Consulting Experts & Associates

Where Change Equals Advancement

2024

TRAINING CATALOG

Dr. Vanessa Guyton

EXECUTIVE TRAINER

WWW.CONSULTINGEXP.COM

ABOUT CEA

Consulting Experts & Associates was established in 2010 as a reputable global training consulting firm committed to delivering exceptional customer service and innovative training solutions on sensitive topics known as the HUSH Topics. We specialize in delivering both in-person and virtual training sessions that tackles challenging subjects that organizations and individuals often struggle to address, including Sexual Harassment, Sexual Assault, Domestic Violence, Sex Trafficking, Child Sexual Abuse, Male Victimization, Incest, LGBQT Inclusion, Suicide Prevention, Diversity Inclusion, and Bystander Intervention.

Here at Consulting Experts & Associates we are pride ourselves on delivering tangible and positive outcomes in areas such as training development and delivery, refresher training, workshops, retreats, and enhancing the overall organizational effectiveness of our clients. All of our training is creative, engaging, and original.

The members of our organization are comprised of a remarkable team of highly skilled and educated executives and entrepreneurs who are experts in their respective fields. We actively encourage all of our consultants to pursue additional training and academic credentials within their areas of expertise. This commitment ensures that we provide current information and innovative ideas in each field.

Our diverse team of “Training Experts” are well equipped to offer decisive, concise, and unbiased recommendations to our clients in rapidly evolving environments. We draw upon our expertise to assist companies in delivering top-notch training, surpassing their competitors, increasing financial gain, and improving individual performance.

Dr. Vanessa Guyton, CEO

“Training creates Awareness and Knowledge that leads to Prevention”

MILITARY TRAINING PROGRAMS

We tailor our workshops to meet the unique needs of your organization

- VICTIM ADVOCATES
- SEXUAL ASSAULT RESPONSE COORDINATORS (SARCs)
- PROGRAM MANAGERS

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Sexual Assault & Harassment

Sexual Assault Refresher Conference/Retreat (8 to 40 hours): This training, specifically caters to the needs of Sexual Assault Response Coordinators (SARCs), Victim Advocates (VAs), and Program Managers. Training revisits foundational concepts, and new strategies, best practices, and techniques to enhance their interactions with trauma victims and effectively train their orga nization. This workshop is customized to meet your organization's needs, using any of the trainings in this catalogue. The training can be conducted at your organization or offsite. Furthermore, we offer the opportunity for participants to earn Continuing Education Units (CEUs) for recertification.

Continuous Growth Workshop: This training is provided virtually, on a monthly basis to encourage the continuous growth of SARCs and VAs. Participants will receive tools, exercises, and strategies to improve the advocacy services that they provide to victims and their organization. Only advocates who have attended a live training or refresher workshop qualify for this training opportunity. Dr. Guyton approves all protégés to ensure their qualifications and credentials are current.

Train the Trainer for Victim Advocates and Sexual Assault Response Coordinators (SARCs): This workshop provides a specific example of how to train an organization using the class "Bystander Intervention". This exercise-based class is designed to define Intervention/ Bystanders and empower individuals within your organization to intervene and make a difference. Participants in this training will receive comprehensive materials including adult learning principles, step-by-step facilitation instructions, detailed talking notes, instructor strategies, and a video. These valuable resources are designed to equip SARCs, Victim Advocates, and First Responders with the necessary tools to confidently deliver effective training on this topic. This training methodology can be adapted any other training topic.

Small Group Facilitation for Victim Advocates & Sexual Assault Response Coordinators (SARCs): This training focuses on equipping Victim Advocates and SARCs with the necessary skills to facilitate discussions on Sexual Assault and Sexual Harassment within their organizations. Participants will gain a deep understanding of adult learning principles and receive step- by- step facilitation instructions, instructor strategies, and opportunities practice leading small group discussions on various topics. This training aims to enhance participant's ability to effectively manage and guide sensitive discussions while also bolstering the training provided by their organization.

Energizing Your Training Audience: This training addresses the critical responsibility of training and raising awareness on sensitive topics such as Sexual Assault and Sexual Harassment. The class focuses on providing Victim Advocates and SARCs with specialized processes to effectively engage their audiences and facilitate discussions within their organizations. Through interactivity, participants will learn adult learning principles, instructor strategies and gain hands-on experience in facilitating small group discussion on various topics. This training equips individuals with the necessary skills to guide sensitive discussions and enhance the overall training within their organization. The overall goal is to add fun into training.

One Team -One Fight: Getting Support from Senior Leadership: An interactive class for Victim Advocates within an organization to assist them in soliciting support and program buy- in from their senior leadership. Participants will practice those difficult conversations through role plays receive creative ideas, and tools that can be used to create the " One Team" concept with their senior leadership. This class will motivate and encourage Victim Advocates to have those difficult conversations and give them a voice to make change.

Ethics, Confidentiality, and Boundaries in Victim Services (1 to 8 hours): This training is designed to explore common ethical conflicts and how to apply ethical standards and decision-making to resolve them in the field. Victim Advocates will review and receive the National Victim Assistance Standards Consortium (NVASC) Standards for Victim Assistance Programs and Providers, multiple worksheets on The Decision- making Process and take a Self-Awareness Inventory. Additionally, participants will use case studies and vignettes that are tailored to the type of services offered by your organization. The overall objective of this training is to exceed the annual training requirements for Victim Advocates and to educate them on how to make ethical decisions.

Impact of Music, Movies and Social Media on Sexual Assault & Harassment: A fun and interactive class that explores how social media impact our views on sexual assault, sexual harassment, bullying, drugs, and alcohol. Participants will be introduced to a different perspective of social media. This class targets all ages and media platforms and encourages learning via media.

Music, Assault, & Harassment: A fun and interactive class that explores how music affects our views on sexual assault, sexual harassment, drugs, and alcohol. Participants will be introduced to a different perspective of the music industry. This class targets all ages and music genres and encourages learning through music. The overall objective is for audiences to experience fun while learning.

