



CATALOG OF EDUCATIONAL TALKS AND WORKSHOPS

2026



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SELF-CARE & RESILIENCE

Cuidarte a ti mismo es el primer paso
para ser más resiliente.



Physical and Emotional Self-Care for Caregivers

Presencial o Virtual

🕒 1-1.5 hora

Caregivers need energy to care—and their body and mind are their primary tools. This workshop promotes healthy sleep, nutrition, and movement habits, along with relaxation and gratitude practices. It emphasizes that self-care is not selfish; it's a form of responsibility toward the person receiving care. Participants are given simple, realistic strategies to incorporate breaks and enjoyment into their daily routine. They leave with a personal whole-wellness plan and a renewed sense of purpose.

Self-Care: A Commitment to Yourself

Presencial o Virtual

🕒 1-1.5 hora

Self-care is more than resting—it's a form of self-respect. In a world where productivity is often prioritized over well-being, this workshop invites participants to pause and reflect on the importance of caring for body, mind, and spirit. Practical strategies are shared to integrate breaks, emotional rest, mindful eating, and healthy boundaries into everyday life. According to the World Health Organization, 75% of chronic illnesses can be prevented through appropriate self-care habits, underscoring its impact on physical and mental health. Participants leave with a personal wellness plan and the conviction that taking care of yourself isn't selfish—it's prevention and self-love.

Caring Without Losing Yourself: The Caregiver's Emotional Balance

Presencial o Virtual

🕒 1-1.5 hora

Caring for someone else is an act of love, but it can also lead to burnout if boundaries aren't in place. This workshop explores the physical and emotional impact of the caregiving role, which, according to the American Psychological Association, can increase the risk of depression by 23%. Participants learn self-care, rest, and effective communication strategies to prevent compassion fatigue. They come to understand that caring for others also means caring for themselves. The goal is to achieve balance between responsibility and personal well-being—sustaining love without exhaustion.

From Routine to Well-Being: Transforming Your Day Through Self-Care

Presencial o Virtual

🕒 1-1.5 hora

An educational talk designed for men, focused on promoting mental health and emotional well-being through everyday self-care practices. This session raises awareness about the importance of addressing men's emotional lives, challenging cultural stigmas that discourage emotional expression and personal care. Participants explore practical strategies and techniques that turn automatic routines into meaningful opportunities for well-being. Topics include stress management, emotional regulation, the power of silence, emotional validation, and building healthy connections.

Mental Health Strategies in Challenging Times

Presencial o Virtual

🕒 1-1.5 hora

This talk promotes mental health and emotional well-being during periods of change, stress, or uncertainty. Through key concepts, definitions, and practical strategies, participants will learn coping tools, emotional regulation skills, and self-care practices that strengthen resilience and support personal balance. They will practice stress-management techniques, positive thinking, and healthy habits aimed at improving focus, calm, and adaptability in everyday challenges. The session concludes with a structured group activity that encourages reflection, mutual support, and real-life application of the strategies learned.

Resilience: Strength Born from Difficulty

Presencial o Virtual

🕒 1-1.5 hora

An educational talk focused on overcoming adversity and moving forward. It teaches practical tools and strategies to face challenges effectively, with the goal of strengthening people's ability to adapt and overcome obstacles both at work and in daily life. Topics include stress management, developing a positive mindset, the importance of self-care, and building supportive networks. The session also highlights learning from difficult experiences, using available internal and external resources, and sustaining long-term hope to keep going despite adversity.

How to Build Healthy and Sustainable Habits

Presencial o Virtual

🕒 1-1.5 hora

Habit change doesn't happen through willpower alone—it happens through structure. This workshop teaches how to build routines that support mental health, rest, nutrition, and emotional balance. It explores how small habits, repeated intentionally, create meaningful transformation. Grounded in behavioral science, participants learn motivation and positive reinforcement strategies. By the end, they'll know how to replace guilt with consistency and move toward lasting, whole-person well-being.

How to Sleep Better: Sleep Hygiene and a Calm Mind

Presencial o Virtual

🕒 1-1.5 hora

Loss is an inevitable part of life, but not everyone knows how to move through it. This workshop addresses the grieving process from a compassionate, human perspective, offering guidance on its stages and emotional responses. Participants learn coping strategies, self-care practices, and ways to support others who are grieving. Through reflection, the session aims to transform pain into meaning and keep love alive beyond absence.

Healthy Relationships and Personal Boundaries

Presencial o Virtual

🕒 1-1.5 hora

Interpersonal relationships directly affect mental health, and learning to set boundaries is one of the most effective ways to prevent emotional stress. This workshop encourages reflection on relationships that support well-being versus those that drain and overwhelm. Participants learn strategies to identify toxic dynamics, build assertiveness, and practice mutual respect. They leave understanding that setting boundaries isn't selfish—it's a way to protect emotional health and strengthen genuine connections.

Nurturing My Self: Self-Care Skills

Presencial o Virtual

🕒 1 hora

This workshop is designed to explore and strengthen physical and emotional self-care skills that support overall well-being. It highlights the vital importance of caring for both physical health and emotions—learning how to nourish and reinforce the whole self. Participants will be introduced to strategies for maintaining optimal physical health and developing skills to recognize and manage emotions, while exploring stress-management techniques and ways to promote mental health.

Resilience and Self-Care Among Healthcare Professionals

Presencial o Virtual

🕒 1-1.5 hora

A discussion on burnout syndrome and compassion fatigue among healthcare professionals. Participants will identify risk factors, stressors, and the impact on well-being and job performance. The session also covers prevention and management practices that emphasize organization, empathy, and self-care.

