

# Jason Marotzke, M.Ed.

National Professional Speaker,  
Northwestern University Affiliate Professor, &  
Human Rights Campaign (HRC) Trainer

## Presentation Formats:

- Keynote Address
- Breakout Session
- Emcee
- Corporate Training
- Workshop
- Webinar
- Fundraiser Talk
- School or University Talk
- Executive Retreat
- Panel Discussion
- Continuing Education Training (CEs available)

## Topic Categories:

- Diversity, Equity & Inclusion (DEI)
- Mental Health
- Burnout
- Psychological Safety
- Healthy Workplace Culture
- Work-Life Harmony
- Parenting
- Intersectionality
- Emotional Intelligence
- Communication
- Conflict Resolution
- Resilience
- Leadership
- LGBTQIA+ Awareness
- Motivational

## Signature Keynote Presentations

### 1) Ignite Collaboration Through Improv: Fun Techniques to Cultivate Effective Teams

Hybrid and remote work can leave employees and teams feeling disconnected and operating in silos, decreasing collaboration, efficiency, and teamwork. Strong rapport, communication, collaboration, and positive morale are essential elements for organizational achievement and success. This engaging workshop incorporates playful and interactive exercises designed to apply impactful communication and collaboration skills derived from improv.

#### Through experiential learning, participants will:

- Deepen their understanding of themselves and their colleagues.
- Acquire valuable tools for enhancing relationship development.
- Foster synergistic team dynamics.
- Bond through play, laughter and a unique, shared experience.
- Identify actionable collaborative practices that can be effectively integrated into their workplace environment.

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## 2) Champion Neurodiversity: 5 Steps To Celebrate Differences & Collaborate Successfully

Neurodivergent conditions like Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Dyslexia and others influence people's learning, communication, and work processes, posing unique challenges (and opportunities!) in the workplace. Join us for an enlightening and interactive training session where participants will delve into the concept of neurodiversity and its implications at work.

### Through this session, attendees will:

- Increase their understanding of neurodivergence through relatable case examples.
- Discover the benefits of a neurodiverse workforce.
- Explore actionable steps to become strong allies and advocates for neurodivergent individuals.
- Receive information and resources on how to successfully manage neurodiversity in ourselves and others.
- Cultivate a conscious, inclusive and supportive workplace culture for those who think and work differently.

## 3) Cultivate a Welcoming Workplace: Promote LGBTQIA+ Inclusivity to Thrive as an Vibrant Organization

When LGBTQIA+ individuals do not feel welcome or affirmed in the workplace, it impairs their mental health and wellbeing and negatively impacts the workplace through lost talent. This informative and interactive training session is designed to empower participants in creating a welcoming and inclusive workplace environment for LGBTQIA+ individuals so we can survive and thrive together.

### In the session, attendees will:

- Dismantle stigma, foster openness, and learn how to cultivate inclusivity through powerful and relatable case examples.
- Identify key challenges and barriers faced by transgender and gender diverse individuals within the workplace.
- Master affirmative LGBTQIA+ terminology and adopting gender-neutral language practices so all feel seen, heard and valued.
- Address implicit biases and microaggressions that impact LGBTQIA+ employees, vendors, clients and customers.
- Recognize the pivotal role of allies and ambassadors in creating a supportive environment.
- Leave with a toolkit of resources to share with others at home and work.

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## 4) Fostering a Anti-Harassment in the Workplace: Actionable Steps to Stop Bullying & Sexual Harassment

Bullying and sexual harassment impair employee health and wellness and are detrimental to workplaces on every level. Join us for an informative session dedicated to promoting a respectful and inclusive workplace environment.

### Participants will:

- Identify harassment and bullying behaviors,
- Understanding their impact on individuals, families, teams and organizations
- Learn practical strategies to prevent and address these issues effectively.
- Participate in case examples and role plays to gain confidence in speaking up, empowering the bystander, and encouraging reporting to stop inappropriate behaviors.
- Gain actionable insights and tools to cultivate a culture of respect, fostering a safe and supportive workplace for all.

## 5) Harness the Power of Intersectionality: Strengthen Allies & Advocates to Cultivate a Healthy & Dynamic Workplace Culture

Power imbalances can negatively impact relationships, group dynamics, and productivity at work. This engaging and enlightening DEI training session will help participants grasp the concept of intersectionality and how their various identities shape their experiences, as well as those with whom they interact at work. By fostering this awareness, attendees will be inspired to explore how their identities can empower them to speak up and support those facing adversity and challenges, leading to a more empowered, balanced and collaborative work culture.

### By the end of the session, participants will:

- Gain a comprehensive understanding of intersectionality and its personal relevance.
- Acknowledge that their intersectional identities influence their access to resources and knowledge.
- Learn about the significance of creating safe spaces for open and honest discussions.
- Reflect on their own identities and assess their impact on their life experiences.
- Recognize their potential to leverage their identities to assist individuals facing barriers.
- Engage in discussions on utilizing their insights as Allies and Advocates.
- Acquire skills to establish and maintain safe spaces within their environments.
- Understand the importance of initiating courageous conversations.
- Develop an action plan with SMART goals to drive meaningful progress.