Understanding PTSD & Sexual Trauma: This training recognizes the importance of understanding and addressing Post Traumatic Stress Syndrome (PTSD) in victims of sexual harassment and assault. It highlights the need for proper advocacy services that address the signs and symptoms of PTSD, which are often ignored or misunderstood. In this class, participants will first define PTSD, and gain a comprehensive understanding of its impact on victims. They will also explore the four types of PTSD symptoms and engage ins discussions on effective methods to support victims. By equipping advocates with the knowledge and skills to properly handle and address PTSD symptoms, we aim to enhance the support provided to victims and promote their overall healing and recovery.

Providing Advocacy Services to Male Victims: Participants will receive training designed to bring a greater understanding of Male Victimization and how to provide advocacy services to this population. During the workshop, participants will also learn how to define the experiences of Male Victims, understand the effects of trauma, and how to communicate from a different perspective. This class is an eye-opener and will change the perception, shame, and negativity associated with male victims.

Unveiling Resilience: Overcoming Male Victimization: In this transformative workshop, participants will delve into the nuances of male victimization and trauma bonds, cultivating a deeper understanding and empathy for this underrepresented population. Dr. Vanessa Guyton will guide attendees through defining the experiences of male victims, exploring the far-reaching effects of trauma, and adopting a more compassionate and informed perspective using Rashan Legard's male survivor experience in the military. Prepare for a paradigm shift as this workshop challenges preconceptions, dispels shame, and replaces negativity with resilience.

Handling Victim Complaints Against YOU: What happens when your victim is not satisfied with your services? What happens when your victim submits a complaint against you? How do you handle the situation? This training will address these issues and prepare advocates to handle the emotional stress of this event, and how to have the conversation with their SARC or Program Manager.

Prevention of Vicarious Trauma for Victim Advocates: Vicarious Trauma can affect even the most experienced Victim Advocate or Health Care Professional and lead to burnout or fatigue. This workshop is designed to examine the sign and symptoms of Various Trauma and to implement a safety plan that includes an in-depth discussion on resiliency. Participants will feel safe to share their experiences and leave with a tool kit to enhance their advocacy services.

Five Stages of Recovery: Defining, identifying, and understanding the five stages of recovery is essential when providing advance victim services. This training will cover the five stages: initial shock, denial, reactivation, anger, and integration. Victim Advocates will enhance their current knowledge base and be able to identify these stages as their victim experience them during their recovery. **(This training can be combined with other trauma related trainings)**

Sexual Harassment/Assault in the LGBQTIA+ Community: This training is designed to identify and discuss sexual harassment from the perspective of sexual orientation. Sexual orientation is often considered a difficult topic to include the sexual harassment and assault issues because it t brings up differences in religion, perceptions of morality, and politics. Training will include engaging discussions, review key definitions of LGBQTIA+, facts and myths of the LGBQTIA+ population, and events that have transpired in the LGBQTIA+ community. The overall objective of this training is to raise awareness and prevent discrimination.

Providing Victim Services to the LGBQTIA+ Community: Participants will receive training designed to identify and discuss sexual harassment from the perspective of sexual orientation. Sexual orientation is often considered a difficult topic as it relates sexual harassment and assault issues because it brings up differences in religion, perceptions of morality, and politics. This training will include these discussions, review key definitions of LGBQTIA+, facts and myths of the LGBQTIA+ population, and events that have transpired in the LGBQTIA+ community. Additionally, training will include how to provide services to this population and role-plays to enhance communication and services. The objectives of this training is to ensure your program provides effective services, information, awareness, and prevention of sexual harassment and assault for all, regardless of their sexual orientation.

Providing Victim Services to the Disabled Community: Due to the fact that individuals who have a disability are 7 times more likely to be impacted by sexual assault, domestic violence, and crime; the chances of having a victim with a disability and the need for training increases. This training will provide an understanding of what it means to have a disability, how individuals are impacted, the most common perpetrators, strategies to service individuals, and discuss the proper disability terminology. Participants will leave with a better understanding of the disabled community and be able to evaluate their programs to determine if they are prepared to provide essential services to their victims with disabilities.

Understanding and Preventing Bullying: This training explores the growing epidemic of bullying and how bullying has changed. This is a fun and interactive class that explores how social media impact our views on bullying and how it can lead to depression and/or death. Participants will be introduced to a different perspective of bullying that can occur in person, online, or via the cellphone. This class targets all ages and uses media platforms to encourage learning via the internet.

Impact of Social Media on Bullying & Sexual Assault: A fun and interactive class that explores how social media impacts our views on bullying, and how it can lead to depression and/or death. Participants will be introduced to a different perspective of social media, sexting, and bullying. Parents will also learn strategies to combat this epidemic. This workshop targets all ages and media platforms and encourages learning via the internet.

Understanding and Ending College Campus Violence: This training provides an overview of the problem on college campuses that exist around the country and outlines the legislative mandates as it relates to Title IX. Participants will review case studies to exemplify potential missteps and relevant examples of preventive, proactive programs, and victim- sensitive methods of support. The goal of this training is to educate the audience about the breadth of the problem, familiarize the with recent changes to the law, and suggest strategies to collaborate in ending sexual violence, dating violence, domestic violence and stalking on college campuses. Military audiences will be able to evaluate strategies being used on college campuses to determine if some of the same prevention and awareness strategies can be implemented in their sexual assault program.

Drug Facilitated Sexual Assault: An interactive class that discusses emerging topics of the most commonly used substances to commit a drug facilitated sexual assault. This class will use scenarios and games to bring awareness to multiple drugs (street and homemade), how they affect victims, and how participants can be more vigilant and safe. Participants will leave this training with an awareness of potential risks and protection methods from predators. This class targets all ages and can be used to train Victim Advocates, colleges, churches, and organizations by giving them a new outlook on drugs, consent, and bystander intervention.