EMOTIONAL & MENTAL WELL-BEING

“La calma está presente en ti. Solo
necesitas aprender a acceder a ella.”
Jon Kabat-Zinn



Physical and Emotional Well-Being: Movement, Mind, and Purpose

Presencial o Virtual

🕒 1-1.5 hora

Studies show that moderate exercise can reduce the risk of depression in older adults by up to 30%. This workshop integrates physical, mental, and spiritual health tips, focusing on maintaining mobility, energy, and joy for life. Participants learn gentle exercises, cognitive activities, and guided reflections on life purpose. The goal is to encourage an active, positive approach to aging—where each day holds meaning and vitality.

Caring for Your Emotional Health in Retirement

Presencial o Virtual

🕒 1-1.5 hora

Retirement can bring mixed emotions: rest and freedom, but also emptiness, loneliness, or a loss of purpose. In this workshop, participants reflect on the emotional changes that often accompany retirement and explore ways to adapt positively to this new stage of life. Strategies include creating routines, rediscovering passions, and staying socially connected. The session emphasizes that well-being doesn't end with working life—retirement can become a new chapter of growth, meaning, and truly restful living.

Happiness in Action: Daily Habits for a Fulfilling Life

Presencial o Virtual

🕒 1-1.5 hora

Happiness isn't a permanent state—it's a daily practice shaped by attitudes, habits, and purpose. Harvard studies suggest that people who cultivate meaningful relationships and gratitude live longer and enjoy better emotional health. This workshop explores the pillars of authentic happiness: connection, purpose, gratitude, and balance. Through simple exercises, participants learn how small daily actions can create powerful improvements in mental well-being. It promotes a realistic, attainable view of happiness—not as the absence of problems, but as the ability to find enjoyment even in the midst of them.

An Organized Mind, an Ordered Life: How to Reduce Mental and Environmental Chaos

Presencial o Virtual

🕒 1-1.5 hora

Physical and mental clutter are more connected than they seem—studies indicate that disorganized spaces can increase cortisol, the body's stress hormone. This workshop teaches practical ways to organize both your environment and your mind to improve focus, calm, and productivity. Through hands-on exercises, participants learn how to prioritize, let go of what's unnecessary, and plan without feeling overwhelmed. It's ideal for anyone looking to regain control, clarity, and emotional energy in daily life.

Mind and Body in Harmony: The Emotional Impact of Physical Health Conditions

Presencial o Virtual

🕒 1-1.5 hora

When the body becomes ill, emotions are affected too—and the reverse is also true. This workshop explores the link between physical and mental health, explaining how chronic conditions such as diabetes, hypertension, arthritis, or cancer can influence mood and overall quality of life. According to the World Health Organization, one in three people living with chronic medical conditions experiences symptoms of depression or anxiety, highlighting the need for a truly integrated approach to care. Participants receive practical tools to manage fear, frustration, and the loss of control that often comes with a diagnosis. They will learn coping strategies, resilience skills, and emotional support practices to sustain hope and well-being—remembering that emotional health is an essential part of physical treatment.

Mental Health for Healthcare Professionals

Presencial o Virtual

🕒 1-1.5 hora

Healthcare professionals are experts at caring for others, yet they often neglect their own well-being. This workshop addresses risk factors for anxiety, depression, and secondary trauma in clinical and healthcare settings. It offers strategies to manage stress, improve rest and recovery, and seek psychological support without stigma. The session reinforces the importance of emotional health as a marker of clinical competence: a mentally healthy professional contributes to patient safety and a more harmonious, effective team environment.

Humanizing Care: Reconnecting with Purpose

Presencial o Virtual

🕒 1-1.5 hora

Amid administrative burdens and institutional pressure, healthcare professionals can lose touch with the purpose that first inspired them. This workshop offers a reflective pause to reconnect with the deeper meaning of their vocation. It explores how small gestures of empathy and attentive listening can transform the patient experience and renew clinical staff motivation. Through testimonials, interactive activities, and scientific evidence, participants will see that humanizing care also humanizes the caregiver.

Emotional Well-Being and Laughter Therapy

Presencial

🕒 1-1.5 hora

Laughter therapy focuses on the benefits of humor and laughter as tools to improve physical and mental health. This session explains how laughter can reduce stress, strengthen the immune system, improve mood, and support overall well-being. The talk includes practical exercises and group dynamics that encourage laughter and relaxation, while exploring ways to incorporate laughter therapy into daily life as a resource for coping with emotional challenges. It also discusses the value of maintaining a positive attitude and the power of laughter as a therapeutic tool in different settings—from the workplace to personal relationships.

Happiness and Its Relationship to Mental Health

Presencial o Virtual

🕒 1 hora

This educational talk, “Happiness and Its Relationship to Mental Health,” focuses on how emotional well-being and the pursuit of happiness directly affect mental health. Key concepts are explored, including the role of positive emotions, gratitude, and healthy relationships. The session also discusses how a positive mindset and self-care can reduce stress, anxiety, and other mental health concerns. Participants will learn practical strategies to cultivate happiness in everyday life, such as mindfulness practices, setting personal goals, and developing a resilient mindset. The goal is to provide tools that strengthen emotional well-being and support better mental health day to day.

Boost Your Vitamins: Stimulating the “Happiness Hormones”

Presencial o Virtual

🕒 1 hora

Neuroscience has identified certain hormones and neurotransmitters that support happiness and emotional well-being. Some act as natural pain relievers, help us feel good when we complete tasks, and strengthen emotional bonding, among other functions. This workshop introduces these key brain chemicals, explains how they support us, and helps participants identify practical ways to naturally maximize them in everyday life.

