

Dr. Gretchen

MORAN MARSH



"The best I've seen for companies that are truly committed to the health and well-being of their people."

- Jay Alix, Founder - AlixPartners

"Lear has decided to make mental health mission critical and Dr. Marsh plays an essential role in achieving our goal."

- Ray Scott, CEO - Lear Corporation

Mental Health Speaking Topics

- Mental Health: Breaking the Stigma & Finding Solutions
- Supporting Children's Mental Health
- Suicide Awareness and Prevention
- Strategies for a Wonderful Holiday Season
- Anxiety & Depression: Signs, Symptoms & Solutions
- Cultivating a Happy Life
- Addiction: Definitions, Causes, Symptoms & Treatment
- Coping With Traumatic Events
- Positive & Effective Communication
- Supporting Employee's Mental Health
- Mental Health: The Mind-Body Connection
- 4 Best Strategies for Coping with Stress
- Tips & Tricks for Mental Wellness

Transformation

Your team will learn practical, effective and empirically validated strategies to improve mental health. These strategies are easy to understand and can be immediately implemented to cause change. The audience will learn the relationships between thoughts, behaviors and emotions and how change in one of these domains consequently causes long-lasting change in the other domains.

About Dr. Gretchen Moran Marsh

In my 20+ years as a clinical psychologist, I've seen far too many people struggle with anxiety and depression because they lack a basic knowledge of mental health. Through professional speaking, I am able to share scientifically proven strategies to immediately improve functioning and restore a positive mindset.

My career has been spent specializing in cultivating mental health, building healthy professional and personal relationships, and teaching strategies to decrease stress and anxiety.

I received my undergraduate degree in Psychology from the University of Michigan, and my Masters degree and a Ph.D. in Clinical Psychology from Wayne State University. I am also the winner of the 2023 Emerging Pioneer Award from the Michigan Psychological Association.

Click on logos below to see mental health features with Dr. Marsh:



Detroit Free Press



Learn More at drmoranmarsh.com

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CORPORATE, SCHOOL, AND GROUP SPEAKING
SESSIONS TO IMPROVE MENTAL HEALTH



CLIENT TESTIMONIALS

Gretchen is an insightful, dynamic and engaging speaker who couples teaching about maintaining good mental health with actionable techniques which can immediately improve daily life and work in healthy time efficient ways.

She smoothly integrates real life and relatable case studies along with illustrative examples that help people internalize exactly how to make real positive changes in their life, work, and overall mental health, both individually and collectively, for the entire organization.

She is relatable, approachable, authentic, and just plain smart with real life relevant experience and training.

Her presentation is the best I've seen for companies and organizations that are truly committed to the overall health and well-being of their people. I'm a big fan, and highly recommend her for any company that wants to help their people and company recover and continue to grow in this new post-pandemic world.

-Jay Alix, Founder, AlixPartners

"Lear has decided to make mental health mission critical and Dr. Marsh plays an essential role in helping us to achieve our goal. We have had several presentations with Gretchen and have heard from employees across the globe, at all levels, that they highly valued how the presentations crush the mental health stigma and taught them ways to improve and prevent mental health problems for themselves and their family. All companies would benefit from Gretchen's knowledge and expertise."

- Ray Scott, CEO, Lear Corporation

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This was a much needed education for our employees. Dr. Marsh's presentation is easy to follow and understand, she is highly approachable, and made an immediate impact on our team. We had dozens of employees go out of their way to thank our leadership team for making an investment in their mental health, and how it helped them and their families.

- John Tracy, CEO - Bluewater Technologies

Dr. Marsh led a thought-provoking and informative virtual wellness webinar for our employees. She shared her extensive knowledge and engaged the audience with entertaining and relatable real-world experiences. Throughout the program, she demonstrated tools that could be put into practice immediately to have an impact on daily lives. The feedback we received from our team was excellent. We highly recommend Dr. Marsh as a wellness speaker for any company or group.

- Lisa Heitzmann, Senior Manager of Human Resources - Epitec
- Marc Ruma, COO - Epitec

Next, a community center for people 50 and older was honored to present Cultivating Mental Health in the Era of COVID-19. Dr. Gretchen Moran Marsh provided a clear overview of anxiety and depression and interventions for both. By providing specific behaviors that we could relate to, the many interventions that she suggested were helpful and practical. Dr. Marsh also provided guidelines on what we can do for ourselves daily to help us feel better and healthier. Dr. Marsh was so kind and easy to understand...very insightful. She was available for several specific questions after the presentation. Dr. Marsh surpassed our expectations and so many attendees have shared their positive feedback. Thank you to Dr. Marsh for your expertise and excellent presentation!

- Susan Gwizdz, Marketing & Communications - NEXT

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Friends (of Different Learners) had an amazing presentation with Gretchen Marsh on Anxiety and Depression. Her new presentation really meets people where they are at as we navigate the new normal. She explains warning signs and gives strategies and resources for instant and/or long-term support. This succinct presentation is suitable for a wide age range audience and is valuable to students, teachers, employees, and managers. If you are looking for the path back to mental health and wellness Gretchen will point you in the right direction.

- Catherine Henne-Lewandowski, Prior President Friends of Different Learners

Dr. Marsh presented an insightful and thought-provoking webinar for our team members on the topic of mental health and suicide prevention. She is very knowledgeable and provided resources and practical tools for our team members to consider. We received lots of positive feedback and we would highly recommend Dr. Marsh.

- Richard Krout, VP-Assistant, HR - Walbridge Construction
- Audrey Richie, Senior HR Manager - Walbridge Construction

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