

Topics for speaking events

Addictions

- How to have victory over bad habits and addictive behaviors

ADHD/ADD

- Understanding childhood ADDitudes

Anger

- Escaping the Anger Trap

Anxiety

- Managing Anxiety and Stress:

Boundaries

- Balancing Boundaries

Codependency

- People Pleasing: The downfall of saying yes

Christian Living

- Christ Centered Christmas Traditions
- Experience an Intimate Relationship with God
- God Heals the Broken in Spirit – Depression
- Trusting a Perfect God Despite Our Imperfect Circumstances
- Trusting God's Character
- Walking in Freedom

Conflict Management

- Dealing with difficult people: The Win-Win solution

Depression

- Be Transformed by the Renewing of your Mind
- Breaking Down Emotional Strongholds
- Coping with Depression
- Postpartum Depression and the "Baby Blues"
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Finances

- How to stretch a dollar
- Making Money Stretch During Christmas

Grief and Loss

- Care for the Caregiver
- When the unexpected happens.... how to find joy in the midst of grief and loss

Life Transitions

- Resilience during times of change

Marriage

- Developing an Intimate Marriage
- The Building Blocks for Marriage
- When your marriage needs a tune-up... how to grow through conflict and communication

Parenting & Family

- How to prevent bullying

- Co-parenting after Divorce... for the sake of your child, how to have the best possible relationship with your ex-spouse
- Coping with Infertility
- Healthy Step Families
- Juggling the Responsibilities of Work and Home
- Motherhood...a lasting legacy
- Parenting with a Purpose
- Proactively Parenting Your Teenager
- Raising Confident Daughters

Perfectionism

- The Life Beyond Perfectionism

Self Image

- The Treasure within us

Self Talk

- The conversation that steers your day, the inner dialogue

[What you can expect as an Event Planner](#)

1. Professional prompt follow up to your phone calls and email messages.
2. A personal consultation via phone or a meeting prior to your event, to discuss your event, theme and particulars.
3. An announcement about your event on our website, blog and Facebook page unless a private event.
4. Practical handouts or PowerPoint for your .event.
5. Early arrival the day of the event.
6. An enthusiastic message with clear teaching points, lots of stories, and practical application.
7. If needed I can provide my own projector and extension cords.
8. A quick follow-up communication after the event to make sure we met your expectations.

[Check Our Availability](#)

We would love to talk to you about your next event and see if one or more of our team may be a good fit. Thanks for considering Rosario Counseling & Associates for your event. Contact our office at 919-649-5882 to check our availability.