

A portrait of a woman with long, dark, wavy hair, wearing a white button-down shirt. She is sitting on a brown leather couch, looking directly at the camera with a slight smile. Her hands are clasped in front of her. In the top left corner, there is a circular graphic containing her name in a cursive font. At the bottom, there is a black brushstroke banner with white text.

*Courtney
Edmondson*

Corporate & Other Programs

Hi There,

Whether you are looking to enhance your clients' experience, better equip your staff, or empower your Executive Team, I can help!

I have over a decade of experience providing services to Corporations. My advocacy work and personal life experiences have fueled my five+ years of training and study of behavioral science, neuroscience and trauma research. My passion is to combine my knowledge and experiences to help your business solve a problem.

In addition to the program options you will find here, I offer consulting services to companies looking to establish trauma-informed policies and procedures, a trauma-sensitive culture or enhance their client and associate experiences.

Thank you!
Courtney Edmondson



Consulting & Corporate Programs

Enhancing Client Relationships Through Nervous System Regulation

Every client we meet has a life outside of their relationship with us. We all inherently know this, but often fail to consider how their life experiences are effecting their relationship with us. In most cases it is also effecting and even hindering how we are able to serve them.

The good news is, we don't have to know our client's life story to serve them well. We can, however, better serve them by simply creating safe and stable relationships with them and understanding how to meet needs based on the cues their nervous system is giving us.

In this program, you will learn about the nervous system, gain tools to identify what part of the nervous system is activated and tools to promote social and emotional safety and regulation in your teams and your clients.

Learning Objectives:

Business objectives and outcomes are impacted by our personnel and client's life experiences. The value we are able to provide is limited to how emotionally and psychologically safe our environments and relationships with our clients are. Our culture must promote safety, resilience and healing in order to be most effective. Customers only purchase services from people they consider safe

Keywords/ Topics

Patient & Client Experience; Customer Experience; Emotional & Mental Health; Leadership; Employee Experience; Professional Development; Emotional Intelligence; Trauma-Informed Business; Work/Life Balance

Intended Audience:

Corporate Trainings; Professional Development; Trauma-Informed Programs; Mental Health Awareness Events; Corporate Team Building; Women's Events; Wellness Events; Leadership; Workplace Wellness; Work/ Life Balance



Consulting & Corporate Programs

Navigating Our Nervous System: The Key to Workplace Performance

We all want to perform well at work. Unfortunately, our nervous system is in control of that. The nervous system is what allows us to do most of our tasks on autopilot, but it's also responsible for our procrastination, stress management and executive functioning (leadership) skills.

If we want to overcome procrastination, better manage our stress and lead well, we need to better understand how to navigate our nervous system.

This program is designed to empower attendees with knowledge to better understand and befriend their nervous system. It will provide insight into why we procrastinate from a neuroscience perspective and provide practical tools to understand and manage stress from a neurobiological perspective.

Learning Objectives:

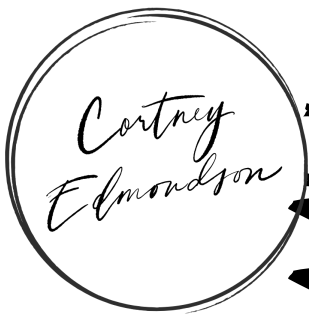
Gain practical tools to manage stress, fear, anxiety, and more, in the most productive way
Understand your personal stress language
Identify signs of burnout before it's too late
Our ability to lead has more to do with our current stress level than our leadership history

Keywords/ Topics

Mental Health; Emotional Health; Burnout; Stress;
Anxiety; Balance; Mind-Body; Self Care; Work/Life
Balance; Emotional Intelligence; Coping Mechanisms;
Fear; Burnout

Intended Audience:

Corporate Trainings; Professional Development; Trauma-
Informed Programs; Mental Health Awareness Events;
Corporate Team Building; Women's Events; Wellness
Events; Leadership; Workplace Wellness; Work/ Life
Balance



Consulting & Corporate Programs

Resilient Leaders: Using Adversity to Your Advantage

Easy circumstances don't create great leaders, challenging circumstances do. Therefore, we become stronger when life gets harder. Our life experiences teach us valuable lessons that equip us with the kind of characteristics every leader needs.

In this program, Cortney shares her story of resilience in the face of childhood trauma to demonstrate that adversity is merely a fact of life and doesn't have to prevent us from living a fulfilling and meaningful life. She empowers participants to recognize that life's challenges can actually add value to their life and develop characteristics that will transform them into powerful and resilient leaders.