Finding Meaning in Challenging Times

Presencial

🕒 1 hora

This talk invites participants to reflect on the deep human search for meaning, inspired by Viktor Frankl's teachings and his book *Man's Search for Meaning*. Drawing on principles such as: our deepest motivation is to find purpose, we can choose our attitude even in adversity, and we are responsible for creating meaning in our lives, the session encourages purposeful living during difficult moments. It aims to connect what gives meaning to everyday life with personal growth and resilience.

Manage Your Emotions Before They Manage You

Presencial o Virtual

🕒 1-1.5 hora

This talk explores the complexity of how people respond under emotional pressure—where emotions come from, why they can take over, and why we act the way we do. Participants are introduced to an emotion-management model and learn effective strategies to better handle the most disruptive emotions in the workplace.

Emotional Balance When Facing Illness: Strategies for Coping with Health Challenges

Presencial o Virtual

🕒 1.5 horas

Facing a health diagnosis—whether personally or as a family member—can trigger a complex range of emotions. This workshop is designed to offer practical support and emotional management strategies for those navigating the challenges of a medical condition. It explores common emotional responses to receiving a diagnosis and helps participants understand anticipatory grief and the process of emotional adjustment and adaptation.

In Search of Happiness

Presencial

🕒 1.5-2 horas

Modern psychology has expanded its focus beyond mental illness to explore human behavior and provide practical guidance for building a fulfilling life. Hundreds of studies over the past decade have examined what happiness is, how it can be developed, and what sets happier people apart—especially in how they recover more quickly and effectively from the same difficulties others face. This session shares evidence-based insights and tools that can help participants cultivate happiness both at work and at home.

A Vaccine Against Pessimism

Presencial

🕒 1.5 horas

There are many myths about optimistic thinking, but at its core, optimism is the way we explain our successes and failures. This talk explores the science behind an optimistic explanatory style and presents evidence-based ways—rooted in positive psychology—to shift thinking habits toward a more hopeful, resilient mindset.

How to Master Your Time

Presencial o Virtual

🕒 1.5-2 horas

This workshop guides participants through a deep level of self-reflection. Each participant will self-assess their roles and responsibilities within two categories: support roles and foundation roles. After identifying areas for improvement in each category, participants will create an action plan divided into four sections: do more, do less, stop doing, and start doing.

How to Master Your Time

Presencial

🕒 1.5-2 horas

This workshop explores the key factors that influence time management, including perception, emotions, and personality. We will examine procrastination—its signs and symptoms—and practical strategies to overcome it. The session also covers the concept of focus: the ability to concentrate on a specific task, along with productivity tips shared by leading experts. We will discuss “time thieves”—the distractions that pull us away from our main goals—and the most commonly used strategies to overcome them, reduce them, and even “escape” them when necessary.

Key Considerations for Caregivers of Individuals Diagnosed with a Mental Health Condition

Presencial o Virtual

🕒 1-1.5 hora

Becoming a caregiver for someone living with a mental health disorder can affect a person’s biological, psychological, and social well-being. It is estimated that more than one third of caregivers do not have the resources needed to provide family care, yet they still offer intensive support. Even more striking, most people do not consider themselves caregivers. If you help someone with daily hygiene, care for them at some point during the day, manage medications, or assist with household tasks for a person diagnosed with a mental health condition, you are a caregiver. This talk aims to guide mental health caregivers by providing a general overview of some of the most common mental health diagnoses. It highlights higher-risk warning signs and symptoms, levels of treatment, and also reviews legal, community, and healthcare resources available to support caregivers.

COMMUNICATION

Comunicar con honestidad es un acto de autocuidado.



Difficult Communication with Patients and Families

Presencial o Virtual

🕒 1.5 -2 horas

Delivering bad news or addressing complaints requires sensitivity, empathy, and emotional steadiness. This workshop teaches effective communication tools for navigating delicate conversations without damaging the therapeutic relationship. It includes techniques for emotional validation, active listening, and tone management, as well as strategies for responding to frustration or anger from patients or family members. The session also discusses how to protect the professional's mental health during these intense interactions. Strong communication not only reduces conflict—it also humanizes the care experience.

Effective Communication and Empathic Listening

Presencial

🕒 1-1.5 hora

Ninety percent of workplace conflicts stem from poor communication. In this workshop, participants learn how to express ideas clearly, listen actively, and resolve disagreements with empathy. The session covers assertive communication, emotional tone, and body language as tools for building healthier relationships. It also offers strategies to improve teamwork and strengthen connection among coworkers, leaders, and clients.

Assertive Communication and Conflict Management

Presencial o Virtual

🕒 1 hora

This educational talk focuses on teaching participants how to express their thoughts, needs, and feelings in a clear and respectful way—without being passive or aggressive. It covers techniques to improve interpersonal communication, foster mutual understanding, and prevent misunderstandings. In addition, participants explore strategies for handling conflict constructively, promoting peaceful resolution and agreement-building. The session provides practical tools to support healthy relationships both at work and in personal life by encouraging empathy, respect, and effective negotiation.

Clinical Empathy: Listening Beyond the Symptoms

Presencial o Virtual

🕒 1 hora

Recent studies show that empathy from healthcare professionals can improve treatment adherence by up to 40% and reduce medical complaints by more than 30%. This workshop invites participants to reflect on the importance of listening to patients with full attention and emotional sensitivity. Through real-life examples and interactive activities, participants learn to recognize the emotional needs that often accompany physical pain and to communicate from a human, compassionate stance. The session offers strategies to connect without becoming emotionally depleted, promoting person-centered care—not just disease-centered care.

