a pandemic and beyond. Our employees continue to look forward to Becky's presentations. We are grateful for every webinar and one-on-one session that she has offered our employees."

From Employees: "This was very helpful in terms of managing my stress and balancing concern for COVID and work/life balance. Sometimes just coming together with folks (even virtually) is enough to ease anxiety and stress."

"The biggest item for me was determining that it is okay for me to take care of myself. It isn't being selfish. I need to actively pursue my health and happiness in order to be present and supportive with my family, colleagues and others."

"Loved this one! Love all her sessions! Biggest take away was the difference between self-indulgence and self-care."

"Very good webinar. I learn I do have high stress levels and even many of the signs of burnout. It's prompted me to seek coping tools and even talk to my doctor."

"I highly appreciated the Emotional Regulation Safety Plan that enumerates the warning signs of a stressful reaction and the things that I do have control over. Then it implements coping skills that can those reactions that have proven to work for me."

Becky Lauridsen, LPC

Founder of IOME

becky@iowemenow.com

970-658-5598



"Your team needs the best in order to provide the best."

- Becky Lauridsen, Founder of IOME

www.iowemenow.com