



# heather WALKER Janz

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## Bio

Heather is a licensed marriage and family therapist, leader, activist, coach, and online educator. She is also a wife, a mother, and is extremely passionate about using her voice to help and empower others. Heather has always known she wanted to help people through therapy. For the past 10 years, Heather has served as a leader in mental health, connecting with other professionals who deeply care about advancing the marriage and family therapy profession.

## Talks

### **STRIVING FOR SUCCESS**

Through this talk, young adults will learn life skills and strategies for managing stressors that develop during major transitions.

### **FINDING HARMONY**

Achieving a work life balance is an impossible expectation. Healthy ways of coping with will be presented so that you can take care of both your mental and physical health.

### **MENTAL HEALTH: REDUCING THE STIGMA**

This talk will cover common mental health symptoms and problems, what it means to be mentally fit and how to access mental health care for yourself and your loved ones.

### **AVOIDING BURNOUT**

In this presentation, we'll highlight common negative patterns we find ourselves engaging in and discuss ways to have boundaries in the workplace.

## Fees

\$250/hour plus travel expenses

## Audio/Video Requirements

+ Mac-enabled screencasting or USB to AV

+ Google Presentations

+ Zoom for virtual events