



lightcollectiveandco.com

Lena
Suarez-Angelino

BILINGUAL LICENSED CLINICAL SOCIAL WORKER
INTUITIVE EMPOWERMENT COACH + AUTHOR

SPEAKER KIT

Hi, I'm Lena!

BILINGUAL LICENSED CLINICAL SOCIAL WORKER +
INTUITIVE EMPOWERMENT COACH + AUTHOR

Lena is the owner of a private practice, providing psychotherapy and mental health counseling to residents of New Jersey and Florida. Lena is the author of *Anger Management Workbook for Moms: Practical Exercises to Manage Emotions and Find Calm*. Lena is an international workshop facilitator for groups and corporations and provides services in English and Spanish.

Founder of LIGHT Collective & Co. a community dedicated to helping you prioritize yourself, guilt free. As an intuitive empowerment coach Lena offers live and self-paced programs to help overcome overwhelm, banish burnout and cultivate confidence.



Keynotes



BANISH BURNOUT

Understand burnout, assess your environment, notice your emotions, identify your needs, schedule self-care and honor the process it takes to make lasting change.

SPEAKING TOPICS

YOU JUST GOTTA LAUGH

laugh is more than a 5-letter word

Learning to ask for help is not always easy. Learn how to acknowledge your efforts, manage expectations, practice gratitude, all while learning how to show kindness and compassion to yourself.

WORKPLACE STRESS

strategies to be successful

Understand the difference and impact of stress and burnout on mental health. Surveying your environment, setting boundaries and effective communication to help you manage workplace stress.

MENTAL HEALTH & EMPOWERMENT

feeling empowered during a pandemic

Recognize how the current health pandemic impacts our mental health, while trying to adjust to a new normal and cope with a flood of emotions. Learn how to feel empowered despite the lack of control and uncertainty.



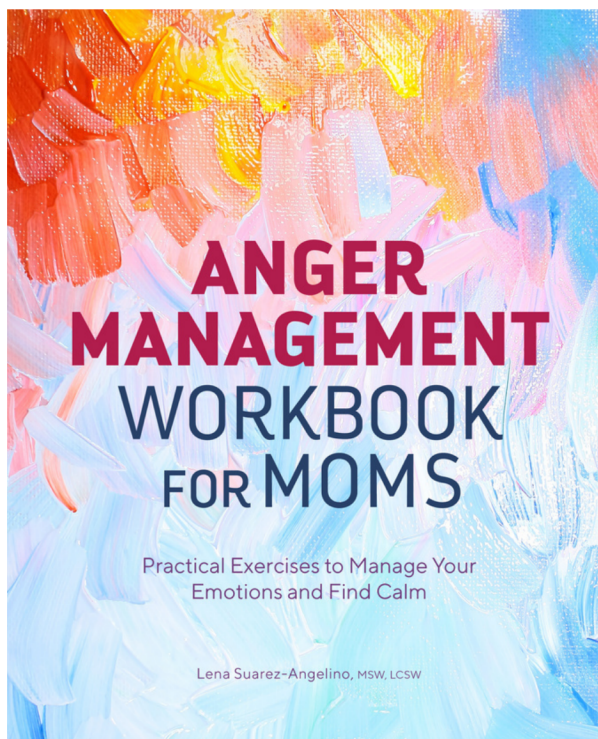
The Book

ANGER MANAGEMENT WORKBOOK FOR MOMS

Cultivate skills for coping with your anger to better express yourself, maintain healthy relationships, and improve your overall quality of life.

From identifying unhelpful thoughts to exploring triggers, discover ways to handle your anger and find healthier outlets for it. In this workbook, you'll learn effective strategies for better dealing with your emotions, staying calm in stressful moments, and becoming the best mom you can be.

AVAILABLE ON 



Confidently address your anger

Exercises like deep breathing and writing an apology letter help you develop coping skills.

Relate to other mothers

Insightful case studies show you how anger affects moms like you.

Learn techniques for processing anger

Look at past behaviors and reactions, recognize how things could have been handled differently, and move forward.

Podcast Features



LIGHT Collective & Co. is in the process of launching their own podcast, The LIGHT Life with Lena, with topics ranging from burnout + self-care, self-esteem + confidence, mental health, relationships + communication, and spirituality. Lena has been a guest on multiple podcasts and continues to appear as a guest.



GUEST FEATURES

How to Recognize Burnout & Overcome Burnout in Your Life

The Daily Climb

What You Can Do to Find Balance

BEmpower Women

PTSD from a Clinical & Coaching Viewpoint

Becoming Your Highest Self

Toxic Coparenting & Its Impact on Mental Health

Therapy-ish

Mental Health, Burnout & Self-Care

I'm Alive Because...

