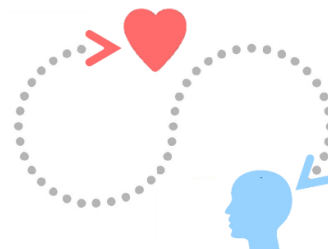


Speaking Engagements

i-am-heart presentations and workshops provide inspiring, engaging, and results-based learning experiences that can be adapted to a keynote address, one-hour presentation a three-hour seminar or a one-day session.

Each of our presentation are based on our philosophy of empathy, acceptance and emotional awareness and are uniquely tailored to the specific audience being addressing. Our flexibility means that we can bring a customized life-changing development experience to organizations that goes beyond traditional “presentations” and “seminars” so the event is relevant, meaningful, practical and energizing.



The following outline some of our most populate topics.



Building Emotional Strength: How Feelings Empower Us

Target Audience: School Grades 5 to 8 (boys and girls)
Duration: 1.0 – 1.5 hours

How we use and express our emotions are keys to successful and lasting relationships with ourselves, our families, our peers, and the world that surrounds us. This presentation provides insight into what emotions really are, why we have them and how they impact us. It provides children tools on how to accept, process and express their authentic selves while promoting self-esteem, confidence, and acceptance of themselves and those around them.



Breaking the Boy Code: Building Emotional Empowerment in Boys

Target Audience: Parents of Boys
Duration: 1.5 – 2.0 hours

This presentation provides parents an understanding of how stigmas and emotional coping processes can lead boys to suppress their authentic feelings. Parents learn how acceptance and emotional expression promote resilience and self-esteem. Tools are provided to assist parents in the “Do’s” and “Don’ts” of supporting boys emotions and how they express them.



An Empathic Approach to Building Emotional Empowerment in Boys

Target Audience: Clinicians and Human Services
Duration: 2.5 – 4.0 hours

Factors perpetuating social stigmas and their negative impacts for boys through men are presented in correlation to how emotional dysregulation presents as a precursor for numerous behavioral and mental health challenges. Participants are guided through mindfulness-based and somatic processing exercises, that can be applied to both self-care and clinical practice. The content provided facilitates in development of expanded emotional vocabulary, and creating safety and choice in expressing one’s emotions.



The Power of Emotional Resilience

Target Audience: Community Organizations and Corporations
Duration: 1.0 – 2.0 hours

This presentation focuses on the connection between empathy and performance which can allow organizations to expand their capabilities and effectiveness. By understanding emotional meaning and encouraging authentic expression, it allows organizations to better understand and respond to environmental challenges through building and maintaining stronger authentic relationships with their stakeholders.

About i-am-heart

i-am-heart offers programs for elementary through high-school aged boys that build individual confidence, self-esteem and self-acceptance based on empathy, compassion, and emotional awareness. Through emotional empowerment, our programs teach boys how to identify, experience, accept and express their full range of emotions so they have healthier and safer relationships with family, friends, peers, and the world that surrounds them.

Contact Us

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