Effective Communication with Your Victim: An interactive class that applies the adult learning principles to effective and sensitive communication. This approach will ensure that VAs and SARCs learn various techniques to communicate with their victims/ complainants and help them establish the kind of rapport that is crucial for reassuring and comforting victims.
Participants will team up to perform various roles plays based on realistic scenarios. The scenarios are added value that allow individuals to practice their introduction, communication styles, and understand the difference between empathy and sympathy.

Effective Communication for Senior Leaders/Managers: An interactive class that applies the adult learning principles to effective and sensitive communication. This approach will ensure that Senior Leaders learn various techniques to communicate with their victims and complainants within their organization. Participants will team up to perform various roles plays based on realistic scenarios. The scenarios are added value that allow individuals to practice their communication styles and understand the difference between empathy and sympathy.

Understanding the Intersection of Pornography & Sexual Assault: This training explores the growing epidemic of pornography in our society. We will discuss the research that shows the intersection of pornography addiction, sexual assault, trafficking and incest. This class will also address sexual addiction and how the brain reacts to watching sex and self gratification. Participants will be introduced to different perspectives of pornography and leave with a better understanding of the industry and how it relates to sexual assault. **Optional Add-on**: Obbie West is a recovering pornography addict, who shares his personal experience of overcoming this epidemic.

Understanding the Intersection of Sex Addiction & Sexual Assault: This training explores the high possibility of sex addiction occurring after sexual trauma. We will discuss the research that shows the intersection of sex addiction, sexual assault, trafficking and incest. This class will also address sexual addiction and how the brain reacts to watching sex and self-gratification. Participants will be introduced to a different perspective of addiction and leave with a better understanding of the brain and how it relates to sexual assault.

Re-Victimizing the Victim: An interactive class that provides real life cases for the participants to discuss and determine if the victim had any fault during the incident. During the discussion, students will learn the meaning and effects of victimization and the importance of understanding the effects of trauma on victims. This class will allow participants to evaluate their current practices and create new practices that builds positive relationships with victims. **Five Stages of Recovery can be added to this training.**

Crisis Intervention: An interactive class that provides crisis intervention techniques to ensure that VAs and SARCs learn various approaches to assist their victims. Participants will team up to perform various roles plays based on realistic scenarios that occur during a crisis. The scenarios are added value to allow individuals to practice their introduction, communication styles, and intervention techniques during stressful and traumatic events. **Five Stages of Recovery can be added to this training.**

When My Date Turned to Rape: Dr. Guyton shares her experience of being raped while serving in the U. S. Army to bring awareness to Military Sexual Trauma (MST), and to Help Survivors Unleash the Shame to Heal (HUSH No More). This workshop discusses the affects of MST, the risk of date rape, as well as provide strategies to communicate with Survivors after they have experienced trauma. Participants will leave with a greater understanding of date rape, the potential risks, prevention strategies, and how to heal after experiencing sexual trauma.

Victim-Survivor-Champion: Dr. Guyton shares her experience of being raped while serving in the U.S. Army to show Victims how she overcame the challenges associated with sexual abuse. She will openly discuss why she never reported the incident, self-blame, her suicide attempts, and how her life changed after becoming a Victim. During this workshop she will also share her journey of the different stages that can possibly happen and how she went from being a Victim to becoming a Champion for Survivors by creating a global nonprofit called HUSH No More. a film producer, and an author. Her goal is to inspire by showing Victims and Victim Advocates a different perception of what the future looks like after someone has violated you for their personal satisfaction. You can heal and become a Champion!

Drug & Alcohol Addiction After Trauma: Research shows that the increase of possible drug and alcohol addiction increases by 70% after experiencing a traumatic event. This is a growing problem, and a high risk that is rarely discussed with Victims. This interactive class was developed to discuss these major side effects to help prevent them from occurring and to provide strategies on how to help Victims who are addicted to drugs and/or alcohol. The goal is to stop addiction addressing the underlying problem. Participants will leave this training with an awareness of potential risks of drug and alcohol addiction, and how to assist someone who is struggling with addiction after trauma.

Understanding and Incorporating Healing Modalities in Victim Services: This hands-on workshop, is designed to bring a greater understanding of healing modalities and and how they are beneficial to victims who struggle with their mental health. Healing Modalities are natural tools that victims can use to reduce anxiety, depression, as well as, process and heal trauma. During the session, Sexual Assault Response Coordinators and Victim Advocates will explore healing modalities to understand the impacts and affects that they have on trauma, and practice using them to reduce the stressors of being a Victim Advocate, as well as, providing them as a resource for their victims. This workshop is not a replacement for counseling or medication but provides natural options for healing and self-discovery.

Sex Trafficking

The Unknown World of Sex Trafficking: We hear it on the news, but do we really understand Sex Trafficking? Do we know what a Sex Trafficking Victim experience? Where does it happen? What does Sex Trafficking look like in the military? This training will answer these questions, and define Sex Trafficking versus Human Trafficking. Additionally, the facilitator will provide a guided discussion on the different strategies used to lure men and women into the world of nonconsensual sex. The goal of this training is to enhance the knowledge base of participants to bring awareness that leads to prevention. The cases used in this training are shocking and will change the previous perception of Victims of Sex Trafficking and Sex Trafficking in the military. Participants will learn different strategies to prevent incidents from occurring and have a greater understanding of this unknown world.

Diversity Training

Combating Biases in Victim Services: A workshop designed to determine if individuals have a personal bias that prevents them from providing adequate services. Participants will participate in a self-discovery exercise that encourage them to look at diversity and inclusion from a self-reflective point of view. The training will be engaging and lead to a better understanding of diversity and inclusion within their organization and why they are critical business priorities. The end result of the training will lead to participants recognizing that they have one or more biases, and learn how to combat their biases, to provide the best services possible.

