

ABOUT THE SEMINAR PRESENTER



Susan Stephenson (www.susanstephenson.ca) is an accredited psychotherapist in private practice in Toronto who is passionate about empowering people – especially women – to make a difference in their own lives and the lives of others.

Over the course of her 25-year career, she has delivered numerous presentations and facilitated sessions at various institutes, conferences and professional associations.

Susan is a part-time instructor at McMaster University, and is a Board Member of the Ontario Society of Psychotherapists. She has served as a part-time case manager in the Physician's Health Program at the Ontario Medical Association, and was a contributor and guest expert for the Women's Health Matters Network.

She holds a Masters of Education in Counselling from the University of Western Ontario.

HOW TO BOOK A 'WOMEN AND MONEY' SEMINAR FOR YOUR ORGANIZATION

If you are interested in hosting a *Women and Money* seminar, please email Susan at susanstephenson@susanstephenson.ca, or call her office at 416-964-8271.

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INFORMATION FOR SEMINAR HOSTS

Women and Money

Feeling healthy and empowered
about earning, inheriting,
having and spending it.



A seminar that helps women
achieve greater emotional peace
in regard to their financial lives.

ABOUT THE SEMINAR

Women and Money is a unique seminar, conducted by psychotherapist Susan Stephenson, M.Ed., that helps contemporary women – regardless of their financial circumstances – understand why they often feel rather uneasy about money, and suggests how they can achieve greater emotional well-being about their financial lives.

Using straightforward language, humorous anecdotes and insightful stories, Susan first reassures audience members they are not alone in feeling conflicted about money. Then, she discusses some of the many factors that can cause this discomfort, finishing with some action-steps for women to help them take control of their emotional health related to money.

Although women and money can be a complex topic, the atmosphere is comfortable and light-hearted, with participants leaving the seminar feeling informed and motivated.

The seminar is normally 90 minutes in length (including a question period). A shorter, 45-minute version (suitable for a breakfast seminar or a 'lunch-and-learn' session), is also available, as is a longer, half-day experiential workshop format.

WHO IT IS AIMED AT

The seminar is targeted to a broad range of women – in their 30s and older – who may be single, married, divorced or widowed; who may work outside the home or at home; or who may be retired.

It is hoped that participants will approach the seminar with an inquisitive nature and the desire to learn more about themselves.

HOSTING A 'WOMEN AND MONEY' SEMINAR

Susan strives to make the process of hosting *Women and Money* as easy as possible.

Presentation set-up

The seminar is suited to groups large and small. The ideal room configuration is theatre-style seating, allowing for more intimacy and interaction with the presenter.

Pre-session briefing

Recognizing that every audience is different, Susan can talk with you in advance to understand the particular concerns and needs of your group and thus direct the presentation to achieve the greatest impact.

Technical equipment

Ideally, the host organization will provide its own audio-visual equipment (computer, projector, screen, microphone and sound system), but Susan can arrange to provide these resources if necessary. We recommend having an A/V technician on site to set-up the equipment and thus ensure a seamless presentation.

Leave-behind materials

To enhance the learning and motivational impact of the seminar, Susan provides all participants with a leave-behind package containing further information and resources, together with an evaluation form to assist you in serving the needs of your group.

Seminar hosting fee

The minimum fee to host *Women and Money* is \$1,000 for a half-day session, \$600 for a 90-minute session and \$450 for a 45-minute session.