

# It's Okay To Not Be Okay

A Virtual Interactive Safe Space to Be Real About Your Feelings

A Diversity and Inclusion Initiative presented by TherapyTopia

## The Case for Virtual Interactive Audience Sessions

Employees of color are not doing well. They are dealing with everyday life stressors, adapting to the new "normal", the COVID-19 pandemic, and now compounded with additional societal injustices and police brutality. One twitter member wrote, "There are black men and women in Zoom meetings maintaining professionalism," biting their tongue, holding back tears and swallowing rage, while we endure attacks from a pandemic and police. Understand this and be mindful." Your employees of color need a safe virtual space hosted by a culturally-competent Therapy practice to express their concerns in confidence, acknowledge their feelings, and explore solutions and coping strategies for them to mentally re-engage in work.

## Confidential Virtual Interactive Audience Session Benefits

"It's Okay To Be Not Okay" confidential virtual interactive audience session is open to all but designed for your employees of color. As an employer, contracting with TherapyTopia to offer confidential virtual interactive audience sessions to your employees will:

- Increase employees' productivity by helping them redirect their energy to focus on the benefits of the workplace
- Improve employees' morale as a result of contracting with a culturally competent Therapy Practice to acknowledges their feelings
- Develop trust as a result of the Zoom sessions being confidential; participants will not know who is on the video or audio
- Expand employees' views of Employee Assistance Programs (EAP) and possibly increase EAP utilization rates
- Reduce absenteeism as a result of learning effective coping strategies

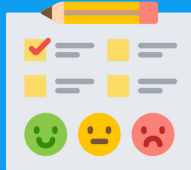
## Workplace Mental Wellness Solutions To Support Your Company



Safe  
Space



Facilitated by  
Licensed Therapist



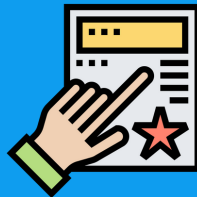
Assess  
Needs



D&I  
Solutions



1 Hour Confidential  
Zoom Meeting



After Action  
Overview

## Presenter Bio

Lequita Brooks, MSW, LCSW is the Founder and CEO of TherapyTopia and innovator of, "Outplacement Mental Wellness Services". She holds a Master of Social Work (MSW) from Florida State University and is a Licensed Clinical Social Worker in the State of Florida. Brooks consults with CEOs and HR Executives to help them execute workplace mental wellness solutions to improve their employer brand and recruitment. She has contracted with organizations like ESPYR, Morneau Shepell, and Health Advocate. Before launching her company, Brooks gained extensive experience as a social worker working with Employee Assistance Programs and in hospice care as well as nearly seven years of experience with the Department of Veterans Affairs Health Care for Homeless Veterans Program. She's been featured on ABC's "First Coast News," FOX's "BakersfieldNow," Black Enterprise Magazine, and Jacksonville's Your Health. Brooks's life, business, and therapy practice mantra are; be human, get help, live well.



Lequita Brooks, MSW, LCSW  
Solution-Focused Therapist

Diversity and Inclusion Confidential Virtual Session Inquiry: <https://forms.gle/BqqpipEuYE4fPBpd9>