



# Sharon J. Lawrence, LCSW-C

SPEAKER | TRAINER | THERAPIST | LIFE COACH



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## Pause. Reflect. Revive.

**Sharon J. Lawrence is the owner/primary clinician of Selah Wellness & Therapeutic Services, LLC.** She has over 15 years of experience working as a Therapist, Clinical Director, Foster Care Supervisor, Behavioral Health Bureau Chief, Certified Anger Management Specialist, Certified Life Coach, Certified Prepare-Enrich Trainer and Speaker. She specializes in providing therapy for Therapists, Professionals, and Couples. She is passionate about empowering others to maximize their quality of life. Her mission is to provide individuals and couples with the tools to be successful.

Sharon is a passionate, driven, and fiery speaker who is able to shine light on strengths and help you find your voice and power to excel beyond what you ever thought imaginable. She seeks to educate and encourage those in need of shifting from one phase of their lives to another that can produce growth and success.

Sharon believes that if you can change your mindset, you can change your behavior. She addresses fears related to failure and success and enjoys watching individuals' faces when they realize they have the ability to live out their dreams and be happy. She provides realistic steps to achieving a more revived lifestyle, which she calls The Selah Moment.

### SHARON'S SPEAKING TOPICS

#### Self-Care for Clinicians:

This workshop helps clinicians and those in the helping profession increase accountability to themselves, restoring a perception of self-worth. It identifies ways to improve your emotional and physical well-being by identifying barriers and implements strategies that foster greater performance in life.

#### Mental Health 101:

This workshop helps the community learn about mental health vs. mental illness. It provides information to increase awareness of the most common diagnoses, the impact on individuals, families, the workplace and other settings, resources for those in need and ways to improve/increase support.

#### Marriage: YES, It Is Work!!

This workshop focuses on understanding the ins and outs of marriage and relationships. The goal is to help couples leave with an understanding of the power of communication, conflict resolution, and intentional engagement. Couples will learn how to restore the value of their relationship and marriage by changing their perception and restoring their commitment to one another.

#### Previous Engagements

Prince George's County Public Schools (Oxon Hill Elementary School- Career Day)

Talking Off The Couch Podcast

That Anita Live Show

Published Article with GoodTherapy.org Blog- Title: When the Helper Needs Help: Experiencing Stigma At Another Level

WBGR The Javii & Zinya Show- The Family That Prays Together, Stays Together!

Arlington County (Virginia) Public Schools Career Day (Thomas Jefferson Middle School)

WBGR The Javii & Zinya Show- Are You There? Is Anyone Listening?

Mental Health 101 presentation for NBC4 Health & Fitness Expo

# BOOK SHARON FOR YOUR NEXT EVENT!

Motivational Speaking Engagements for Clinicians and Professionals | Couples Retreats | Self-Care for Clinicians | Mental Health In the Church