



Dr. Sherene McHenry, CSP, LPC
The People IQ Expert[®]
Mental Health and Burnout Prevention

AREAS OF IMPACT

Mental Health
Burnout Prevention
Leadership Development

IMPORTANT LINKS

Preview Video
Website
Audience Reviews

BOOK SHERENE

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BURNOUT AND ORGANIZATIONAL CULTURE HAVE NEVER BEEN MORE CRITICAL



Sherene:

- Provides presentations and support services for boosting well-being, mental health and engagement.
- Elevates organizational culture.
- Empowers individuals and leaders to better understand and bring out the best in themselves and others.
- Equips leaders to eradicate toxic behaviors and lessen employee stress.
- Trains leaders and team members to address mental health concerns with care and compassion.

Ideal for:

C Suite Executives
Leaders and Managers
HR Professionals
Organizations Struggling with
Toxic Employees & High Turnover
Associations

Burnout and Stress

Burnout and stress are at an all-time high and lead to turnover, reduced productivity, and poor physical and mental health. Wouldn't it be great if you could lessen excessive tardiness, absenteeism and healthcare costs? If your team members were proactive instead of reactive when dealing with difficult people? If you protected your high performers from resentment and burnout? If your people had strategies to immediately re-energize and reconnect with their passion and purpose? If you had a happier, healthier and more effective team and organization?

Mental Health and Well-Being

Stress, trauma and toxic workplaces are detrimental to people's mental and physical well-being. Wouldn't it be helpful if you, your leaders and your team members could spot when someone is experiencing trouble? If you all knew how to initiate discussions and compassionately address mental health concerns? If everyone knew how to stop negative actions that invisibly injure others and undermine morale? If your entire team knew quick, practical techniques they could immediately implement to increase resiliency and well-being?

A Few of the Clients Sherene has Proudly Served:





Elevating Well-Being, Mental Health & Organizational Culture

Moving from...

Frustration, Miscommunication, Stress,
Burnout, Disengagement, Turnover

To...

Engaged, Effective, Energized, Resilient,
High Performance, Psychological Safety

”

“Sherene provided tools for us to better understand people, avoid frustration and burnout, and hold others accountable.”

-Karen Paradis, Lake Michigan Society of Cable Telecommunications Engineers

“Sherene gave practical, concrete advice on how to be intentional in creating a safe, mentally well workplace for employees. I really appreciated the simple advice on what I can do to make my employees feel safer, and hopefully less stressed, in the workplace.”

-Mental Wellness Works 2023 Attendee

“Dr. McHenry’s presentation really touched my heart, and was incredibly helpful... Her style is so dynamic and engaging. I can’t begin to explain how much I loved and appreciated this experience. I feel I am much more prepared to handle mental health concerns with coworkers, and I have a new perspective on my own mental health. I scheduled an appointment with a trauma therapist, and I am hopeful for the first time in a long time. Thank you! 10 out of 10!”

-Mental Wellness Works 2022 Attendee

“Incredibly inspiring, funny and comforting! Sherene helped “fill my tank” and taught me to take care of myself. Her presentation is life changing.”

-Loreto Echevarria, Clinical Manager, Bayada Home Health

From a 30 Minute Inspirational Keynote to a Three Day Workshop, Sherene's Burnout and Mental Health Topics Include:



Less Burnout & Stress = Greater Success!

In today's fast-paced, ever-changing world and workplace, individuals are increasingly frazzled, frustrated and fearful. Workloads are increasing. Burnout is rising. Tempers are flaring. Whether your people are stressed out, burned out or thinking of tapping out, this fast-paced, fun and dynamic presentation provides leaders the tools they need to be focused, energized, and motivated. As they operate from a position of strength, they guide those they serve and lead to do the same.

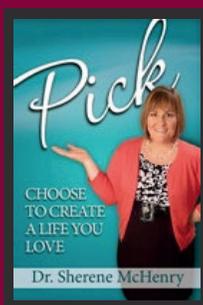
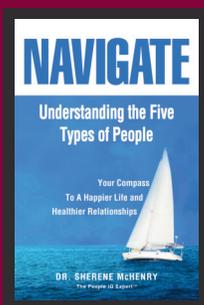
Addressing Mental Health Concerns with Care and Compassion

During these unprecedented times, mental health struggles continue to rise and significantly impact individuals, coworkers and organizations. It's imperative leaders see and assist themselves and others struggling with anxiety, stress, burnout, depression, trauma, addictions and other mental health issues. This fast paced, interactive and informative presentation equips leaders to support mental health and well-being, initiate honest conversations, address mental health concerns with care and compassion, and assist individuals in getting the help they need.

Mental Wellness Works: Creating Psychological Safety

In today's uncertain, rapidly changing world, toxic behaviors continue to rise. While organizations can't change what is going on in the world, highly successful ones create healthy, psychologically safe environments where individuals, creativity, and productivity flourish. In this dynamic, straightforward and practical presentation, leaders will learn to halt destructive behaviors and implement strategies they can immediately use to increase well-being, retention, and morale.

Sherene's Burnout and Mental Health Presentations are Perfect for:



- Leaders and Managers
- HR Professionals
- Organizations Struggling with Burnout, Absenteeism and Turnover
- Organizations Desiring to Boost Employee Well-Being
- Associations

ABOUT SHERENE



The People IQ Expert, Dr. Sherene McHenry, is known for her unique ability to simplify complex concepts, and for educating, entertaining and inspiring a wide range of audiences. Her high energy, high touch, high impact presentations enhance organizations, change lives and are talked about for years to come.

What Makes Sherene The People IQ Expert

Sherene deeply understands people and empowers individuals and organizations around the globe to bring out the best in themselves and others. She possesses a PhD in Counselor Education, authored multiple books and articles, engaged in research and spent a lifetime observing what does and doesn't work when it comes to leadership, people and relationships.

Sherene saves organizations and audiences the time, money and work it takes to gain such knowledge by simplifying and sharing the essential, real-world information they need to obtain the results they desire. Businesses boost engagement, productivity and profitability, and individuals enjoy happier, healthier relationships and greater success in and out of the workplace.

Bringing a PhD in Counselor Education, the wealth of knowledge acquired as a former graduate professor, and decades of experience as a motivational keynote speaker, Sherene is a go-to resource for organizations desiring to boost their leadership effectiveness, employee engagement and profitability.

Providing practical, immediately implementable strategies, Sherene delivers real-world solutions that decrease burnout, frustration and miscommunication. A few of the many clients Sherene has proudly served include Google, PricewaterhouseCoopers, Accenture, and the United States Army.

Sherene is the author of *Navigate: Understanding the Five Types of People, Pick: Choose to Create a Life You Love, Seven Ways To Get Your Team Fully Empowered and Engaged Guidebook, and The Busy Students' Guide to College and Career Success*. She has also authored a syndicated magazine column on leadership and workplace issues, and has been quoted in the Wall Street Journal and Speaker Magazine.

Meaningful. Motivating. Memorable.



**For More Information or To
Book Sherene Today
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