Diversity and Inclusion of YOU: A workshop designed to encourage participants to look at diversity and inclusion from a self-reflective point of view. Participants will use an assessment tool to determine their strength and weakness in the realm of diversity. The strategies presented to the participants will be engaging and lead to a better understanding of diversity and inclusion within their organization and why they are critical business priorities. The end result of the training will lead to participants recognizing the impact of their attitudes and behaviors towards team members and customers.

LGBQTIA+ Awareness/ Gender Inclusion: This training is designed to identify and discuss diversity and inclusion from the perspective of sexual orientation and cultural competence. Sexual orientation is often considered a difficult topic to include in diversity issues because it brings up differences in religion, perceptions of morality, and politics. This training will include these discussions, review key definitions of LGBQTIA+, facts and myths of the LGBQTIA+ population, and review scenarios that Victim Advocates may need to address. The objectives of this training ensures that your program provides essential services to the LGBQTIA+ community without bias, and with a clear understanding of this community.

Domestic Violence

Domestic Violence-From the Eyes of a Child: An interactive presentation conducted by Dr. Vanessa Guyton as she discusses the effects of growing up in a military home filled with domestic violence and alcohol abuse. This class will provide insight from the perspective of a child and how domestic violence has a lifelong effect on the entire family unit. Participants will receive a better understanding of domestic violence from a child survivor and how this type of trauma can be a precursor to future trauma.

Team Building

Managing Conflict for SARCs: A workshop designed to assist Sexual Assault Response Coordinators in working with their Victim Advocates to resolve conflict within their organization. Participants will receive practical steps and techniques that everyone can use to enhance their ability to improve relationships and improve organizational cohesion. The scenarios presented during the training mimics real situations that the SARC may or already have faced.

Conflict Resolution: A workshop designed to assist participants in creating solutions and strategies to prevent and/ or reduce workplace conflict. Participants will participate in exercises that mimic real situations that can occur and to identify their potential for initiating conflict. They will also receive practical steps and techniques that everyone can use to enhance their ability to improve relationships and improve organizational cohesion.

Building Successful Prevention Events to Step Your Game Up: An interactive class for advocacy programs to assist them in improving their current program. Participates will receive fun ideas, activities, and tools that they can implement within their organization. This class will motivate Victim Advocates to embrace their role, be more creative and implement events that raise awareness that leads to prevention.

Burnout! Creating Emotionally Healthy Advocates: A workshop designed to assist Victim Advocates in addressing their own personal journey to physical and mental health, to ensure that they are able to handle the challenges of dealing with victims and leadership. The main concept of this class is to develop a plan to establish healthy habits that prevent burnout and remove personal barriers and baggage. As well as, ensuring that they are prepared to navigate another person's trauma journey. We all have pain, grief, or trauma to overcome. Advocates must unpack their own baggage before unpacking a victim's baggage.

Suicide Awareness

Suicide Awareness & Prevention-Removing The Mask: An interactive presentation that provides awareness of the hidden and growing epidemic of suicide. This training will feature survivors of attempted suicide and discusses their journey, recovery, and coping skills for depression. The overall objective of this training is to provide prevention techniques and strategies to identify suicidal behaviors and help someone that is contemplating suicide. Everyone wears a mask; what is under yours?

Eliminating the Stigma & Shame of Suicide: An interactive presentation that provides awareness of the hidden and growing epidemic of suicide. Dr. Vanessa Guyton, a survivor of attempted suicide, will discuss her personal journey of recovery and coping skills for depression and anxiety. The format of this presentation will use interactive conversations and open dialogue to assist the audience in understanding the importance of providing support and how to create a culture of prevention. The overall objective of this training is to provide prevention techniques and strategies to identify suicidal behaviors and help someone that is contemplating suicide. Advocates will receive tools and resources to establish or enhance their organization's suicide prevention program.

Effective Communication with Your Suicidal Victim: An interactive class that applies the adult learning principles to effective and sensitive communication as it relates to suicidal ideations. This approach will ensure that VAs and SARCs learn various techniques to communicate with their victims/complainants and help them establish the kind of rapport that's crucial for reassuring and comforting victims who are experiencing suicidal ideations after trauma. Participants will team up to perform various role plays, based on realistic scenarios. The scenarios allow individuals to practice their introduction, communication styles, and feel the stress of having a difficult conversation.

Mental Health From A Male's Perspective: This workshop is designed to provide participants with a different perspective of the importance of understanding and supporting male victims as it relates to mental health and advocacy services. During the training, participants will discuss stigmas that often prevent males from discussing and dealing with their trauma. Additionally, participants will explore counseling courtesies and the importance of using local and national resources for support. Individuals will leave this workshop with more knowledge and a better understanding of the importance supporting males, as it relates to their mental health.

Supplemental (Trainings can be tailored to your military structure)

What is Sexual Harassment?: Participants will receive training designed to identify and discuss sexual harassment from the perspective of real-life examples in an organization and how to prevent from being charged with sexual harassment complaint. This training will include role plays, videos, review key definitions of sexual harassment, facts and myths, and events that have transpired in organizations. The objectives of this training is to ensure your program provides information, awareness, and prevention of sexual harassment in a learning environment that is creative and informative. This is not your typical sexual harassment training.

How to Prevent Being Charged with Sexual Harassment: One of the most common questions we are asked is "How do I protect myself from being charged with sexual harassment?". This training is very interactive and encourages participants to ask about sexual harassment. Additionally, the training will define sexual harassment and include skits performed by the participants. Everyone will leave this training informed and prepared to handle difficult situations involving sexual harassment.

Impact of Music, Movies and Social Media on Sexual Assault & Harassment: A fun and interactive class that explores how social media impact our views on sexual assault, sexual harassment, bullying, drugs, and alcohol. Participants will be introduced to different perspective of social media. This class targets all ages and uses social media platforms to encourage learning via the internet.

Music, Assault, & Harassment: A fun and interactive class that explores how music affects our views on sexual assault, sexual harassment, drugs, and alcohol. Participants will be introduced to a different perspective of the music industry. This class targets all ages and music genres, while encouraging learning through music. The overall objective of this class is for audiences to experience fun while learning how music changes lives.