ALSO ON:

instagram

@sheevolvestoempower

@runtellmom

@momthemanager

facebook

CINEA

Latinoamerica

Time with Elyse

youtube

Contigo

Wellness

Trabajo Social en
Acción Internacional



What Can I Do For You?

Lena can present in-person or online via multiple platforms (Zoom, Microsoft Teams, Google Meet, etc). Lena's presentations can range from 45 minutes-3 hours. All sessions will have Q&A and plenty of opportunity to interact and engage throughout. Supplemental materials will be provided upon request.

Services

PRE-RECORDED | 30 MINUTES

*This is a condensed, non-interactive pre-recorded presentation with the use of a slide-deck and voice over recording. **Note: This does not allow for Q&A or re-distribution.***

LIVE - VIRTUAL | 60 MINUTES

This is a 45-minute workshop, with a combination of slide-decks, interactive polls, chats, etc. to keep the audience engaged. Permission to record workshop must be granted ahead of time for replay purposes.

Every 15 minutes over is in additional \$50 to base price

LIVE - IN PERSON | 60 MINUTES

This is a 45-minute workshop, with use of slide-decks, anonymous interactions, conversation, etc. Permission to record workshop must be granted ahead of time for replay and social media purposes.

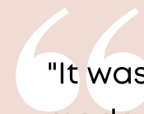
Every 15 minutes over is in additional \$50 to base price
Travel accommodations are not included in this pricing

SUMMARY ANALYSIS

A pre- and post- analysis of the overall group's attendance and interactions, along with a summary of areas of improvement and recommended strategies to implement. Delivered up to 2 weeks of presentation.

Brief and ongoing support - schedule a call to discuss pricing for a retainer.

Testimonials



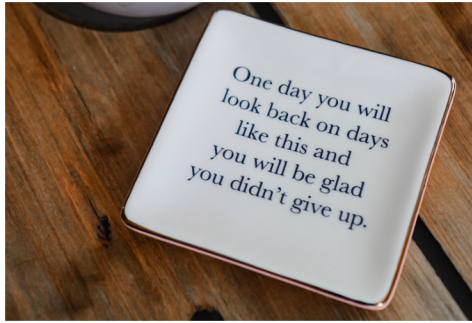
"It was really relaxing and made me feel good about myself! Lena's voice was also so soothing and comforting - it made you feel like it is ok to take a breath and take a break!"

*Paramount
Workplace Stress*



"I love how relatable and validating Lena was. She made me feel comfortable feeling human and acknowledging burnout."

*Person Centered Care Services
BANISH Burnout*



ARTICLES WRITTEN

Lena is a contributing writer for *Choosing Therapy* and have published articles about the following:

- ✓ **Teenage Angst**
- ✓ **Building a Child's Self-Esteem**
- ✓ **How to Build Confidence**
- ✓ **The 333 Rule and 54321 Method**
- ✓ **Anger Management for Women**

AS SEEN IN



GET IN TOUCH

There are multiple ways to get in touch. The most direct way is sending an email or connecting via Instagram, @lenasquareangelino.

lena@lightcollectiveandco.com

lightcollectiveandco.com



Lena



Lena Suarez-Angelino

licensed clinical social worker + intuitive empowerment coach + author

about lena

Lena is the owner of a private practice, providing psychotherapy and mental health counseling to residents of New Jersey and Florida. Lena is the author of *Anger Management Workbook for Moms: Practical Exercises to Manage Emotions and Find Calm*. Lena is an international workshop facilitator for groups and corporations providing services in English and Spanish.

Founder of LIGHT Collective & Co. a community dedicated to helping you prioritize yourself, guilt free. As an intuitive empowerment coach Lena offers live and self-paced programs to help overcome overwhelm, banish burnout and cultivate confidence.

SERVICES

- Author
- International Speaker
- Workshop Facilitator
- Presenter
- 1:1 and Group Coaching

TOPICS

- Burnout & Self-Care
- Self-Esteem & Confidence
- Mental Health Awareness
- Parenting & Communication
- Spirituality

CONTACT

lena@lightcollectiveandco.com

732-607-5613

180 Talmadge Road
IGO Bldg Suite #807
Edison, NJ 08817

previously featured

CARE.COM
 VERYWELL FAMILY
 UPJOURNEY
 PSYCH CENTRAL
 EVERYMOM

THE FOOD INSTITUTE
 SELF NESS WELL
 MEL MAG
 VERYWELL MIND
and more!



  @LENASUAREZANGELINO