

WORxK Solutions Celebrates the Success of Mental Health Matters Summit and Launches WORxKBooks and MayPrayer Campaign

WORxK Solutions, LLC celebrates the success of its Mental Health Matters Summit! Additionally, we're excited to announce the launch of several new initiatives aimed at empowering individuals and fostering positive change.

The WORxK Solutions

MENTAL HEALTH MATTERS SUMMIT 2024



DR. KRISTY K. TAYLOR
Host, Social Impact Career Coach,
and Founder of WORxK Solutions



Day 1 | Mindset Matters: Mental Health and Self-care to Thrive in Your Career

 **Friday
May 10, 2024**

 **Start From
6:00 PM EST**







FRED RUTMAN
*Intermittent Fester and Coach, TedX speaker and Author
Death and Brain Trauma Survivor*

HEATHER BROWNE
TedX speaker and Author

ANGELA JOHNSON
*Transformative Wellness and
Spiritual Coach*

LISA IBEKWE
*Therapist, Speaker, Advocate,
and Somatic Healing Expert*

GEORGE BROOKS
*Mental Health Advocate,
CEO, Life Coach*

Day 2 | Mental Health Advocacy and Psychologically Safe Workplaces







MEL WATSON
*Founder of The
Zest Collective*

KIM GROSHEK
*Elite Business Strategist &
Mental Health Coach*

WILLOW MERCHANT
Founder of Emerging Hearts

RITA S. FIERRO, PH.D
*Author and Social Justice
Consultant*

DOMINIKA STANIEWICZ
*Brain Coach, Holistic Life Coach,
and Elite Neuroencoding Specialist*

 **Saturday
May 11, 2024**

 **Start From
11:30 AM EST**

 www.worxksolutions.com






[@worxksolutions](https://www.instagram.com/worxksolutions)

 success@worxk.com

proudly announces the resounding success of the recent Mental Health Matters Summit, a groundbreaking two-day event held on May 10th and 11th. This summit attracted a diverse range of attendees eager to enrich both their professional careers and personal well-being. Renowned industry experts led engaging sessions and discussions on crucial themes, including "Mindset Matters: Mental Health and Self-care to Thrive in Your Career" and "Mental Health Advocacy and Psychologically Safe Workplaces." Attendees left enriched with valuable insights and practical tools, ready to implement positive changes in their workplaces. As a continuation of this impactful dialogue, we invite you to mark your calendars for an upcoming play on May 30th and 31st, promising further exploration and celebration of the summit's themes.

Additional Upcoming Events and Replays:

Mental Health Matters 2024 Summit: The two-day WORxK Solutions Mental Health Matters Summit, held on May 10th and 11th, brought together a diverse array of attendees eager to enrich both their professional careers and personal well-being. Day 1 focused on "Mindset Matters: Mental Health and Self-care to Thrive in Your Career," featuring renowned industry experts such as Fred Rutman, Heather Browne, Angela Johnson, Lisa Ibekwe, and George Brooks. Day 2 delved into "Mental Health Advocacy and Psychologically Safe Workplaces," where attendees were treated to insights from Mel Watson, Kim Groshek, Willow Merchant, Rita S. Fierro, Ph.D, and Dominika Staniewicz. Attendees left enriched with insights and tools to implement positive changes in their workplaces.

[Click Here to Watch the Event Replay](#)

- **WORxKBooks Notebooks and Journals:** Designed to empower mission-driven career professionals, WORxKBooks offer blank pages as a canvas to capture ideas, dreams, and goals. Each purchase contributes 20% toward scholarships for women in our programs, furthering opportunities for education and growth. [Now Available on Amazon](#)

- **DiversityWORxKs Round Table Series:** Join us for transformative discussions on critical topics in Diversity, Equity, Inclusion, and Accessibility (DEIA). Our upcoming round tables promise to be insightful, empowering, and action-oriented, offering a platform for meaningful discussions and collaborative problem-solving. Mark your calendars and register now to shape a more inclusive and equitable future for all. DiversityWORxKs RoundTable Series Launching Soon!