Unveiling Resilience-Overcoming Male Victimization: In this transformative workshop, participants will delve into the nuances of male victimization and trauma bonds, cultivating a deeper understanding and empathy for this underrepresented population. Dr. Vanessa Guyton will guide attendees through defining the experiences of male victims, exploring the far-reaching effects of trauma, and adopting a more compassionate and informed perspective using Rashan Legard's male survivor experience in the military. Prepare for a paradigm shift as this workshop challenges preconceptions, dispels shame, and replaces negativity with resilience.

Surviving R. Kelly: An interactive class that provides real life cases for the participants to discuss and determine if the victim had any fault during the incident. During the discussion, individuals will learn the meaning and effects of victimization and the importance of understanding the effects of trauma on victims. This training creates great discussions and is an eye-opener that will create a better understanding of why victims delay reporting.

Drug Facilitated Sexual Assault: An interactive class that discusses emerging topics of the most commonly used substances to commit a drug facilitated sexual assault. This class will use scenarios and games to bring awareness to multiple drugs (street and homemade), how they affect victims, and how participants can be more vigilant and safer. Participants will leave this training with an awareness of potential risks and protection methods from predators. This class targets all ages and can be used to train colleges, churches, and organizations by giving them a new outlook on drugs, consent, and bystander intervention.

Understanding the Intersection of Pornography & Sexual Assault: This training explores the growing epidemic of pornography in our society. We will discuss the research that shows the intersection of pornography addiction, sexual assault, trafficking and incest. This class will also address sexual addiction and how the brain reacts to watching sex and self-gratification. Participants will be introduced to different perspectives of pornography and leave with a better understanding of the industry and how it relates to sexual assault. **Optional Add-on**: Obbie West is a recovering pornography addict, who shares his personal experience of overcoming this epidemic.

Understanding the Intersection of Sex Addiction & Sexual Assault: This training explores the high possibility of sex addiction occurring after sexual trauma. We will discuss the research that shows the intersection of sex addiction, sexual assault, trafficking and incest. This class will also address sexual addiction and how the brain reacts to watching sex and self-gratification. Participants will be introduced to different perspectives of addiction and leave with a better understanding of the brain and how it relates to sexual assault.

Domestic Violence Training for Supervisors: The costs associated with employees missing work, high turnover rates, and safety risks due to domestic violence, is a major problem in many organizations. These are all reasons that supervisors should be trained to identify signs and symptoms of abuse. This training will include role plays to assist supervisors in having the difficult conversation with their team and to create an environment that encourages employees to seek assistance and build relationships within their organization.

Understanding the Transgender Community and the Effects of Sexual Assault: Participates will receive training designed to identify and discuss sexual assault from the perspective of sexual orientation. Sexual orientation is often considered a difficult topic as it relates to sexual assault issues, because it brings up differences in religion, perceptions of morality, and politics. This training will include these discussions, review key definitions of LGBQTIA+, facts and myths of the LGBQTIA+ population, and events that have transpired.

Dangers of Sexting & Revenge Porn: A growing and common occurrence in our society is “Sexting” and “Revenge Porn”. This training will define sexting, revenge porn and address the legalities and dangers associated with this behavior. Audiences will leave this training understanding that once items are released into the land of cell phones and internet servers, it exists there forever. Training can target participants ranging from adolescents to adults.

Eliminating Teen Dating Violence: This training provides an overview of the growing problem of teen dating violence, briefly outline the legislative mandates, and highlight some cases and consequences of this type of relationship. Participants will review cases to exemplify potential missteps and relevant examples of preventive, proactive, victim-sensitive methods that holds the offender accountable. The goal of this training is to educate the audience about the breadth of the problem, familiarize them with re developments and suggest strategies to collaborate in ending teen dating violence. The target audience for this training range from adolescents to adults (Parents find this training extremely beneficial).

Effective Communication with Your Battle Buddy: An interactive class that applies the adult learning principles to effective and sensitive communication. This approach will ensure that your organization learn various techniques to communicate with their battle buddy, friends, and family who are victims and help them establish rapport that is crucial for reassuring and comforting victims. Participants will team up to perform various roles plays that are based on realistic scenarios. The scenarios are added value to allow individuals to practice their communication styles and understand the difference between empathy and sympathy.

Effective Communication for Senior Leaders/Managers: An interactive class that applies the adult learning principles to effective and sensitive communication. This approach will ensure that Senior Leaders learn various techniques to communicate with their victims and complainants within their organization. Participants will team up to perform various roles plays based on realistic scenarios. The scenarios are added value to allow individuals to practice their communication styles and understand the difference between empathy and sympathy.

Managing Conflict for Supervisors: A workshop designed to assist supervisors in working with their employees to resolve conflict within their organization. Participants will receive practical steps and techniques that everyone can use to enhance their ability to improve relationships and improve organizational cohesion. The scenarios presented during the training mimics real situations that the supervisor may have already faced.

Child Sexual Abuse-What Would You Do? Kids Edition: An interactive class developed for children and teens to role play how to respond if someone is abusing or mistreating them. They will also learn different strategies that offenders use to attempt to hurt them them, as well as provide strategies to prevent and report abuse. This class focuses on awareness and prevention of child sexual abuse because it is needed in a society where 90% of our children are abused by someone they know. Participants will leave this training with an awareness of potential risks and protection methods from predators. This class is designed based on your age group targets all ages and can be provided at schools, churches, and organizations.

Child Sexual Abuse-What Would You Do? Parents Edition: An interactive class developed for parents to role play how to respond if their child tells them that someone is abusing or mistreating them. They will also learn different strategies that offenders use to attempt to hurt their children, as well as provide strategies to prevent and report abuse. This class focuses on awareness and prevention of child sexual abuse because it is needed in a society where 90% of our children are abused by someone they know. Participants will leave this training with an awareness of potential risks and protection methods from predators and how to have those difficult conversations with their children. This class can be provided at schools, churches, and organizations.