Assertive Communication Strategies

Presencial

🕒 1 hora

This talk outlines common barriers to communication with the goal of improving social coexistence, fostering healthy relationships, and identifying personal boundaries. Communication is the universal tool for building relationships—whether at work, socially, or within the family. The way we communicate can either help or hinder how we express ideas, thoughts, and opinions. Technological advances, generational differences, and personal perspectives—rather than simply facilitating communication—can also affect how we do it. Understanding communication styles and the everyday barriers we face supports stronger efforts toward assertive communication and greater effectiveness when sharing messages and ideas.

We Don't Speak the Same Language: The Four Communication Styles

Presencial o Virtual

🕒 1.5 -2 horas

In this workshop, each participant identifies their own communication style and learns about the strengths and limitations associated with it. The group then explores how each style interacts with others in both interpersonal relationships and workplace tasks. Participants discuss practical strategies for engaging with each style—maximizing strengths, acknowledging limitations, and expressing themselves assertively in each interaction. This experience helps the group build deeper mutual understanding while increasing awareness of how personal communication patterns can clash with (or complement) the other person's style.

We Don't Speak the Same Language II: A Guide to Managing "Difficult" Communication Styles

Presencial o Virtual ⌚ 1 hora

We can all seem "difficult" through someone else's eyes. This talk builds on the topic of communication styles and focuses on how to handle the challenges each style can present. Participants discuss what others can do to adapt to a given style—how to make requests, persuade, offer feedback, and what to do when someone becomes "difficult." A strong workplace relationship isn't formed when a perfect team comes together, but when an imperfect team understands, accepts, and enjoys its differences.

Win-Win: Conflict Management

Presencial ⌚ 1.5 2 horas

This talk approaches conflict management from two perspectives. First, it highlights the right mental "settings" for facing adversity. Second, it explores the behaviors that promote understanding without triggering the other person's defensiveness. These principles are presented in an engaging way through a boxing-rules analogy (no low blows, listen to your corner, etc.). The goal is to equip participants with tools to handle conflict appropriately, benefit the institution, and—whenever possible—avoid unnecessary escalation to Human Resources.

Assertive Communication

Presencial ⌚ 1-1.5 horas

A discussion of communication styles and how they show up in everyday interactions. Participants will explore assertive communication in both workplace and community settings. The session includes interactive activities to practice assertive communication using fictional case scenarios.

Let's Talk About Assertiveness

Presencial o Virtual

🕒 1-1.5 horas

This session explores assertiveness as a key tool for communication and conflict management. We examine why some people avoid using this style, while others overuse it. We also discuss passive and aggressive communication patterns and their impact. Participants review an assertiveness model and practice practical strategies to apply it effectively.

DEPRESSION

Pedir ayuda también es fortaleza.



Depression: When Sadness Becomes a Heavy Burden

Presencial o Virtual ⌚ 1.5 -2 horas

Depression affects more than 300 million people worldwide and remains one of the leading causes of absenteeism and lost productivity. This workshop provides a safe space to understand its causes, distinguish it from everyday sadness, and recognize warning signs in yourself or others. Through introspective exercises and psychological guidance, participants will explore practical tools to foster hope, connection, and emotional well-being. The session emphasizes that seeking help is not weakness—it is an act of self-care and strength.

What Is Depression and How Can You Cope with It?

Presencial o Virtual ⌚ 1-1.5 hora

This talk aims to provide a comprehensive understanding of depression by exploring its definitions, core concepts, and key characteristics as a mood disorder that affects thoughts, emotions, behavior, and social relationships. Participants will examine its psychological, emotional, cognitive, and social impacts, along with coping strategies and tools focused on emotional regulation, strengthening self-care, and seeking professional and social support. Through practical examples and therapeutic resources, the session will offer techniques to recognize early warning signs and build resilience. It concludes with a structured group activity designed to encourage reflection, empathy, and the creation of supportive networks among participants.

Depression: What It Is and How to Face It

Presencial o Virtual ⌚ 1-1.5 hora

This talk focuses on understanding depression—what it is, how it shows up, and how to respond in a healthy, informed way. Participants will learn to identify common symptoms and risk indicators, explore evidence-based coping strategies, and strengthen protective habits such as routine, healthy support systems, and self-care. The session also emphasizes the importance of seeking professional help and using available resources to support recovery and prevent worsening symptoms.

Depression: When Sadness Becomes a Heavy Burden (Educational Overview)

Presencial o Virtual

🕒 1 hora

Today, depression has become one of the most common diagnoses in our society. The World Health Organization reports that more than 300 million people worldwide live with depression. Depression results from complex interactions among social, psychological, and biological factors. This session highlights the importance of prevention education, recognizing key indicators of depression, and learning practical strategies for managing it effectively.

DIVERSITY

La diversidad abre puertas a conversaciones más ricas y auténticas.



Generational Survival Guide: How to Understand Those Who Came Before You

Presencial o Virtual

🕒 1.5 -2 horas

This workshop offers a practical and fun approach to help Generation Z better understand and collaborate with older generations. Through interactive activities, comparisons, and exercises, participants learn to interpret the communication styles and values of those who came before them, building empathy and developing tools to create bridges instead of barriers. The goal is to provide a practical “manual” for living, communicating, and working effectively with people from other generations.

