



MENTAL FITNESS

ACHIEVE YOUR FULL POTENTIAL

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Curriculum Vitae

Training and Speaking Experience

Completed Trainings 2018

“The Elephant on My Chest”
St. Ferdinand Church
11-11-2018

“How Addiction Affects the Family”
Beaver County Town Hall Meeting
11-2-2018

“Motivational Interviewing, SBIRT, and De-escalation”
Butler Hospital
9-14-18, 9-18-2018, 9-22-2018, 10-13-2018

“The Sandwich Generation”
Carnegie Mellon University
10-9-2018

“Suicide Awareness”
OMNOVA Solutions, Inc.
10-2-2018

“Combatting Compassion Fatigue”
Allegheny Intermediate Unit (two-hour session)
9-28-2018

“Mindfulness in Work and Life”
Giant Eagle Corporation
9-26-2018

“The Ten Principles of Goal Setting”
Employee Assistance Professionals Association
9-18-2018

“Learning to Say No”
Giant Eagle Corporation
8-27-2018

“Parenting Your College Aged Kids”
Carnegie Mellon University
8-1-2018

“Coping with Compassion Stress”
Giant Eagle Corporation
7-25-2018

“Learning to Say No”
Carnegie Mellon University
7-18-2018

“Connecting Mind and Body for Healthy Living”
Carnegie Mellon University
6-20-2018

“Combatting Compassion Fatigue”
Retreat and Silvermist Treatment Centers
6-15-2018

“Civility in the Workplace”
AAA East Central
4-24-2018

“Mindfulness: Being Present in Your Work and Life”
Carnegie Mellon University
4-18-18

“Laughter, Humor, and Play to Reduce Stress and Solve Problems”
Carnegie Mellon University
3-13-18

"Effective Goal Setting: Making Dreams Reality"
Western PA Human Resources Association
1-18-2018

"Cutting Through the Clutter"
Carnegie Mellon University
1-10-2018

2017

"Managing Holiday Stress"
IRS Internal Revenue Service
12-20-2017

"Finding Happiness"
Carnegie Mellon University
11-6-17

"Stress: Negative Threat or Positive Challenge"
Holy Redeemer Church
10-29-2017

"Sailing On: A Guide to Transitioning into Retirement"
Carnegie Mellon University
10-18-2017

"Work and Life Balance"
Samaritan Counseling Services
9-29-2017

"Bringing Out the Best in Others"
Carnegie Mellon University
7-27-17

"Work and Life Balance"
Community Human Services
7-13-2017

"Civility in the Workplace"
ManorCare Health Services
5-1-2017

"The Impact of Attitude on Work and Life"
Carnegie Mellon University
2-22-2017

“The Seven Deadly Phrases”
Employee Assistance Professionals Association
1-17-2017

2016

“Managing Emotions in the Workplace”
Carnegie Mellon University
9-23-2016

“Natural Consequences: Discipline that Works”
Bayer Corporation
8-24-2016

“Laughter, Humor, and Play to Reduce Stress and Solve Problems”
Carnegie Mellon University
6-28-2016

“Balancing Work and Life”
Carnegie Mellon University
2-23-2016

2015

“Sailing On: A Guide to Transitioning into Retirement”
Bayer Corporation
9-16-2015

2014

“Stress: A Way of Life or Fact of Life?”
PNC Financial Services Group
12-4-2014

“Medication Assisted Treatment”
The University of Pittsburgh School of Social Work
6-16-2014

“Effective Communication”
Giant Eagle Corporation
4-29-2014

“Healthy Lifestyle: Changing the Way You Think About Diet & Exercise”
Giant Eagle Corporation
3-11-2014

Related Accomplishments

Published Books

“The Amazing Chase”
Children’s Picture Book
www.TheAmazingChase.us

Blog Articles

www.mental-fitness.us/blog

“Why Most Entrepreneurs Fail”
November 2018

“Life Out of Balance: Howard’s Story”
October 2018

“Stress: Negative Threat or Positive Challenge?”
October 2018

“The Ten Principles of Goal Setting”
September 2018

“Why Do We Treat Suboxone Different than Antidepressants?”
September 2018

“The Top 15 Myths About Heroin Addiction”
August 2018

“What Relapse Means to Me”
July 2018

“When Will We Realize the War on Drugs Doesn’t Work?”
April 2018

“It Ends with Me”
August 2017

“Top Ten Things I’ve Learned as a Life Coach”
August 2017

Podcasts

“Seven Steps to Master Your Emotions”

Maladies of the Mind

5-7-2018

Webinars

“Stress: Negative Threat or Positive Challenge?”

Greenbriar Treatment Center

4-4-2018

Expert Panelist

Breaking Points

St. Ferdinand Church, Cranberry Township

9-27-2017

Breaking Points

Cumberland Woods, UMPC McCandless

11-15-2017

Upcoming Publications

“Mental Fitness: Achieve Your Full Potential”

Self-Improvement Book

Promotional Events

“Is Your Organist Bipolar and Your Deacon Depressed?”

Dutilh United Methodist Church

4-30-2014

Athletics

Hawaii Ironman 70.3

6-3-2017

Boston Marathon

4-19-2010