Eliminating the Stigma & Shame of Suicide: An interactive presentation that provides awareness of the hidden and growing epidemic of suicide. This training will feature Dr. Vanessa Guyton and Anna Nasset, who are survivors of attempted suicide and discuss their journey, recovery, and coping skills for depression and anxiety. The format of this presentation will use interactive conversations and open dialogue to assist the audience in understanding the importance of providing support and how to create a culture of prevention. The overall objective of this training is to provide prevention techniques and strategies to identify suicidal behaviors and help someone that is contemplating suicide. Participants will receive tools and resources for themselves, and/or their peers.

HUSH No More International Screening: This is an interactive event that includes the viewing of the award winning documentary, HUSH No More. This documentary has been screened around the world to bring awareness and share the personal stories of victims on the following HUSH Topics: Sexual Assault, Sexual Harassment, Sex Trafficking, and Domestic Violence. The documentary is 1.5 hours long and can be viewed in completion or based on the topic of your training. Following the viewing, an in-depth discussion can occur via dialogue, a small panel, or as a town hall. Participants will leave with a heightened awareness and a better understanding of how HUSH Topics affects individuals, families, organizations, and communities.

CORPORATE TRAINING PROGRAMS

We tailor our workshops to meet the unique needs of your organization

- EXECUTIVES
- MANAGERS
- EMPLOYEES

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Sexual Assault & Harassment

What is Sexual Harassment?: Participants will receive training designed to identify and discuss sexual harassment from the perspective of real-life examples in an organization and how to prevent from being charged with sexual harassment complaint. This training will include role plays, videos, review key definitions of sexual harassment, facts and myths, and events that have transpired in organizations. The objectives of this training provides information, awareness, and prevention of sexual harassment in a learning environment that is creative and informative. This is not your typical sexual harassment training.

Sexual Harassment Lawsuits for Supervisors?: Supervisors will receive training designed to identify and discuss sexual harassment from the perspective of real-life examples in an organization and how to protect your organization from being implemented in a sexual harassment lawsuit. This training will include role plays, videos, review key definitions of sexual harassment, facts and myths, and events that have transpired in organizations. The objectives of this training is to ensure your organization is protected from lawsuits by providing a program that provides awareness, and prevention of sexual harassment in your organization. This is not your typical sexual harassment training because it empowers supervisors.

How to Prevent Being Charged with Sexual Harassment: One of the most common questions we are asked is "How do I protect myself from being charged with sexual harassment?". This training is very interactive and encourages participants to ask about sexual harassment. Additionally, the training will define sexual harassment and include skits performed by the participants. Everyone will leave this training informed and prepared to handle difficult situations involving sexual harassment.

HUSH No More International Screening: This is an interactive event that includes the viewing of the award-winning documentary, HUSH No More. This documentary has been screened around the world to bring awareness and share the personal stories of victims on the following HUSH Topics: Sexual Assault, Sexual Harassment, Sex Trafficking, and Domestic Violence. The documentary is 1.5 hours long and can be viewed in completion or based on the topic of your training. Following the viewing, an in-depth discussion can occur via dialogue, a small panel, or as a town hall. Participants will leave with a heightened awareness and a better understanding of how HUSH Topics affects individuals, families, organizations, and communities.

Dangers of Sexting & Revenge Porn: A growing and common occurrence in our society is "Sexting" and "Revenge Porn". This training will define sexting, revenge porn and address the legalities and dangers associated with this behavior. Audiences will leave this training understanding that once items are released into the land of cell phones and internet servers, it exists there forever. Training can target participants ranging from adolescents to adults.

Music, Assault, & Harassment: A fun and interactive class that explores how music affects our views on sexual assault, sexual harassment, drugs, and alcohol. Participants will be introduced to a different perspective of the music industry. This class targets all ages and music genres, while encouraging learning through music. The overall objective of this class is for audiences to experience fun while learning how music changes lives and perceptions.

Sexual Harassment/Assault in the LGBQTIA+ Community: Participants will receive training designed to identify and discuss sexual harassment from the perspective of sexual orientation. Sexual orientation is often considered a difficult topic to include sexual harassment and assault issues, because it brings up differences in religion, perceptions of morality, and politics. This training will include these discussions, review key definitions of LGBQTIA+, facts and myths of the LGBQTIA+ population, and events that have transpired in the LGBQTIA+ community. The objectives of this training is to ensure your program provides information, awareness, and prevention of sexual harassment and assault.

Effective Communication for Management: An interactive class that applies the adult learning principles to effective and sensitive communication. This approach will ensure that management learn various techniques to communicate with victims within their organization. Participants will team up to perform various role plays based on realistic scenarios. The scenarios are added value to allow individuals to practice their communication style and the difference between empathy and sympathy.

Drug Facilitated Sexual Assault: An interactive class that discusses emerging topics of the most commonly used substances to commit a drug facilitated sexual assault. This class will use scenarios and games to bring awareness to multiple drugs (street and homemade), how they affect victims, and how participants can be vigilant and safe. Participants will leave this training with an awareness of potential risks and protection methods from predators. This class targets all ages and can be used to train colleges, churches, and organizations by giving them a new outlook on drugs, consent, and bystander intervention.

Team Building

Managing Conflict for Supervisors: A workshop designed to assist supervisors in working with their employees to resolve conflict within their organization. Participants will receive practical steps and techniques that everyone can use to enhance their ability to improve relationships and improve organizational cohesion. The scenarios presented during the training mimics real situations that the supervisor may have already faced.

Conflict Resolution: A workshop designed to assist participants in creating solutions and strategies to prevent and/ or reduce the amount of workplace conflict. Participants will participate in exercises that mimic real situations that can occur and to identify their potential for initiating conflict. They will also receive practical steps and techniques that everyone can use to enhance their ability to improve relationships and improve organizational cohesion.