Fulfillment and Pleasure: Healthy Sexuality in Older Adulthood

Presencial

🕒 1.5-2 horas

Sexuality doesn't disappear with age—it evolves. This workshop breaks down myths and stigma surrounding sexual life in older adulthood, offering clear and respectful information about the physical, emotional, and relational changes that can come with this stage. According to AARP, more than 60% of older adults consider sexuality an important part of their well-being. The session promotes a holistic view of sexuality that includes affection, intimacy, self-care, and communication. Participants will discover ways to maintain a fulfilling and safe sex life, strengthening self-esteem and emotional connection. Talking about sexuality at this stage is not taboo—it's a conversation about health, dignity, and vitality.

Effective Communication Across Generations

Presencial o Virtual

🕒 1 hora

This educational talk aims to strengthen understanding and collaboration among people from different generations in workplace or social settings. It explores differences in values, communication styles, and work approaches among generations such as Baby Boomers, Generation X, Millennials, and Generation Z—promoting mutual respect and empathy. Throughout the session, participants learn key definitions and concepts, along with practical techniques, strategies, and tools to improve intergenerational communication, active listening, and communication adaptability. The session concludes with a structured group activity where participants apply what they've learned through collaborative exercises that build understanding, cohesion, and teamwork.

How Effective Is Sex Education for Older Adults Ages 65 to 85?

Presencial o Virtual

🕒 1 hora

An educational talk focused on exploring how sexuality-focused educational interventions can improve quality of life in this population. Topics include understanding sexual needs in later life, the cultural and social barriers to speaking openly about sex at this stage, and how sex education can contribute to better emotional and physical health. The session also examines perceptions and stigma related to sexuality in older adulthood, highlighting the importance of providing appropriate information to support a healthy and satisfying sexual life. The talk may include practical cases, testimonials, and recommendations on how healthcare professionals can support this age group through sexual health education.

EMOTIONS

Reconocer tus emociones es el
primer paso hacia el equilibrio.



Gratitude and Well-Being: The Power of Valuing What You've Lived

Presencial o Virtual ⌚ 1 -1.5 horas

Gratitude is one of the most healing emotions in adulthood. In this workshop, participants reflect on how gratitude can improve physical health, strengthen the immune system, and uplift mood. Through interactive activities and therapeutic writing, they learn to focus on what they still have and what they have overcome. The session encourages a hopeful view of the present and a deeper connection with others. It's an experience of inner peace and shared joy.

Unwanted Loneliness: How to Reconnect with Others—and with Yourself

Presencial o Virtual ⌚ 1 -1.5 horas

Loneliness is one of today's greatest mental health challenges in older age; according to Harvard studies, it can affect health as much as smoking 15 cigarettes a day. This workshop offers a warm, reflective space to name that feeling and find real ways to reconnect. Participants learn strategies to expand social networks, share meaningful experiences, and rebuild a sense of belonging. It also explores how to cultivate a more loving relationship with oneself. This is a gathering to rediscover companionship, faith, and the purpose of living connected.

Effective Strategies for Anger Management

Presencial o Virtual ⌚ 1.5 horas

This educational talk aims to help participants recognize, understand, and regulate anger in a healthy way. Throughout the session, key concepts and definitions are covered, including different types of anger (suppressed, explosive, and controlled) and the psychological, emotional, cognitive, and social impacts that can result when anger is not managed effectively. Participants learn practical self-regulation strategies such as mindful breathing, cognitive reframing, and assertive communication—promoting greater self-awareness and personal control. The session concludes with a structured group activity that helps attendees identify triggers, reflect on typical reactions, and practice more constructive ways to channel anger in everyday life.

Managing Emotions and Life Changes

Presencial o Virtual ⌚ 1.5 horas

This educational talk is designed to explore the link between self-esteem and the ability to make decisions in a confident, conscious, and effective way. Through a practical, participatory approach, participants receive psychological tools, personal-strengthening techniques, and strategies that help build self-confidence, mental clarity, and responsibility in the decision-making process.

Emotions in Times of Change

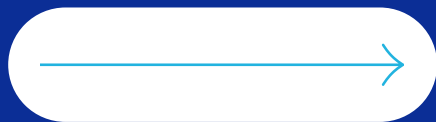
Presencial o Virtual ⌚ 1.5 horas

Change happens throughout life—some changes are chosen and others are imposed—but all of them show up through emotions. Emotions are influenced by multiple factors that shape behavior, including social environment, culture, and biology. This workshop highlights the value of both “negative” and “positive” emotions and offers an opportunity to understand emotional responses to change, including the process of acceptance and problem-solving. Participants learn the difference between adaptive and maladaptive emotions, strategies to shift their response to change, and practical exercises for emotional regulation.

STRESS & ANXIETY

“La calma es crear espacio para sentir tus emociones sin dejar que te controlen.”

Brené Brown



Anxiety: How to Manage Your Mind Under Pressure

Presencial o Virtual

🕒 1 -1.5 horas

Anxiety has become one of the most common issues in the workplace: according to the World Health Organization (WHO), more than 60% of employees report feeling anxious at least once a week. In this workshop, participants learn to identify the causes and warning signs of anxiety, recognize the thought patterns that fuel it, and apply breathing and mental-control strategies. Simple methods are taught to slow racing thoughts, ease physical tension, and regain daily focus. Participants discover how to live with greater calm and resilience in the face of work and personal-life challenges.