- **MayPrayer Work for You Partnership Drive:** Under the guidance of Dr. Kristy Taylor, we're thrilled to unveil the "MayPrayer WORxK for You Partnership Drive" and Workshop Launch. Collaborate with us to co-create bespoke workshops tailored to the principles outlined in our transformative book, "Prayer WORxKS: Transform Your Mindset, Transform Your Career." Join our virtual Prayer WORxKS Workshop to explore the profound impact of prayer and mindfulness on professional growth and fulfillment. MayPrayer Work for You Partnership Drive

Register for the August 10th, [PrayerWORxKs Change Your Mindset, Transform Your Workshop!](#) And buy the book: ["PrayerWORxKs: Change Your Mindset, Transform Your Career"](#)

- **No B.U.R.N.O.U.T. Passion Fatigue Workshop for Black Women:** Calling all Black queens! Join us on Jun 28, 2024, to reclaim your spark at the "No B.U.R.N.O.U.T. Passion Fatigue Prevention Workshop." This workshop offers a safe space to explore the unique challenges Black women face and reignite your passion. Join Dr. Kristy K. Taylor and receive a free workbook to kickstart your journey to empowerment. [Reserve your spot today!](#)

"Through the Mental Health Matters Summit, we aimed to spark meaningful conversations and provide actionable insights to empower individuals in their professional and personal journeys," said Dr. Kristy Taylor, Social Impact Career & Executive Coach, and Founder of WORxK Solutions, LLC. "As we look ahead, we remain committed to creating inclusive spaces for dialogue and growth, where individuals can thrive both professionally and personally. Together, we will continue to explore innovative solutions and foster positive change in the workplace and beyond." WORxK Solutions, LLC remains committed to fostering holistic growth and empowerment within our community. Join us in our mission to cultivate purpose-driven careers and create positive change in the world.

DiversityWORxKs DEIA Roundtable Series
Hosted by Dr. Kristy K. Taylor, Social Impact Career Coach
Join the Conversation! Register for FREE!
www.worksolutions.com

PRAYER WORxKs Workshop
Transform Your Mindset, Transform Your Career
Workshop Speaker: DR. KRISTY K. TAYLOR
Participants will be able to:
- Explore the transformative power of prayer in career development and mindset enhancement.
- Develop a solid foundation for a purpose-driven career through prayer practices.
- Equip individuals with tools to recognize and conquer limiting beliefs and negative mindsets through faith-based strategies.
Workshop Outline:
- Introduction to the Power of Prayer in Career Development
- Using Prayer as the Foundation for a Purpose-Driven Career
- Understanding Limiting Beliefs and Overcoming Negative Beliefs
- Embracing Resilience Through Prayer and Meditation
- Setting Intentions and Outfitting a Faithful Mindset
- How the Prayer@Boka Journal Supports Spiritual Growth and Professional Development
Why Few Faith-Based Organizations Should Partner with Dr. Kristy Taylor, Social Impact Coach
Dr. Kristy Taylor offers churches a unique opportunity to add value to their community by providing transformative workshops focused on prayer, mindset transformation, and career development. Partnering with Dr. Taylor can enrich church programming by offering an innovative approach to spiritual growth and professional development. Additionally, Dr. Taylor's dedication for social justice makes it feasible for churches and faith-based organizations to host fundraising events using her workshops as a valuable and impactful resource for their members and the community.
www.worksolutions.com
kristy@worxk.com

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No BURNOUT Passion Fatigue Prevention Workshop
A Workshop for Black Women Who Have Considered Walking Out When a Seat at the Table Wasn't Enough.
Friday, JUNE 28, 2024
7:00 - 8:30 PM EDT
Registration Fee: **\$20.00**
Registration Link: <https://www.worksolutions.com>
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Media Contact

WORxK Solutions, LLC

success@worxk.com

561-907-6859

8310 Montgomery Village Ave Ste 300 #1010

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