



**THE FEELING EXPERT**

Be Seen • Be Heard • Be You

SPEAKER | AUTHOR | EDUCATOR

## Elyce Kiperman-Gordon MS, LCMHC, NCC

*Integration of holistic and science-based methodologies in therapy, offering a well-rounded approach to mental health and healing.*



Founder of:

**THE CONSCIOUS  
LIVING ROOM®**

Elyce Kiperman-Gordon, a distinguished Licensed Clinical Mental Health Counselor and National Certified Counselor. She brings over 28 years of embracing mindfulness and holistic approaches to mental health.

Recognized not only for her professional qualifications but also for her unwavering dedication to nurturing growth and healing, Elyce embodies a deep-seated commitment to empowering individuals and organizations alike. Her intuitive nature and wisdom uniquely bridge the gap of science-based and holistic methodologies to guide clients to realize their full potential and achieve personal and professional growth.

### **Bridging Traditions and Innovation**

As a certified specialist in Internal Family Systems (IFS), Elyce challenges conventional therapy models, focusing on self-awareness, the complexities of the mind, and fostering authentic connections.

### **Unique Integration of Science and Holistic Approaches**

Elyce's work is characterized by a unique fusion of scientific rigor and holistic practices, making her sessions enriching and diverse. Whether working with individuals, groups, and within corporate wellness initiatives, her strategies are tailored to meet the unique needs of her audience.

## PROGRAMS

### ■ **Achieving Emotional Mastery in the Workplace: The ARC Method**

This workshop targets mastering personal trigger management, enhancing empathy and improving communication skills. The outcome leads to a more balanced life where participants can regain control and contribute to a nurturing and affirmative work environment.

### ■ **Empower & Balance: Stress Management for Workplace Wellness**

Addressing the critical issue of workplace stress, this program equips employees with effective stress management strategies. These interventions aim to prevent burnout, enhance productivity, and promote mental well-being.

### ■ **Communicate to Collaborate**

This program is designed to empower professionals with essentials for effective communication and collaboration in the workplace. Focuses on advanced communication skills and conflict resolution tactics to navigate workplace conflicts and enhance team cohesion and morale.

**Transform Your Event with  
The Magic of Mindfulness!  
Don't Miss Out!**

Book Elyce Gordon Now! Unleash Balance and Healing at Your Next Gathering!

### **Contact Me:**

Elyce Kiperman-Gordon, MS, LCMHC, NCC

The Feeling Expert@

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# SPEAKING ENGAGEMENTS, WORKSHOPS & TRAINING

Elyce workshops and speaking engagements introduce innovative mental health and wellness strategies into corporate professional services firms, aiming to cultivate a supportive and healthier workplace culture. Her workshops and programs help individuals overcome limitations, heal from trauma, and manage stress.

## **Create a Breakthrough:**

Elyce's holistic approach encompasses the entire being — body, mind, and spirit — recognizing the interconnectedness of these elements. She understands that addressing the whole being is crucial for comprehensive healing, acknowledging that physical, mental, and spiritual well-being are intricately linked.

Elyce offers multiple courses, workshops and trainings to support interpersonal relationships that contribute to a more balanced and positive workplace. Topics include Resilience Training: Bouncing Back From Adversity, Mindful Leadership, Building Emotional Intelligence, and more.

## Be Seen. Be Heard. Be You.



*Elyce Kiperman-Gordon*

Elyce Kiperman-Gordon's unparalleled insights and transformative strategies make her the ideal speaker to inspire and empower your team. Book Elyce and elevate your organization's approach to mental health and wellness.

Contact us today to secure your date!

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# PUBLICATIONS

## **7 Steps to Overcoming Your Limiting Beliefs:**

Elyce reveals the seven essential steps to conquering the self-limiting beliefs that have held you back for far too long.



## **Mental Health Memo: Case Studies**

Her insightful work, "Mental Health Memo: Case Studies," showcases her deep knowledge and expertise in the field, by sharing best practices of mental health care, through transformative outcomes.

## **Name That Feeling: Transform Your Emotional World NOW!**

Are you ready to unlock the power of understanding your feelings for ultimate emotional regulation. Elyce's new book, releasing Fall of 2024, reveals the layered nuances of emotions and how to regulate them using the Feeling Wheel.

*Elyce has a special way of tuning into what others are feeling that I've never experienced before.*