



# **MENTAL FITNESS**

ACHIEVE YOUR FULL POTENTIAL

**Stephen Wize, LCSW**

## *Curriculum Vitae*

Mental Fitness, LLC  
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### *Motivational Trainings 2020*

#### *Increasing Compassion Satisfaction*

Westmoreland County

9-25-20

*Attendees: 250*

#### *Increasing Compassion Satisfaction*

Compassionate Care Initiative

9-24-20

*Attendees: 50*

#### *Checked Out: Checking In on the Americans We've Left Out*

Employee Assistance Professionals Association

6-16-2020

#### *Seven Steps to Master Emotions*

Solevo Wellness

5-1-2020

#### *Increasing Compassion Satisfaction/Motivational Interviewing (canceled Coronavirus)*

15<sup>th</sup> Annual Pittsburgh Conference on Child Maltreat

4-17-2020

*Attendees: 400*

***Finding Inspiration at Work***

Cranberry Township

3-4-2020

*Attendees: 50*

***Seven Deadly Phrases***

Encompass Health Sewickley

2-19-20

*Attendees: 12*

***Effective Communication***

Internal Revenue Service

2-19-2020

*Attendees: 15*

***Private Practice 101***

University of Pittsburgh School of Social Work

1-27-2020

*Attendees: 15*

***Seven Deadly Phrases***

Vitro Glass/ PPG Paints

1-23-2020

*Attendees: 30*

***Civility in the Workplace***

Manor Care

1-20-2020

*Attendees: 25*

***Coping with Uncertainty***

Bayer Corporation

1-16-2020

*Attendees: 6*

**2019**

***Seven Deadly Phrases***

Mountain Heart Community Services, Inc.

12-10-2019

*Attendees: 20*

***Coping with Uncertainty***

Bayer Corporation

12-4-2019

*Attendees: 20*

***Seven Deadly Phrases***

Union Orthotics (Keynote)

11-19-2019

*Attendees: 35*

***Stress: Negative Threat or Positive Challenge***

Bayer Corporation

11-5-2019

*Attendees: 25*

***The Mindset of Leadership***

Business Leaders Mastermind Group

10-24-2019

*Attendees: 12*

***Mastering Emotions***

Cranberry Township

10-17-2019

*Attendees: 60*

***The 10 Principles of Goal Setting***

IRS

10-16-19

*Attendees: 15*

***Spiritual Fitness or Mental Fitness?***

St. Ferdinand Church

10-3-2019

*Attendees: 40*

***Being a Team Player***

IRS

9-18-2019

*Attendees: 15*

***Building Trust***

IRS

8-14-2019

*Attendees: 15*

***Seven Deadly Phrases***

UPMC Life Solutions

8-8-2019

*Attendees: 50*

***Increasing Compassion Satisfaction***

Butler County's 2<sup>nd</sup> Annual Summer Conference (Keynote)

7-18-2019

*Attendees: 150*

***Preventing Burnout***

Butler County's 2<sup>nd</sup> Annual Summer Conference

7-18-2019

*Attendees: 40*

***Motivational Interviewing***

Butler County's 2<sup>nd</sup> Annual Summer Conference

7-19-2019

*Attendees: 50*

***Crucial Conversations: Bringing Out the Best in Others***

Victorian Finance

6-20-2019

*Attendees: 25*

***Civility in the Workplace***

Manor Care

5-23-2019

*Attendees: 20*

***Giving Effective Feedback***

IRS

5-21-2019

*Attendees: 15*

***De-Escalation in the Workplace***

Adagio Health

5-16-2019

*Attendees: 120*

***Living with Change***

Bayer Corporation

5-7-2019

*Attendees: 30*

***Increasing Compassion Satisfaction***

Heritage Valley Hospital System (Keynote)