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*The above presentation can be a half-day or full-day interactive and experiential workshop, or be broken down into three separate, shorter presentations:*

## **1. Foster Safe Spaces: Easy Way to Empower Courageous Conversations**

When people don't feel safe at work to speak up, they shut down, leading to decreased productivity, problem solving and collaboration. This initial training session is designed to lay the groundwork for fostering open and constructive dialogues aimed at driving positive outcomes in teams and organizations. Participants will be equipped with strategies for building supportive and effective group dynamics, encompassing effective communication techniques, the use of affirming language and behavior, adopting supportive roles, providing constructive feedback in a constructive manner, enhancing active listening skills, and understanding the pivotal roles of compassion and respect in these environments.

## **2. Explore Your Intersectionality: Quick Methods to Understand Our Diverse Identities & Contributions**

If we don't possess self-awareness, we can inadvertently impair relationships with those we communicate with during the workday. Self-awareness is the top attribute for which top companies such as Google look for in job candidates, because it is the key to emotional intelligence and success in the workplace. This follow-up workshop delves deeper into how the complexities of our personal experiences have shaped our identities. Participants will explore historical perspectives on intersectionality, examining how individual identities are formed and their profound impacts, personally and professionally. Attendees will engage in activities to map out their intersectional identities to increase self-awareness, compassion and EQ.

## **3. Strengthen Allyship & Advocacy: Practical Steps to Leverage Intersectional Understanding for Workplace Success**

In order to correct systemic power imbalances that harm employees' workplace culture, we need to empower allies and advocates to support and empower others. This training session reinforces previous learning by revisiting resources and milestones achieved, and guides participants in developing practical personal and professional plans to amplify their roles as strong allies and advocates. Utilizing intersectionality identity maps, attendees will expand their repertoire of supportive strategies. Discussions will cover the significance of allies and advocates and their collective impact. Resources on common practices will be shared, alongside opportunities for creating tailored action plans. The session will also facilitate group discussions and the formation of accountability partnerships.

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## Other Keynote Presentations

### 6) The Mental Health Awareness Breakthrough: 5 Steps to Shatter Barriers, Ignite Conversations & Empower Well-Being

The unprecedented challenges of recent times—stress, uncertainty, and constant change—have profoundly impacted many of us, and our loved ones. Untreated burnout, anxiety, depression, and stress-related disorders have left countless struggling to cope with demands at home and work.

**Join us for an inspiring and informative presentation where you'll gain the tools to:**

- Combat stigma surrounding mental health by understanding its parallel importance to physical health.
- Recognize signs of common mental health conditions in yourself and others.
- Learn how to foster open, compassionate conversations about mental health both at home and work.
- Receive a toolkit of mental health information and resources to share.
- Understand how to access and facilitate care as needed, fostering healing and resilience together.

### 7) Mental Health Triage in the Workplace: 6 Strategies to Enhance Culture, Productivity & Well-Being

Workplace mental health challenges impact productivity and morale, demanding proactive leadership to protect employee well-being and organizational success.

**This presentation equips leaders to:**

1. Recognize mental health trends and addiction issues, identifying early warning signs.
2. Foster open communication and psychological safety through active listening and honest discussions.
3. Implement regular check-ins and performance reviews to monitor employee well-being.
4. Understand leaders' roles in supporting employees with mental health concerns.
5. Be aware of legal and confidentiality issues while prioritizing employee privacy.
6. Cultivate empathy and support, promoting a psychologically safe work environment.

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## 8) Let's Move From Surviving to Thriving: Refresh & Reboot with Mental Fitness Practices & Exercises

In today's fast-paced and uncertain world, individuals are confronted with persistent stressors and unpredictable challenges that erode mental resilience and lead to burnout.

**In this refreshing and inspiring presentation, attendees will:**

- Learn that daily mental fitness practices can move us along the mental health continuum from struggling or surviving to thriving.
- Understand the tremendous benefits of simple mindfulness practices and learn easy techniques they can start using right away.
- Receive innovative tools to assess and improve their self-care practices and support systems.
- Create a plan to take actionable steps for improved mental wellness and establish systems of accountability.
- Leave with a toolkit of mental fitness exercises and mental health resources.

By embracing these practical strategies for mental resilience, attendees will break free from the grip of chronic stress, strengthen their capacity to cope with challenges, and be more successful at home and work.

## 9) Thriving Amid AI Advancements: 7 Easy Ways to Navigate AI-Driven Change with Resilience & Positivity

Rapid AI advancements exacerbate burnout and overwhelm among employees, negatively impacting morale and productivity. Employees face increased stress and anxiety due to the uncertainty of adapting to new technologies and uncertainty as to how their positions will be changed or even eliminated.

**In this proactive, supportive and empowering presentation, attendees will learn how to:**

1. Practice acceptance that change is a normal part of growth and development.
2. Adopt a growth mindset to cultivate resilience.
3. Detach from expectation, outcome & that which we can't control.
4. Empower ourselves to identify and embrace what is within our control.
5. Learn stress & anxiety reduction techniques to successfully navigate change.
6. Mindfulness Strategies Including Adopting a Growth Mindset & Cultivating Health.
7. Access Support for Positive Mental Health & Career Success.