Diversity

Combating Biases in Customer Service: A workshop designed to determine if individuals have a personal bias that prevents them from providing adequate services. Participants will participate in a self-discovery exercise that encourage them to look at diversity and inclusion from a self-reflective point of view. The strategies presented will be engaging, and lead to a better understanding of diversity and inclusion within their organization, and why they are critical business priorities. This training will lead to participants recognizing that they have one or more biases that they need to combat, to provide exceptional customer service.

Diversity and Inclusion of YOU: A workshop designed to encourage participants to look at diversity and inclusion from a self-reflective point of view. Participants will use an assessment tool to determine their strength and weakness in the realm of diversity. The strategies presented to the participants will be engaging and lead to a better understanding of diversity and inclusion within their organization, and why they are critical business priorities. The end result of the training will lead to participants recognizing the impact of their attitudes and behaviors towards team members and customers.

LGBQTIA+ Awareness/Gender Inclusion: Participants will receive training designed to identify and discuss diversity and inclusion from the perspective of sexual orientation and cultural competency. Sexual orientation is often considered a difficult topic to include in diversity issues because it brings up differences in religion, perceptions of morality, and politics. This training will include these discussions, review key definitions of LGBQTIA+, facts and myths of the LGBQTIA+ population, and review scenarios. The objectives of this training is to ensure your organization is inclusive and explores various demographics and cultures.

Domestic Violence

Domestic Violence Training for Supervisors: The costs associated with employees missing work, high turnover rates, and safety risks due to domestic violence, is a major problem in many organizations. These are all reasons that supervisors should be trained to identify signs and symptoms of abuse. This training will include role plays to assist supervisors in having the difficult conversation with their team and to create an environment that encourages employees to seek assistance and build relationships within their organization.

Domestic Violence-From the Eyes of a Child: An interactive presentation conducted by Dr. Vanessa Guyton as she discusses the effects of growing up in a military home filled with domestic violence and alcohol abuse. This class will provide insight from the perspective of a child and how domestic violence has a lifelong effect on the entire family unit. Participants will receive a better understanding of domestic violence from a child survivor and how this type of trauma can be a precursor to future trauma.

Suicide Awareness

Eliminating the Stigma & Shame of Suicide: An interactive presentation that provides awareness of the hidden and growing epidemic of suicide. Dr. Vanessa Guyton, a survivor of attempted suicide, will discuss her personal journey of recovery and coping skills for depression and anxiety. The format of this presentation will use interactive conversations and open dialogue to assist the audience in understanding the importance of providing support and how to create a culture of prevention. The overall objective of this training is to provide prevention techniques and strategies to identify suicidal behaviors and help someone that is contemplating suicide.

Emotionally Healthy Leaders: A workshop designed to assist Leaders in addressing their own journey to health, to ensure that they are physically and mentally able to handle the challenges of dealing with employees and leadership. The concept for this class is to develop a plan to remove personal barriers and baggage to ensure that they are prepared to navigate another person's journey. We all have pain, grief, or trauma to overcome. Leaders must unpack their own baggage before unpacking their employee's baggage.

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Sexual Assault & Harassment

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What is Sexual Harassment?: Participants will receive training designed to identify and discuss sexual harassment from the perspective of real-life examples in an organization and how to prevent from being charged with sexual harassment complaint. This training will include role plays, videos, review key definitions of sexual harassment, facts and myths, and events that have transpired in organizations. The objectives of this training is to ensure your program provides information, awareness, and prevention of sexual harassment in a learning environment that is creative and informative. This is not your typical sexual harassment training.

HUSH No More International Screening: This is an interactive event that includes the viewing of the award-winning documentary, HUSH No More. This documentary has been screened around the world to bring awareness and share the personal stories of victims on the following HUSH Topics: Sexual Assault, Sexual Harassment, Sex Trafficking, and Domestic Violence. The documentary is 1.5 hours long and can be viewed in completion or based on the topic of your training. Following the viewing, an in-depth discussion can occur via dialogue, a small panel, or as a town hall. Participants will leave with a heightened awareness and a better understanding of how HUSH Topics affects individuals, families, organizations, and communities.

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Music, Assault, & Harassment: A fun and interactive class that explores how music affects our views on sexual assault, sexual harassment, drugs, and alcohol. Participants will be introduced to a different perspective of the music industry. This class targets all ages and music genres, while encouraging learning through music. The overall objective of this class is for audiences to experience fun while learning how music changes lives and perceptions.

Impact of Music, Movies and Social Media on Sexual Assault & Harassment: A fun and interactive class that explores how social media impact our views on sexual assault, sexual harassment, bullying, drugs, and alcohol. Participants will be introduced to different perspective of social media. This class targets all ages and uses social media platforms to encourage learning via the internet.

Sexual Harassment/Assault in the LGBQTIA+ Community: Participants will receive training designed to identify and discuss sexual harassment from the perspective of sexual orientation. Sexual orientation is often considered a difficult topic to include sexual harassment and assault issues, because it brings up differences in religion, perceptions of morality, and politics. This training will include these discussions, review key definitions of LGBQTIA+, facts and myths of the LGBQTIA+ population, and events that have transpired in the LGBQTIA+ community. The objectives of this training is to ensure your program provides information, awareness, and prevention of sexual harassment and assault.

Understanding the Transgender Community and the Effects of Sexual Assault: Participates will receive training designed to identify and discuss sexual assault from the perspective of sexual orientation. Sexual orientation is often considered a difficult topic as it relates to sexual assault issues, because it brings up differences in religion, perceptions of morality, and politics. This training will include these discussions, review key definitions of LGBQTIA+, facts and myths of the LGBQTIA+ population, and events that have transpired.

Effective Communication for Professors and Staff: An interactive class that applies the adult learning principles to effective and sensitive communication. This approach will ensure that Professors and Staff learn various techniques to communicate with students who are victims within the organization. Participants will team up to perform various roles plays based on realistic scenarios. The scenarios are added value to allow individuals to practice their communication styles, and the difference between empathy and sympathy.