4-27-2019

*Attendees: 50*

***Overcoming Negative Thinking***

IRS Internal Revenue Service

4-24-2019

*Attendees: 15*

***Combatting Compassion Fatigue***

Healthcare Council of Western Pennsylvania

3-28-2019

*Attendees: 80*

***Effective Feedback***

Carnegie Mellon University

3-27-2019

*Attendees: 18*

***Mindfulness: Being Present in Life***

PNC Bank

3-18-19

*Attendees: 40*

***Bringing Out the Best in Others***

Carnegie Mellon University

2-15-2019

*Attendees: 25*

***The Seven Deadly Phrases***

Point Park University (Keynote)

1-26-2019

*Attendees: 50*

***Bringing Out the Best in Your Children***

St. Ferdinand Church

1-3-2019

*Attendees: 60*

## 2018

### ***Motivational Interviewing, SBIRT, and De-escalation***

Butler Hospital

9-14-18, 9-18-2018, 9-22-2018, 10-13-2018

*Attendees: 80, 30, 40*

### ***The Sandwich Generation***

Carnegie Mellon University

10-9-2018

*Attendees: 20*

### ***Suicide Awareness***

OMNOVA Solutions, Inc.

10-2-2018

*Attendees: Three sessions: 119 total, 40, 40, 39*

### ***Combatting Compassion Fatigue***

Allegheny Intermediate Unit (two-hour session)

9-28-2018

*Attendees: 600*

### ***Mindfulness in Work and Life***

Giant Eagle Corporation

9-26-2018

*Attendees: 30*

### ***The Ten Principles of Goal Setting***

Employee Assistance Professionals Association

9-18-2018

*Attendees: 35*

### ***Learning to Say No***

Giant Eagle Corporation

8-27-2018

*Attendees: 40*

### ***Parenting Your College Aged Kids***

Carnegie Mellon University

8-1-2018

*Attendees: 20*

### ***Coping with Compassion Stress***

Giant Eagle Corporation

7-25-2018

*Attendees: 40*

***Learning to Say No***  
Carnegie Mellon University  
7-18-2018  
*Attendees: 25*

***Connecting Mind and Body for Healthy Living***  
Carnegie Mellon University  
6-20-2018  
*Attendees: 30*

***Combatting Compassion Fatigue***  
Retreat and Silvermist Treatment Centers  
6-15-2018  
*Attendees: 50*

***Civility in the Workplace***  
AAA East Central  
4-24-2018  
*Attendees: Two sessions, 22, 23*

***Mindfulness: Being Present in Your Work and Life***  
Carnegie Mellon University  
4-18-18  
*Attendees: 21*

***Laughter, Humor, and Play to Reduce Stress and Solve Problems***  
Carnegie Mellon University  
3-13-18  
*Attendees: 32*

***Effective Goal Setting: Making Dreams Reality***  
Western PA Human Resources Association  
1-18-2018  
*Attendees: 24*

***Cutting Through the Clutter***  
Carnegie Mellon University  
1-10-2018  
*Attendees: Two sessions, 70, 40*

**2017**

***Managing Holiday Stress***  
IRS Internal Revenue Service  
12-20-2017  
*Attendees: 20*

***Finding Happiness***  
Carnegie Mellon University  
11-6-17  
*Attendees: 17*

***Stress: Negative Threat or Positive Challenge***  
Holy Redeemer Church  
10-29-2017  
*Attendees: 35*

***Sailing On: A Guide to Transitioning into Retirement***  
Carnegie Mellon University  
10-18-2017  
*Attendees: 17*

***Work and Life Balance***  
Samaritan Counseling Services  
9-29-2017  
*Attendees: 40*



**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

## **2014 & 2015**

### ***Sailing On: A Guide to Transitioning into Retirement***

Bayer Corporation

9-16-2015

### ***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

### ***Addiction 101: Hope is Dope***

Seneca Valley High School

5-24-2014

### ***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

### Blog Articles

[www.mental-fitness.us/blog](http://www.mental-fitness.us/blog)

