



LATOYA WATSON, LCSW

Latoya and her team offers relevant, engaging and effective consulting services and workshops to improve student mental health, academic success and retention.

Cultivating Caring Connections™ is a unique program that utilizes the 3Cs framework. Core outcomes for students: develop healthy relationships, learn healthy coping skills and communicate better to achieve happiness & success.



LET'S TALK SO WE CAN INTERSECT MENTAL
HEALTH & HEALTHY RELATIONSHIPS TO
CREATE A CONNECTED CAMPUS



Company founder and Licensed Therapist **LATOYA WATSON** has stepped out of her office as a thought leader on healthy relationships. She advocates that there is healing power in groups, and believes, growth and joy can take place even with chaos happening in the world.

Latoya is recognized as a compassionate and transformative voice by the Women's Business Center, History Chip, WYB Magazine and many more. She lives in Connecticut, and her unique workshops, programs and talks are highly engaged by young adults across the globe who wish to develop healthy communication skills and healthy coping skills to ultimately develop healthy connections.



Communication
Training and Consulting



Social & Emotional
Learning Training
and Consulting



Sexual Harassment
Training and
Consulting

All presented in a fun, engaging manner filled with real world examples, roleplay, and effective solutions that become a permanent part of your college culture.

WHY THE 3CS?

The 3Cs stands for *Connect, Cope and Communicate*. It's raw, culturally diverse and it's real, because that's the only way to achieve true breakthroughs and lasting impact.

The goal is for students to reconnect and become healthier students to maintain a healthy campus.

[BOOK A CALL HERE
TO LEARN MORE](#)

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SIGNATURE PROGRAMS

All Programs Utilize Our 3Cs Method and Can be Adapted to Suit Timeframe and Audience

Single Day <

> Small Groups

Multi Day <

> Large Audiences

> Wellness Hours

BE IN THE KNOW WITH HEALTHY & UNHEALTHY RELATIONSHIPS

Researchers have found that 57% of college students find it difficult to identify a healthy relationship. According to the American Bar Association, 1 out of 4 students on college campuses experience dating violence.

EXAMPLE

Person A feels stressed and frustrated because they keep having friendship issues. This causes them anxiety and to feel isolated. The next day, Person A misses class due to worrying about the conflict and wondering if something is wrong with them.

INCLUDES

- Signs of a healthy and an unhealthy relationship.
- Ways to set boundaries with family, peers and romantic partners.
- How to handle uncomfortable scenarios & understand consent.
- How relationships impact college students' success.
- Ideas your campus can implement to create a healthier and safer campus.

IT'S GIVING SCHOOL/LIFE BALANCE VIBES

Suicide is currently the second most common cause of death among college students. According to NAMI, 64% of students dropout of college because of mental health problems.

EXAMPLE

Person B is feeling overwhelmed by all their responsibilities: school assignments, readings, exams, working PT, playing a sport, pressure to please family and having a social life. Person B starts to wonder if "life will always be this stressful and if it's worth being here".

INCLUDES

- Identify warning signs of mental health disorders.
- How to reduce stress with basic coping skills.
- Explain inner self-care and how to put YOU first so you can self-advocate.
- Ways the 3 elements of self-compassion provide lifelong growth.
- Actionable self-care plan for students to enhance the campus culture and reduce burnout.

KEY TO HEALTHY RELATIONSHIPS: ATTACHMENT STYLES

Attachment Theory is focused on the relationships and connections between people. Research suggests that failure to form secure attachments as infants can have a negative impact on behavior throughout life.

EXAMPLE

Person C presents with low trust of peers and Instructors. This person becomes very distraught after breakups and tends to miss assignment deadlines and classes. Person C takes a quiz and realizes they have an anxious-ambivalent attachment style.

INCLUDES

- The definition and concept of Attachment Theory.
- Identify the 4 attachment styles & how it impacts communication skills.
- How to shift your insecure attachment style to a secure attachment style.

PIVOT & RE-ENGAGE TO COMBAT ISOLATION

(Designed specific for staff/faculty and student leaders)

The top response in a mental health survey was "feeling disconnected" since the pandemic. And leaders are feeling the pressure to pivot and re-engage students. In a series of surveys, it was found that 95% of people think they're self-aware, but only 10-15% truly are.

EXAMPLE

Person D is a strong student leader and recently feeling anxious and overwhelmed. This is mostly due to returning back to campus and feeling confused on how to emotionally support first year students. Person D is contemplating on stepping down from their role.

INCLUDES

- How to be a compassionate leader while protecting your mental health.
- Ideas your campus can implement to re-engage students, support leaders & build resiliency.
- How to develop self-awareness & Identify strengths to operate in your zone of genius
- Actionable wellness plan for leaders to receive appreciation and reduce burnout.