

Monique Caissie



DEMYSTIFYING MENTAL ILLNESS: A Facilitated Dialogue to Tackle the Taboos

Monique draws from her background as an Educator and Experiential Facilitator to help you tap into what is most meaningful to you when having to face differently thinking people in your life.

Her participants rave about her ability to make them laugh while they learn. Will your audience be next?



Rave Reviews:

"Families dealing with mental illness appreciated her support and knowledge in developing skills and personal awareness to better their quality of life."

Lucie Discepola, Executive Director, Friends for Mental Health of the West Island.

"Monique gave me a crash course on personality disorders and I realized that I was dealing with something bigger than just an unhappy wife. With her support, I feel less angry, less guilty and more hopeful. Also, my revived focus at work has been noticed by my superiors. I owe her a lot!"

Tony, R., Engineer, St-Laurent, Quebec

"Besides making me laugh, you helped me see my strengths and that there is hope. Thank you for telling me that my illness does not define who I am. God bless you for everything: your smile, your jokes and your common sense!"

Crisis Center client

Summary:

Because there are as many scenarios and circumstances as there are workplaces, people and families, this facilitated process is modified to answer the concerns or goals of the requesting audience.

Perfect for:

Leaders and smart people wanting a facilitated conversation to prevent and/or live successfully with mental illness in themselves or people they value.

Program Length:

This facilitated program can be customized from 90 minutes, half-day, full-day to a multiple day event. This experience is only limited by your imagination.

You pick a learning objective and Monique facilitates the dialogue.

Sample Topics:

- Stress management for increased resilience
- What the difference is between a mental illness and a personality disorder?
- How to support someone whose family member or loved one is seriously ill
- How to reintegrate someone into the workplace
- How to set limits with someone while you are worried about their emotional fragility
- How to recognize suicidal signs

A mental illness diagnosis is a condition which ebbs and flows, just like our bank accounts ebb and flow. These dialogues are to empower and educate people who are suffering and those who care about them.

To Book Your Event or a Strategic Work Session
Call : 514-661-3470
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