



MENTAL FITNESS

ACHIEVE YOUR FULL POTENTIAL

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Curriculum Vitae

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Motivational Trainings **2021**

The Challenges of 2020: Finding Hope in Times to Come

Gray Matter Systems

6-9-21

Attendees: 75

Lifelong Leadership: Practical Strategies to be a Leader throughout Life

Heritage Valley Health System (keynote)

5-1-21

Attendees: 50

Finding Hope in Hard Times

The Alliance for Infants and Toddlers, Inc

3-9-21

Attendees: 250

Mental Health and Public Policy

University of Pittsburgh

3-4-21

Attendees: 25

2020

The Seven Deadly Phrases for Sports and Life

Slippery Rock University

10-19-20

Attendees: 25

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)

15th 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 2nd Annual Summer Conference (Keynote)

7-18-2019

Attendees: 150

Preventing Burnout

Butler County's 2nd Annual Summer Conference

7-18-2019

Attendees: 40

Motivational Interviewing

Butler County's 2nd 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

“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
Mental Health Awareness Month
5-13-2020

Business Talk Radio

Mental Fitness
9-4-2020

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

Athletic Sponsorships

Co-ed Ice Hockey: Team Mental Fitness

Lake Placid, New York

1-26-2020