

KEYNOTES + PANELS  
CONSULTING  
CORPORATE RETREATS  
BREAKOUT SESSIONS  
WORKSHOPS



CHRISTINE GUTIERREZ

*Licensed Therapist, Self Esteem Expert, Author*



# CONSCIOUS CONSULTING



Christine works with top brands, corporations, and media agencies on projects related to social impact. She offers psychologically based research to back your projects. In addition, she incorporates social impact missions to your company to increase the do good bottom line and also the profit bottom line.

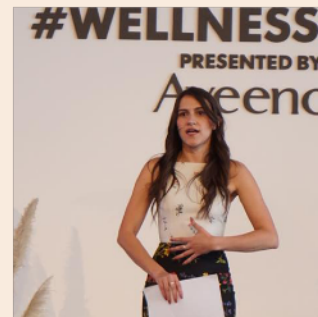
## TWO PART APPROACH:

1

Public Relations as the bridge to key influencers, media outlets, experts, and organizations.

2

Psychological expertise in creating resources, advice for press, and talks, and workshops around the particular do good social impact launch.





*66% of consumers are willing to spend more on a product if it comes from a sustainable brand*

2015 NIELSON GLOBAL CORPORATE SUSTAINABILITY REPORT

**WELLNESS TEAM OFFERINGS:**

*Starting at 10K a month*

- MEDITATION + YOGA
- MASSAGE
- SOUND HEALING
- FENG SUI
- NUTRITION



Whether it's a media agency creating the next **TIMES UP MOVEMENT** or a brand like Dove integrating body love awareness, Christine works with you to personalize messaging, approach, content, and activations to bring your project to the next level of consciousness and social impact.

# DIVERSITY IS THE SECRET SAUCE

## LATINA MAGIC



Christine offers perspective as a Nuyorican Puerto Rican Latina therapist and entrepreneur on the importance of cultural diversity and having conversations that highlight the diversity of all kinds in the workplace. Racially diverse teams outperform non-diverse ones by 35%.

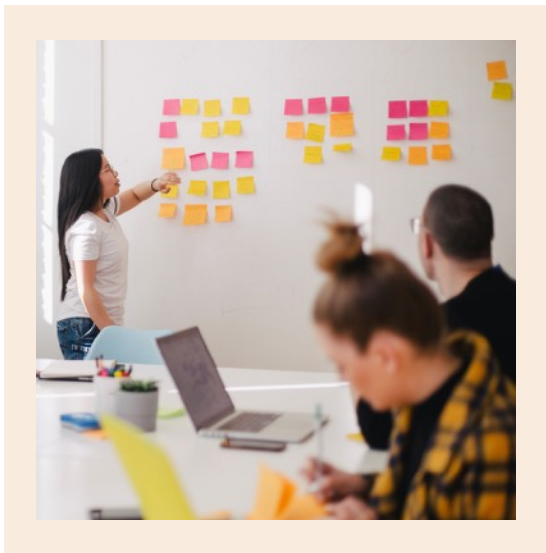
*41% of managers are 'too busy' to  
implement diversity initiatives*

SHRM REPORT



# EMPOWERED LEADERSHIP AND COMMUNICATION

## KEYS OF BEING A COMPASSIONATE & SUCCESSFUL LEADER



Christine breaks down the keys of leading large teams authentically and powerfully.

Communication is the cornerstone of collaboration, but the vast majority of employees aren't trained in effective workplace communications. Making this part of your continuous dialogue with employees can lay the groundwork for successful collaboration.

*About 75% of employers rate team work and collaboration as 'very important', yet only 18% of employees get communication evaluations at their performance reviews.*

# ENERGY AND WELLNESS

HACKS FOR INCREASING FOCUS, PRODUCTIVITY,  
CREATIVITY AND OVERALL WELL-BEING



## WORKSHOP TOPICS

- Wellness 101: How to Prevent Burnout and High Turnover
- Business as a Force for Good
- Find Your CALM: Practical Tools for Removing Anxiety and Increasing Relaxation, Creativity, and Productivity

*\*customized packages available based on corporation needs. One time services, weekly, monthly, and yearly packages are also available.*

*In a survey, more than 60% of employers said workplace wellness programs reduced their organizations' healthcare costs.*



*Studies show that well designed wellness programs have a return on investment of \$1.50 to \$3 per dollar spent over a two-to nine year timeframe.*





# THERAPY IS COOL

MENTAL HEALTH / EMOTIONAL HEALTH

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Results from a 2011 study (Patient Health Questionnaire-9) found the severity of depression is directly linked to a loss of productivity. With every one-point increase in the PHQ-9 score, workers lost productivity by nearly two percent. Although the participants were physically present at work, depression kept them from fully functioning — a phenomenon called presenteeism. One in four Americans say work is a source of anxiety.

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Christine is available to offer keynotes, workshops, panel presentations on how to take away the stigma from therapy and make it cool and approachable.

Investing into mental health, wellness, and overall personal development for your team allows for higher productivity, lower levels of stress, and an overall increase in energy and happier team culture. It's time we begin to prioritize our well being.



Christine Gutierrez, MA, LMHC, is a Latina licensed psychotherapist, life coach, and expert in love addiction, trauma, abuse, and self-esteem and author of the book *I Am Diosa: A Journey to Healing Deep, Loving Yourself and Coming Back Home to Soul*. Christine has a Bachelor's degree from Fordham University in human behavior and development and a Master's degree from City College of New York in mental health counseling with a focus on prevention and community. Through her work, Christine offers private coaching, group coaching, transformational retreats such as her annual Diosa Retreat in Puerto Rico and her annual Diosa Mastermind Retreat in Bali. In addition, Christine is the founder of the Diosahood, a global community where like-hearted women gather to heal, to inspire one another, and to collaborate. She has been featured in Time Out NY, Latina Magazine, Yahoo Health, Ebony, Cosmopolitan for Latinas, Huffington Post, Telemundo, and others. Christine currently resides in Puerto Rico with her husband Fernando Samalot, their pup Bodhi and Baby Mar on the way.

### *Contact Information*

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