By proactively preparing employees for AI-induced changes and supporting their mental well-being, organizations foster a resilient and high-performing workforce capable of thriving in the face of technological advancements.

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## 10) Mindfulness in the Workplace: Cultivating Resilience & Emotional Intelligence

In today's fast-paced work environments, mindfulness emerges as a crucial tool for fostering resilience, enhancing emotional intelligence, and promoting overall well-being. This presentation aims to equip participants with practical strategies and resources to integrate mindfulness into their daily work routines, ultimately creating a more productive and harmonious workplace culture.

### Participants will be inspired and equipped to:

1. Develop Healthy Detachment: Learn techniques to cultivate healthy detachment from stressors and challenges, promoting a balanced approach to work-life integration.
2. Become a Single Tasker to Recover from the Disease of Being Busy: Learn strategies to chunk related tasks, silence notifications, and set healthy boundaries to increase productivity and reduce stress, errors, accidents and injury in the workplace.
3. Enhance Emotional Intelligence: Explore how mindfulness practices can strengthen self-awareness, self-regulation, and empathy, fostering better interpersonal relationships and decision-making.
4. Utilize Mindfulness Resources: Gain access to practical resources and tools for incorporating mindfulness into daily routines, including guided meditations, breathing exercises, and relaxation techniques.

Participants will participate in an invigorating guided meditation and leave empowered to create a workplace environment that values mindfulness, emotional resilience, and holistic well-being, ultimately contributing to improved focus, productivity, and employee satisfaction.

## 11) Create a Healthy Workplace Culture: 7 Tips to Optimize Communication & Emotional Intelligence for a Thriving Organization

Without emotional intelligence and psychological safety, workplace dynamics suffer. Organizations can address this challenge by creating compassionate workspaces where employees feel supported, respected, and empowered to thrive. By fostering a sense of belonging and inclusivity, organizations can strengthen team cohesion and collaboration. Prioritizing emotional intelligence and psychological safety cultivates a culture of compassion and success.

### Through this inspiring and informative presentation, participants will:

1. Foster a sense of belonging and inclusivity, promoting team cohesion.
2. Implement diversity initiatives and team-building activities.
3. Support employees in addressing diversity challenges.
4. Establish trust and openness, encouraging open communication.
5. Address conflicts constructively, viewing mistakes as learning opportunities.
6. Develop emotional intelligence through mindfulness and resilience practices.
7. Receive resources for ongoing support and development.

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## 12) Social Connection and Combating the Loneliness Epidemic

In today's fast-paced and digitally connected world, loneliness has emerged as a pressing public health issue. Chronic loneliness can have profound psychological, physical, and social impacts, yet it is often overlooked. Organizations and individuals have the power to combat this epidemic by fostering meaningful connections and cultivating a culture of inclusivity and support. Through actionable strategies and research-based insights, this presentation equips participants to address loneliness at personal, organizational, and societal levels.

### Participants will be able to:

1. Articulate key facts and data about the loneliness epidemic and its impact.
2. Analyze the root causes of loneliness and its effects on health and society.
3. Identify and prioritize actions that strengthen personal relationships and community bonds.
4. Apply learned strategies to initiate meaningful connections in daily life.
5. Advocate for practices and policies that address loneliness in organizations or communities.



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## General Information

- All presentations can be conducted virtually or in person.
- Presentations can be altered to fit the specific needs of your audience, including combining 2-3 presentations or creating a unique presentation upon request.
- Presentation lengths are flexible and can be adapted from one hour to a full day of training, depending on your needs.
- All presentations include a customized, dedicated landing page with downloadable copies of the slides, handouts, articles, and resources so attendees leave with a toolbox of new knowledge and skills.
- Hybrid presentations and recordings of presentations are welcome.
- Virtual presentations use features such as polls, chat, breakout rooms, and Q&A to increase engagement and interaction.
- Joyce Marter Enterprises, Inc., the employer of Jason, is a registered entity with Sam.gov: Unique Entity ID: SAGEB5C2LD83 CAGE Code: gFQF8.
- All presentations can also be geared towards behavioral health professionals, including learning objectives (NBCC CEs may be available).
- Additional CE presentations for behavioral health audiences available upon request.
- Additional presentation topics, formats and categories offered through Joyce Marter Enterprises, Inc. by [Joyce Marter](#).

## Pricing

- Pricing depends on multiple factors including whether your organization is for-profit or non-profit. In-person presentations include a speaker fee plus hotel and travel expenses. Virtual presentations are more cost-effective.
- Discounted packages are available for multiple presentations. For example, many companies book a keynote presentation for their annual conference and 2-3 additional webinar presentations throughout the year. Presentations by Joyce Marter may also be included in these packages.
- Speaker fees may be adjusted when Jason's wife Joyce Marter's award-winning book, [The Financial Mindset Fix: A Mental Fitness Program for an Abundant Life](#), is purchased for attendees ([hardcover](#) or [Kindle](#)).