*“A Brief Timeline of the Civil Rights Movement”*

Co-Author Tyler Spence

May 2020

*“Seven Steps to Master Your Emotions”*

April 2020

*“Lebron James Invest in his Mental Fitness and You Should Too!”*

Co-Author Tyler Spence

February 2020

*“Stop Sitting on the Sidelines of Your Life”*

February 2020

*“The Mindset of Leadership”*

February 2020

*“Three Predictors of Job Satisfaction that Matter Most”*

December 2019

*“Why I Became a Therapist: Jessica’s Story”*

July 2019

*“Taking a Step Back:*

*The Unlikely Way to Increase Compassion Satisfaction”*

June 2019

*“Motivation is a Myth”*

June 2019

*“Developmental Milestones: Helpful or Harmful?”*

May 2019

*“From Addicted Musician to Professional Therapist: Evan’s Story”*

April 2019

*“Why I’ve Never Charged a No-Show Fee”*

March 2019

*“Why Customer Service Matters”*

March 2019

*“What JFK and Joy Mangano Can Teach Us About Stress”*

March 2019

*“The Answer Isn’t Always More Therapy”*

March 2019

*“The Symptoms of Stress”*

February 2019

*“Nutrition Made Simple”*

February 2019

*“My Top 10 Favorite Mental Health Retreats”*

December 2018

*“You Don’t Have to be a Therapist to be Therapeutic”*

November 2018

*“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

## **YouTube Channel**

*“Part 2: Deaths of Despair: Solutions and a New Way Forward”*

7-7-20

*“Mental Fitness Motivational Message for May”*

5-12-2020

*“Direction Cured My Depression”*

4-23-2020

*“ROR: Return on Relationships”*

4-21-2020

*“Deaths of Despair”*

4-15-2020

*“Social Exercising: How to Keep Up Morale in Uncertain Times”*

4-10-2020

*“Three Buckets: How to Stay Structured in a Daily Routine”*

4-3-2020

*“Four Simple Steps to Getting Stuff Done”*

4-3-2020

*“Tips to Stay Mentally Fit throughout the Coronavirus Quarantine”*

3-17-2020

*“Private Practice 101”*

University of Pittsburgh School of Social Work

1-28-20

*“Steve’s Self-Care Tips”*

3-24-19

*“The Seven Deadly Phrases”*

Point Park University

2-3-19

## **Podcasts**

*“Mental Fitness”*  
Business Leaders Podcast  
10-28-2019

*“Answers for Addiction”*  
The Fit Pharmacist  
11-16-18

*“Seven Steps to Master Your Emotions”*  
Maladies of the Mind  
5-7-2018

## **Webinars**

*“Staying Mentally Fit in Uncertain Times”*  
TAB (The Alternative Board)  
4-14-2020

*“Staying Mentally Fit in Uncertain Times”*  
Co-hosted with Joe Mull and Renee Thompson  
4-2-2020

*“Stress: Negative Threat or Positive Challenge?”*  
Greenbriar Treatment Center  
4-4-2018

## **Monthly Newsletter**

***Subscribers: 838***

*Edition #3: “Exploring the History of the Civil Rights Movement”*  
July 2020

*Edition #2: “Teamwork Makes the Dream Work”*  
June 2020

*Edition #1: “How Mental Fitness Got Its Start”*  
May 2020

## **Expert Panelist**

### *Breaking Points*

St. Ferdinand Church, Cranberry Township  
9-27-2017

### *Breaking Points*

Cumberland Woods, UMPC McCandless  
11-15-2017

## **Critical Incident Stress Management**

Jewish Association on Aging  
Pittsburgh, PA  
3-15-2018 and 3-18-2018

## **Radio Appearances**

*Star 100.7 More Good Days in May*  
5-13-2020

## **Promotional Events**

*“Is Your Organist Bipolar and Your Deacon Depressed?”*  
Dutilh United Methodist Church  
4-30-2014

## **Entrepreneurial Competitions**

*“Amazon Alexa Day: Therapist Alexa”*  
Carnegie Mellon University  
12-6-2018

## **Athletics**

*Hawaii Ironman 70.3*  
6-3-2017

*Rachel Carson Trail Challenge*  
4-18-2016

*Boston Marathon*  
4-19-2010