

# Shanaz Ikonne

## INCLUSIVE TRAUMA EXPERT

SPEAKER | ADVOCATE | THERAPIST | WELLNESS STRATEGIST



### *Redefining Company Culture & Amplifying Employee Wellness*

Shanaz Ikonne is a licensed professional counselor and advocate for increasing wellness within workplaces. She is a Trauma Therapist, Speaker, Social Justice Advocate, and Wellness Strategist. She has been seen in places such as Parents.com, Voyage Dallas, Canvas Rebel, Kristi's List, and Asian Mental Health Collective, and voted Best in Small Biz Guide 2024.

MEET SHANAZ

Shanaz utilizes and incorporates her years of clinical experience into corporate consulting to increase workplace culture, diversity, gender equity and inclusive trauma-informed work environments. She is a trauma cycle breaker who helps end mental health stigma among workplaces while creating holistic healing, connection and thriving company cultures.

### *Signature Topics*

#### **COPING WITH STRESS & UNCERTAIN TIMES**

Inclusive mental health support for companies during job layoffs, uncertainty within roles and how to cope with workplace survivors syndrome. Learn how to create safety in the workplace, process recent changes, & build empathy while elevating employee voices as we navigate recent changes within your company.

#### **ENDING STIGMA IN THE WORKPLACE & BUILDING SUPPORT**

1:4 employees do not know how to access counseling. Learn how mental health stigma impacts employee wellness & practical steps to become an ally, end stigma and discrimination. Additional support is available to HR in creating company policies regarding mental health and becoming an anti-stigma workplace.

#### **BUILDING EMPLOYEE WELLNESS**

Learn ways to alleviate stress, anxiety and build a thriving workplace culture with interactive mindfulness, guided meditations and curated wellness plans for your teams, corporate events and employee resource groups.



BOOK SHANAZ

