

Secure Shara for Your Next Event

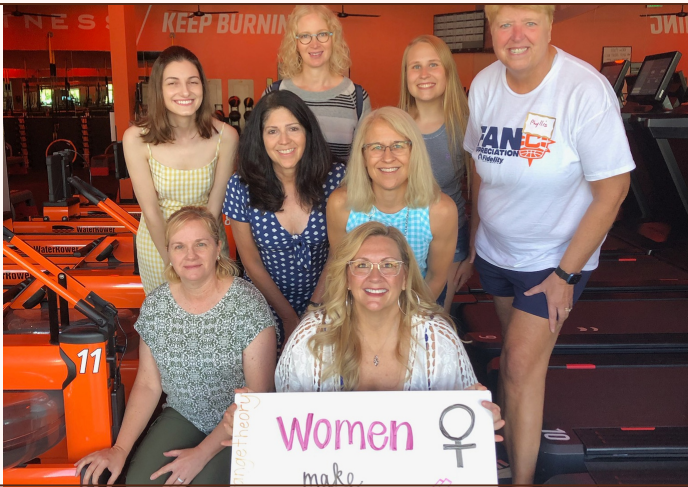
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Elevate Your Team's Well-Being

Take Your Next Event to New Heights!
with Shara Carter, LPC-MHSP



Shara will team with your organization to develop and lead an impactful presentation or workshop. She will tailor content specifically to fit your group's needs.

Shara works locally as well as nationally.

Shara expertly employs experiential and creative therapies as powerful tools to delve into the present issues and the past
Workshops enable many opportunities for healing & growth

Methods Include

CBT/ DBT

Visualization

Puzzle

Story Telling

Games

Movement

Clay

Group Activity

Drawing

Drama

- Costs are determined based on event duration, location, and group size.
- Note that cancellation and rescheduling fees are applicable and will be outlined in the contract.
- A minimum of 3 weeks advance notice is necessary.



Elevate Your Experience with Professional Expertise and a Touch of Fun!

Topics	Adults Men/Women/Couples	Pre-Teen/Teen (Ages 10-18)
Anxiety / <i>Brain Power, flooding, and other Tips about Moods</i> - Unlocking the mystery of mood		
Bonding / <i>Can You Believe What They Make Me Do?</i> - Navigating the parent/child relationship		
Boundaries / <i>Boundaries that Empower</i> -Crafting healthy boundaries that nurture the soul		
Change / <i>Seasons</i> - Navigating the tides of transformation		
Communication / <i>What do Plate Tectonics have to do with getting my point across?</i> - Unlocking the power of verbal change with those you love		
Goal Setting / <i>Target is not always a Store</i> -Harnessing the powers of forward movement through the art of goal setting		
Gratitude / <i>So Good! So Good! So Good!</i> - Learn methods to cultivate a heart brimming with gratitude		
Grief / <i>Grief, Grappling, and Grounding</i> - Navigating the depths of grief: a journey towards restoration and renewal after loss		
Listening Skills / <i>Two ears, One Mouth...Discuss</i> - The art of attuning one's senses to the desires of others		
Relationships / <i>Flag on the Play</i> - Unveiling the needs of love: deciphering the red and green flags in relationships		
Resilience / <i>The Wonderful Thing about Tiggers is...</i> - The power of resilience: Overcoming setbacks and bouncing back stronger		
Self-Confidence / <i>Beeee Yourself</i> - Embracing the magnificent tapestry crafted from the threads of life's experiences		
Self-Talk / <i>You is Good...You is Kind...You is Smart</i> - It's hard to be happy when someone's mean to you all the time, when selftalk is holding you back		
Self-Care / <i>Put Your Mask On First</i> - The art of nurturing your own soul		
Self-Esteem /Body Image/ <i>The Mirror Message</i> - A journey examining self-love and body acceptance		
Stress / <i>When we feel like a Volcano, what next?</i> - Seeking and finding serenity in times of turmoil		