Learning Objectives:

Adversity teaches us traits of leadership

There are some blessings, lessons and transformations that only hardship and failure can give us

Adversity adds value

Thriving vs Surviving, the choice is yours

Keywords/ Topics

Resilience; Leadership; Thrive; Empower;
Professional Development; Fear of Failure;
Adversity; Overcome; Limiting Beliefs

Intended Audience:

Corporate Trainings; Professional Development;
Trauma-Informed Programs; Mental Health
Awareness Events; Corporate Team Building;
Women's Events; Wellness Events; Leadership;
Workplace Wellness; Work/ Life Balance



Consulting & Corporate Programs

Breaking The Cycle

As part of her healing journey, Cortney discovered that much of the dysfunction she was surrounded by in adulthood was actually a result of self-sabotaging behaviors and subconscious psychological patterns she had no idea she could change. Fortunately, identifying these habits was the first step towards breaking them and choosing new life-giving and self-loving behaviors instead.

This program is designed to bring awareness to the public about adverse childhood experiences and trauma. Attendees will recognize the root cause of the majority of public health issues being unresolved or unprocessed trauma. The audience will be inspired to change not only their perspective, but also the world around them.

Learning Objectives:

Introduction to Adverse Childhood Experiences

It's not what's wrong, but what happened

Identify both healthy and unhealthy coping mechanisms

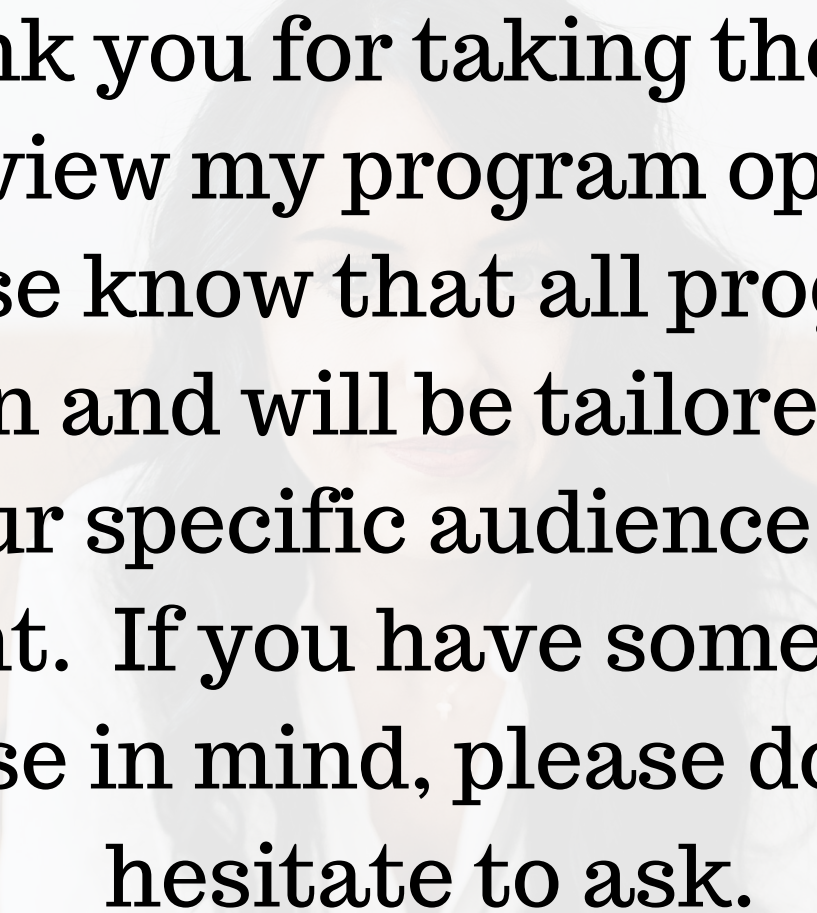
Understand how ACEs impact our schools, workplaces and communities

Keywords/ Topics:

Social Emotional Learning; Mental & Emotional Health; Adverse Childhood Experiences; Trauma Informed; Stress Management; Trauma; Public Health

Intended Audiences:

Corporate Trainings; Professional Development; Trauma-Informed Programs; Mental Health Awareness Events; Corporate Team Building; Women's Events; Wellness Events; Leadership; Workplace Wellness; Work/ Life Balance



Thank you for taking the time
to review my program options.
Please know that all programs
can and will be tailored to
your specific audience and
event. If you have something
else in mind, please don't
hesitate to ask.

Thanks!

Courtney Edmondson