

Casey Ryan

Life Coach | Healthy Business Advocate |
Workshop Facilitator

"Casey has been an asset to our programming... maintains a focus on goal-setting and the impact of having a positive mindset to live an empowered life." ~ Amy Storm
Clinical Coordinator-Lake Co. Health Dept.



RECOVERY REIMAGINED - ENGAGE, LEAD AND INSPIRE WITH PURPOSE

Invite Casey Ryan to address the question every company should be asking.

“Are we failing 20% of our employees by ignoring mental health?”

One in five US employees suffer from mental health issues, causing a massive loss of productivity. Employers across the US are losing over \$4 billion a week due to mental health and substance abuse disorder.

Casey's energy-packed presentations and workshops combine scientific research, hard won experience and a faith in humanity that take audiences on an emotional rollercoaster.

She connects everyday adversity to positive performance habits that are key to sustaining a successful, thriving organization. With her corporate management background and personal experience of recovering from addiction, Casey gives a fresh perspective on tackling mental health in the workplace.

A much sought-after life coach, trainer and speaker, Casey clearly outlines the challenges and implementable methods which ignite communication and productivity while decreasing overall stress.

Popular customizable topics include:

Fighting the Stigma

What are the signs of depression and anxiety? How do we address them in a supportive way? In this hands-on workshop for HR professionals, we walk through the demographics, understanding mental health and the impact it has on performance in the workplace. We explore a variety of simple, but powerful strategies to create positive outcomes that you can implement immediately.

A Healthy Bottom Line

Corporations focus only on quantifiable data to increase profits, are missing the bigger picture. Learn how and why shifting the focus to your people not only increases your bottom line, but create a ripple effect that extends beyond your company.

Creating Resiliency

It's a tough world out there and research consistently shows one of the most valued life skills is resilience. By working through research-based behavioral change models, participants will focus on evaluating their current state and learn how to shift unproductive habits into future based actions. Every attendee will leave with a new set of tools they can apply immediately to help them create a proactive mindset and their own inspired results.

Contact

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