

SPEAKING ENGAGEMENT & WORKSHOP MEDIA KIT

Jhanelle Peters

Fueling growth through powerful conversations.



jpeterspsychotherapy.com

Credentials

Masters (M.A.) in
Counselling Psychology

Registered Psychotherapist

Former Sports Psychology Coordinator
for **Pepperdine University**

Former Mental Health Clinician
for the **Toronto Raptors**

Media Expert

Public Speaker and
Mental Health Facilitator

Bachelor of Science in
Health Promotion

Mental Health Consultant
for Grass Root Organizations

Masters Certificate in
Adult Education

Learning and Organizational
Development Certificate

Change Management Certificate



Workshops Offered

All workshops have been skillfully developed and crafted by Jhanelle Peters.



MENTAL HEALTH STIGMA IN BIPOC COMMUNITIES

Raise awareness, foster understanding, and explore practical strategies to break down mental health barriers in BIPOC communities.



JOURNALING: MORE THAN JUST WORDS

Gain insight into the many different types of journaling and how they can be used to prevent emotional buildup and reduce stress.



IMPOSTER SYNDROME

Recognize the challenges of imposter syndrome and explore practical techniques to foster self-compassion and confidence.



MANAGING BURNOUT

Learn to recognize burnout, understand its impact, and develop strategies to prevent, manage, and recover from workplace stress.



NAVIGATING LIFE WITH ANXIETY

Distinguish between adaptive and disruptive anxiety while gaining practical tools to manage its emotional and physical effects.



UNLOCK HAPPINESS IN DAILY LIFE

Discover small but impactful ways to cultivate happiness, even during difficult times, through intentional practices and mindset shifts.



ESTABLISHING HEALTHY HABITS

Explore six key areas of well-being and learn how to integrate sustainable, healthy habits into your daily routine.



STRENGTHENING WORKPLACE RELATIONSHIPS

Develop strategies to foster positive workplace interactions, whether in person or online, to enhance teamwork and collaboration.

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EMBRACING CHANGE WITH CURIOSITY

Understand the psychological and physical impact of change while learning practical approaches to adapt and thrive.



BOUNDARIES: PROTECTING YOUR MENTAL HEALTH

Understand the importance of setting boundaries, overcoming internal challenges, and prioritizing your well-being.



BALANCING PERFORMANCE AND WELL-BEING

Achieve success with a balanced approach that values both productivity and self-care for sustainable personal growth.



SOCIAL MEDIA AND MENTAL HEALTH

Explore the impact of social media on mental health, and learn how to foster healthy relationships with something we use daily.



REFRAMING NEGATIVE SELF-TALK

Identify patterns of negative self-talk, understand its root causes, and apply strategies to cultivate a more supportive inner dialogue.



PSYCHOLOGICAL SAFETY & EMOTIONAL INTELLIGENCE

Learn how to create a psychologically safe workplace that nurtures emotional intelligence, inclusivity, and effective communication.



RED FLAGS & REAL TALK: (PART 1 & 2)

Explores how to identify unhealthy and toxic relationships, set boundaries, and protect your peace, whether at home or work.



OVERCOMING PEOPLE-PLEASING

Break free from the cycle of people-pleasing and reclaim your personal power with practical tools for setting healthy boundaries.



Benefits of the Workshop

Understanding

Gain deeper insight into mental health, personal growth, and workplace dynamics, equipping participants with the knowledge to foster positive change.

Awareness

Develop a heightened awareness of personal and collective challenges, creating a more empathetic and supportive environment.

Coping Skills

Learn practical, evidence-based strategies to manage stress, anxiety, and daily pressures, enhancing resilience and overall well-being.

Connection

Foster meaningful connections through shared experiences and open discussions, strengthening relationships and community support.

Additional Facilitators

Hillaree Alliman



Albertina Hinds



Casaya James



Letiesha Dunn



Pricing & Packages

Standard Workshop

Duration: 1-hour online
interactive workshop

Includes:

Consultation with the organization
Psychoeducation-based content
Interactive reflection & awareness checkpoints
Wellness-based exercises
Strength-based therapy tools
No modifications
50+ participants

STARTING RATE: \$6,000 + HST

Modified Workshop

Duration: 1-hour online
interactive workshop

Includes:

Consultation with the organization
Psychoeducation-based content
Interactive reflection & awareness checkpoints
Wellness-based exercises
Strength-based therapy tools
Slight modifications to tailor the workshop
50+ participants

STARTING RATE: \$7,000 + HST

Pricing & Packages

Custom Workshop

Duration: 1-hour online
interactive workshop

Includes:

- Tailored content development
- Consultation with the organization
- Content outline
- Psychoeducation-based content
- Interactive reflection & awareness checkpoints
- Wellness-based exercises
- Strength-based therapy tools
- 50+ participants

STARTING RATE: \$8,000 + HST

In-Person Workshop

Duration: 1 hour

Includes:

- Consultation with the organization
- Content outline
- Psychoeducation-based content
- Reflection & awareness checkpoints
- Wellness-based exercises
- Strength-based therapy tools
- 50+ participants
- Travel expenses not included

STARTING RATE: \$10,000 + HST

Testimonials

"I just wanted to share how amazing this session was. Jhanelle is not only knowledgeable but extremely relatable."

"There are so many workshops that I go to that I feel I really didn't gain anything from, but this session was powerful."

"Jhanelle is a fantastic facilitator, and I would be interested in hearing her speak again. She is very engaging, knowledgeable, relatable and practical."

"All the materials she provided were beneficial and I started to incorporate the takeaways in my professional and personal life."

"Informative and engaging. (without feeling the pressure to participate) It was the best virtual workshop I've attended all year!"



Who We've Worked With

We've had the privilege of supporting and collaborating with these valued clients.



Government
of Canada



UNIVERSITY OF
TORONTO

Bell



CBC



Toronto
Community
Housing



Queen's
UNIVERSITY



NIPISSING
UNIVERSITY

Virgin
mobile



Need help deciding if we're the team for you?

Jhanelle has a special message to share with you.



Ready to work with us?

Let's bring powerful conversations and transformative learning to your team.



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[@jhanellepeters](https://twitter.com/jhanellepeters)



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