Managing Negative Thoughts and Mental Rumination

Presencial o Virtual

🕒 1 -1.5 horas

Overthinking what went wrong—or what could go worse—can become a silent enemy of mental health. In this workshop, participants learn how the cycle of repetitive thinking works and how to stop it before it turns into anxiety or insomnia. Techniques based on cognitive-behavioral therapy (CBT) are introduced to help challenge automatic thoughts and replace them with more realistic and compassionate interpretations. With mindfulness exercises, the goal is to develop a more flexible mind—one that can let go of what it cannot control. By the end, attendees gain tools to live with greater clarity, calm, and mental control.

Managing Stress and Anxiety in Older Adulthood

Presencial o Virtual

🕒 1-1.5 horas

Although many people associate anxiety with younger adults, older adults can also experience it—especially in response to illness, loneliness, or family changes. This workshop explains how to recognize anxiety in both the body and the mind, and teaches effective relaxation techniques and positive-thinking tools. It includes simple breathing and movement exercises to reduce tension. The session also discusses how to stay calm during medical or emotional situations. It's a practical guide to restoring serenity and enjoying the present.

Understanding Anxiety: How It Works and What You Can Do to Cope

Presencial o Virtual ⌚ 1 -1.5 horas

This talk offers a clear, accessible explanation of what anxiety is, how it shows up in the body and mind, and why it is part of normal human functioning. Through simple explanations and everyday examples, participants explore common causes of anxiety, physical and emotional symptoms, and its impact on daily life. The session also provides practical tools and effective strategies—from breathing and relaxation techniques to lifestyle changes and therapeutic resources. The main goal is to help people understand this psychological experience and learn healthy ways to cope with it and prevent it from worsening.

Anxiety: Is It Controlling My Days?

Presencial o Virtual ⌚ 1 hora

Anxiety is a culturally accepted mental health diagnosis—often, the more we do and the more packed our schedules are, the more society assumes we are being productive. However, research shows that living with this disorder can lead to serious consequences, including physical health conditions such as heart attacks and high blood pressure. Common symptoms may include frequent panic attacks and the development of depression. Anxiety can also be confused with stress. This talk aims to educate participants about the signs and symptoms of anxiety, risk factors, and prevention behaviors. Self-help techniques are reviewed to help reduce anxiety symptoms.

Who Are They? Stress and Anxiety

Presencial o Virtual ⌚ 1-1.5 horas

This session defines the concepts of stress and anxiety from biological, psychological, and social perspectives. It discusses workplace stress factors, provides psychoeducational information, and introduces sensory-based exercises to cope with stress and anxiety.

Master Stress: Practical Strategies for a Balanced Life

Presencial o Virtual ⌚ 1 hora

This workshop explores effective strategies to identify, understand, and manage stress in daily life. Participants learn to recognize stressors and develop coping skills. Topics include effective time management, the importance of self-care, relaxation techniques, and building a resilient mindset. By the end of the workshop, participants leave with a set of practical tools and strategies to handle stress more effectively and support lasting well-being in everyday life.

Strategies to Overcome Burnout Syndrome

Presencial o Virtual ⌚ 1 hora

Burnout syndrome involves a prolonged stress response to emotional and interpersonal stressors in the workplace. In the context of ongoing social, health, and environmental events, many professionals have experienced increased emotional exhaustion. This workshop aims to help participants identify how burnout develops and the factors that contribute to it, recognize its physiological, psychosomatic, behavioral, and emotional manifestations, and develop strategies for burnout prevention and management.

Practical Strategies to Manage Anxiety

Presencial o Virtual ⌚ 1-1.5 horas

This workshop provides effective, practical tools to face and reduce anxiety in everyday life. Using techniques supported by psychology and mindfulness, participants learn to identify anxiety triggers, build stress-management skills, and practice exercises that promote calm and emotional balance.

Balance at Work: Strategies for Effective Workplace Stress Management

Presencial o Virtual ⌚ 1 hora

Living in today's fast-paced work environment can create significant tension. This workshop provides essential tools to recognize and manage workplace stress effectively. It explores the complexities of stress on the job, including how to identify personal stress triggers, set healthy boundaries, and cultivate a more balanced work atmosphere. Participants learn time-management techniques, workplace-applied mindfulness practices, and strategies to maintain a resilient mindset in high-pressure situations.

Strategies to Overcome Burnout Syndrome

Presencial o Virtual ⌚ 1 hora

Burnout syndrome involves a prolonged stress response to emotional and interpersonal stressors encountered in the workplace. In the context of ongoing social, health, and environmental challenges, many professionals have experienced increased emotional exhaustion. This workshop helps participants understand how burnout develops and identify contributing factors, recognize its physiological, psychosomatic, behavioral, and emotional signs, and build practical strategies for burnout prevention and management.

Practical Strategies for Managing Anxiety

Presencial o Virtual ⌚ 1-1.5 horas

This workshop provides effective, practical tools to help participants face and reduce anxiety in everyday life. Using techniques supported by psychology and mindfulness, participants learn to identify anxiety triggers, develop stress-management skills, and practice exercises that promote calm and emotional balance.

FAMILY

Todos somos familia cuando nos
unimos desde el respeto y la empatía.



Caring for Myself So I Can Care for Others

Presencial o Virtual ⌚ 1 -1.5 horas

More and more adults are juggling a double shift—working while also caring for an ill or aging family member—which significantly increases stress and exhaustion. This workshop offers practical tools for those carrying this emotional and physical load, helping prevent caregiver burnout. Topics include setting healthy boundaries, time organization, guilt, and the importance of asking for help. According to the American Heart Association, caregivers who do not practice self-care have a 63% higher risk of developing anxiety or depression. Through reflective exercises and well-being strategies, participants learn how to balance work, caregiving, and personal life without losing energy or identity. The central message is clear: you can't care well for others if you don't care for yourself.