Understanding and Preventing Bullying: This training explores the growing epidemic of bullying and how bullying has changed in our society. Participants will explore how social media impacts our views on bullying and how it can lead to depression and/or death. Bullying can occur in person, online, or via the cellphone. This class targets all ages and encourages learning via the internet.

Impact of Social Media on Bullying & Sexual Assault: A fun and interactive class that explores how social media impacts our views on bullying and how it can lead to depression and/or death. Participants will be introduced to a different perspective of social media, sexting, and bullying. This class targets all ages and encourages learning via the internet.

Burnout! Creating Emotionally Healthy Advocates/Students: A workshop designed to assist Victim Advocates in addressing their own personal journey to physical and mental health, to ensure that they are able to handle the challenges of dealing with victims and leadership. The main concept of this class is to develop a plan to establish healthy habits that prevent burnout and remove personal barriers and baggage. As well as, ensuring that they are prepared to navigate another person's trauma journey. We all have pain, grief, or trauma to overcome. Advocates must unpack their own baggage before unpacking a victim's baggage.

Understanding the Intersection of Pornography & Sexual Assault: This training explores the growing epidemic of pornography in our society. We will discuss the research that shows the intersection of pornography addiction, sexual assault, trafficking and incest. This class will also address sexual addiction and how the brain reacts to watching sex and self-gratification. Participants will be introduced to different perspectives of pornography and leave with a better understanding of the industry and how it relates to sexual assault. **Optional Add-on**: Obbie West is a recovering pornography addict, who shares his personal experience of overcoming this epidemic.

Team Building

Managing Conflict for Supervisors: A workshop designed to assist supervisors in working with their employees to resolve conflict within their organization. Participants will receive practical steps and techniques that everyone can use to enhance their ability to improve relationships and improve organizational cohesion. The scenarios presented during the training mimics real situations that the supervisor may have already faced.

Conflict Resolution: A workshop designed to assist participants in creating solutions and strategies to prevent and/ or reduce the amount of workplace conflict. Participants will participate in exercises that mimic real situations that can occur and to identify their potential for initiating conflict. They will also receive practical steps and techniques that everyone can use to enhance their ability to improve relationships and improve organizational cohesion.

Diversity

Combating Biases in Customer Service: A workshop designed to determine if individuals have a personal bias that prevents them from providing adequate services. Participants will participate in a self-discovery exercise that encourage them to look at diversity and inclusion from a self-reflective point of view. The strategies presented will be engaging, and lead to a better understanding of diversity and inclusion within their organization, and why they are critical business priorities. This training will lead to participants recognizing that they have one or more biases that they need to combat, to provide exceptional customer service.

Diversity and Inclusion of YOU: A workshop designed to encourage participants to look at diversity and inclusion from a self-reflective point of view. Participants will use an assessment tool to determine their strength and weakness in the realm of diversity. The strategies presented to the participants will be engaging and lead to a better understanding of diversity and inclusion within their organization, and why they are critical business priorities. The end result of the training will lead to participants recognizing the impact of their attitudes and behaviors towards team members and customers.

LGBQTIA+ Awareness/Gender Inclusion: Participants will receive training designed to identify and discuss diversity and inclusion from the perspective of sexual orientation and cultural competency. Sexual orientation is often considered a difficult topic to include in diversity issues because it brings up differences in religion, perceptions of morality, and politics. This training will include these discussions, review key definitions of LGBQTIA+, facts and myths of the LGBQTIA+ population, and review scenarios. The objectives of this training is to ensure your organization is inclusive and explores various demographics and cultures.

Domestic Violence

Understanding and Ending College Campus Violence: This training provides an overview of the problem on college campuses that exist around the country and outlines the legislative mandates as it relates to Title IX. Participants will review case studies to exemplify potential missteps and relevant examples of preventive, proactive programs, and victim- sensitive methods of support. The goal of this training is to educate the audience about the breadth of the problem, familiarize them with recent changes to the law, and suggest strategies to collaborate in ending sexual violence, dating violence, domestic violence and stalking on college campuses.

Eliminating Teen Dating Violence: This training provides an overview of the growing problem of teen dating violence, briefly outline the legislative mandates, and highlight some cases and consequences of this type of relationship. Participants will review cases to exemplify potential missteps and relevant examples of preventive, proactive, victim-sensitive methods that holds the offender accountable. The goal of this training is to educate the audience about the breadth of the problem, familiarize them with re developments and suggest strategies to collaborate in ending teen dating violence. The target audience for this training range from adolescents to adults (Parents find this training extremely beneficial).

Domestic Violence-From the Eyes of a Child: An interactive presentation conducted by Dr. Vanessa Guyton as she discusses the effects of growing up in a military home filled with domestic violence and alcohol abuse. This class will provide insight from the perspective of a child and how domestic violence has a lifelong effect on the entire family unit. Participants will receive a better understanding of domestic violence from a child survivor and how this type of trauma can be a precursor to future trauma.

Suicide Awareness

Suicide Awareness & Prevention-Removing The Mask: An interactive presentation that provides awareness of the hidden and growing epidemic of suicide. This training will feature survivors of attempted suicide and discusses their journey, recovery, and coping skills for depression. The overall objective of this training is to provide prevention techniques and strategies to identify suicidal behaviors and help someone that is contemplating suicide. Everyone wears a mask; what is under yours?

Eliminating the Stigma & Shame of Suicide: An interactive presentation that provides awareness of the hidden and growing epidemic of suicide. Dr. Vanessa Guyton, a survivor of attempted suicide, will discuss her personal journey of recovery and coping skills for depression and anxiety. The format of this presentation will use interactive conversations and open dialogue to assist the audience in understanding the importance of providing support and how to create a culture of prevention. The overall objective of this training is to provide prevention techniques and strategies to identify suicidal behaviors and help someone that is contemplating suicide. Advocates will receive tools and resources to establish or enhance their organization's suicide prevention program.

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