Caregiver Stress: Warning Signs and Prevention

Presencial o Virtual ⌚ 1-1.5 horas

Prolonged caregiver stress can show up as irritability, insomnia, or physical symptoms. In this workshop, participants learn how to identify early signs of burnout and stop it from progressing. The session addresses feelings of guilt, frustration, and fear, offering tools to manage overload. Through simple relaxation practices and time-organization strategies, attendees discover how to protect their emotional health without abandoning their caregiving role. Caring with well-being means caring better.

Strengthening the Bond: Assertive Communication for Children's Emotional Well-Being

Presencial o Virtual ⌚ 1-1.5 horas

More and more adults are juggling a double shift—working while also caring for an ill or aging family member—which significantly increases stress and exhaustion. This workshop offers practical tools for those carrying this emotional and physical load, helping prevent caregiver burnout. Topics include setting healthy boundaries, time organization, guilt, and the importance of asking for help. According to the American Heart Association, caregivers who do not practice self-care have a 63% higher risk of developing anxiety or depression. Through reflective exercises and well-being strategies, participants learn how to balance work, caregiving, and personal life without losing energy or identity. The central message is clear: you can't care well for others if you don't care for yourself.

Positive Parenting and Assertive Discipline

Presencial o Virtual

🕒 1 hora

This talk offers parents, educators, and caregivers an up-to-date, evidence-based perspective on how to support children through an approach that is respectful, positive, and firm at the same time. Drawing on respectful parenting principles, attachment theory, and assertive discipline, it explores how to build secure bonds, set clear limits without relying on punishment, and develop communication that encourages genuine cooperation.

EMOTIONAL INTELLIGENCE

La inteligencia emocional comienza
cuando te atreves a escucharte.



Self-Esteem: Reconnecting with Your Personal Worth

Presencial o Virtual

🕒 1 -1.5 horas

Healthy self-esteem isn't built on perfection—it's built on acceptance. This workshop invites participants to recognize their strengths, challenge comparison, and transform self-critical inner dialogue. It includes practices such as positive affirmations, self-compassion, and confidence-building techniques. Research shows that strengthening self-esteem improves motivation, performance, and personal relationships. This is a space to remember that self-worth doesn't depend on external validation, but on the alignment between who you are and what you believe about yourself.

Emotional Intelligence: Understanding Yourself to Connect Better

Presencial o Virtual

🕒 1-1.5 horas

According to Yale University, personal and professional success depends more on emotional intelligence than on IQ. This workshop teaches participants how to identify, understand, and manage their own emotions and those of others—transforming the way they face challenges and navigate relationships. Through experiential exercises, participants learn to recognize emotional triggers, regulate impulsive reactions, and communicate with empathy. The session emphasizes that emotional intelligence improves workplace culture while also strengthening mental health and family relationships. By the end, each participant leaves with practical tools to lead with empathy and live with greater emotional balance.

Self-Esteem and Decision-Making

Presencial o Virtual

🕒 1 hora

This educational talk explores how self-esteem influences the ability to make confident, conscious, and effective decisions. Participants learn strategies to strengthen self-trust, improve mental clarity, and take responsibility in the decision-making process. The session highlights practical tools to reduce self-doubt, set healthier boundaries, and choose actions that align with personal values—supporting both everyday decisions and long-term goals.

Self-Esteem and Effective Decision-Making

Presencial o Virtual ⌚ 1.5 hora

This educational talk is designed to explore the connection between personal self-esteem and the ability to make decisions in a confident, conscious, and effective way. Through a practical and participatory approach, participants receive psychological tools, personal-development techniques, and strategies that strengthen self-confidence, mental clarity, and accountability throughout the decision-making process.

Emotional Self-Regulation

Presencial o Virtual ⌚ 1 hora

This talk focuses on teaching participants how to identify, understand, and manage their emotions in a healthy and effective way. Topics include the impact of emotions on physical and mental well-being, techniques for recognizing and regulating emotions during moments of stress or difficulty, and the importance of self-reflection and emotional awareness. The session also introduces practical strategies—such as deep breathing, meditation, cognitive reframing, and impulse control—to strengthen emotional regulation and support a more balanced response to life's challenges. The goal is to empower participants to make more conscious decisions, maintain healthy interpersonal relationships, and improve overall well-being.

Emotional Intelligence and Affective Responsibility for Building Healthy Bonds

Presencial o Virtual ⌚ 1 hora

This talk focuses on developing emotional intelligence and affective responsibility as key skills for creating healthier relationships. Participants learn to identify, understand, and manage emotions in a constructive way, while also recognizing how their emotional responses impact others. Topics include emotional awareness, self-reflection, empathy, and setting respectful boundaries, as well as practical tools such as deep breathing, mindfulness, cognitive reframing, and impulse management. The goal is to strengthen conscious decision-making, improve communication, and foster safe, respectful, and emotionally healthy connections.

Emotional Intelligence: A Key Element of Leadership

Presencial o Virtual ⌚ 1.5 hora

This workshop helps participants understand what emotional intelligence (EI) is and how it connects to their role as leaders. It explores how the mind responds during an emotional “attack,” where emotions come from, and why they can override reason. This foundation becomes the key to understanding internal self-control strategies and how to reflect EI strengths through everyday leadership behaviors. The skills covered support stronger decision-making, teamwork, social harmony, adaptability, frustration tolerance, resilience, inspiration, and conflict management—among many others—making EI essential for leadership development.

Emotional Intelligence for a Fulfilling Life

Presencial o Virtual ⌚ 1-1.5 horas

This workshop focuses on the role emotions play in mood, their biological processes, how they influence behavior, and practical strategies for managing them. Through self-awareness, participants increase their ability to self-regulate and to support emotional regulation in others, fostering healthier relationships and a more balanced, fulfilling life.

LEADERSHIP

Liderar es escuchar, comprender y
guiar con propósito.



The Art of Delegation: Best Practices for Effective Delegation

Presencial o Virtual

🕒 1.5-2 horas

A leader's value isn't measured by what they do, but by what they know and the decisions they make. This workshop begins by motivating supervisors to delegate, addressing personal fears—real or imagined—that often lead to resisting delegation and holding on to control. Participants then review the ten steps of effective delegation and discuss the most common delegation mistakes.

Leadership Challenges: Building a Culture of Trust

Presencial o Virtual

🕒 1.5-2 horas

This workshop presents participants with a series of workplace dilemmas they must solve. They will be divided into groups and given case scenarios to discuss, develop, and present to the rest of the group. In their analysis, each group must choose from twelve trust- and communication-building behaviors to resolve their case effectively.

The Portrait of an Ideal Leader: Traits That Support Strong Leadership

Presencial o Virtual

🕒 1.5-2 horas

Over the past two decades, a substantial body of research has described the characteristics of an “ideal” leader. Many of these are personality traits, though not having them doesn't necessarily mean someone can't be successful as a leader. This talk highlights these standout characteristics, provides examples, and discusses when it is most effective to demonstrate them. It also explores how these traits strengthen three core leadership skills: communication, teamwork, and customer service.

Proyecto Aristóteles: características de equipos efectivos

Presencial o Virtual

🕒 1.5-2 horas

Google investigó por 3 años las características de los equipos más efectivos, esta presentación se centra en los hallazgos de esta investigación. Discutiremos las siguientes características; Seguridad Psicológica, Dependencia, Claridad y Estructura, Significado e Impacto en el trabajo. Nos centraremos en entender qué son, cómo se manifiestan en el trabajo y cómo desarrollarlas tanto en nosotros mismos como en los demás.

¿Cuál es mi estilo de líder?

Presencial o Virtual

🕒 1.5-2 horas

Durante esta charla los participantes identificarán su estilo personal dentro de los cuatro estilos de comunicación interpersonal más comúnmente estudiados en la literatura. Se les describirá las fortalezas y las limitaciones de su estilo particular. Luego se discutirá cómo interacciona un estilo específico al combinarse con otro, tanto en relaciones interpersonales como en tareas de trabajo.

Manejo de crisis emocional y situaciones difíciles

Presencial o Virtual

🕒 2 -4 horas

Las crisis emocionales pueden surgir de forma inesperada en el trabajo, la familia o en la comunidad y nuestra respuesta inmediata puede marcar la diferencia. Este taller enseña cómo mantener la calma, evaluar la situación y actuar con equilibrio y empatía ante momentos de tensión o conflicto. Se presentan estrategias de primeros auxilios psicológicos, comunicación efectiva y autorregulación emocional para prevenir reacciones impulsivas o desbordadas. Basado en principios de la psicología del manejo de crisis, el taller ayuda a transformar el caos en acción organizada y consciente. Los participantes aprenderán que una crisis no siempre es una amenaza: también puede ser una oportunidad para demostrar liderazgo, madurez emocional y resiliencia.

Leading from Well-Being

Presencial o Virtual

🕒 1 hora

In increasingly demanding work environments, supervisors need not only productivity skills but also emotional competencies that support well-being-centered leadership. This talk highlights the importance of leaders' mental health and provides practical tools for supervisors to develop a healthier, clearer, and more effective leadership style. Participants explore how a leader's emotional state directly influences communication, decision-making, motivation, and team performance. The session offers strategies to cultivate self-care, emotional regulation, and communication skills that foster a positive and productive workplace climate.

MINDFULNESS

Mindfulness es aprender a habitar tu
aquí y tu ahora.



Resilient Caregivers: How to Keep Caring with Hope

Presencial o Virtual

🕒 1-1.5 hora

A caregiver's resilience is nourished by faith, social connection, and gratitude. This workshop offers strategies to sustain hope and a sense of purpose, even in the face of fatigue and uncertainty. Participants learn practices to strengthen the mind and spirit, including reflection, prayer, or meditation. The session reinforces the importance of support among caregivers as an emotional network. By the end, attendees will feel strengthened, supported, and valued in their essential role.

How to Stop Overthinking

Presencial o Virtual

🕒 1 hora

Overthinking can be just as exhausting as working nonstop. This workshop helps participants understand how excessive thinking increases anxiety, insomnia, and indecision—affecting both mental health and performance. Through practical examples, participants learn cognitive techniques and focus exercises to interrupt the cycle of constant worry. Attendees will develop greater mental clarity, more confidence in their decisions, and a stronger ability to enjoy the present moment without the weight of overanalyzing.

From Routine to Well-Being: Turning Daily Life into a Purpose-Driven Life

Presencial o Virtual

🕒 1-1.5 horas

Many people live on autopilot—caught between responsibilities and exhaustion—without noticing how routine impacts happiness. This workshop offers a practical guide to transforming everyday activities into opportunities for well-being and personal growth. Participants learn strategies to cultivate mindfulness, enjoy daily moments, and reconnect with personal purpose. Grounded in positive psychology research, the session shows how small well-being routines—such as practicing gratitude, walking, resting, and conscious breathing—can improve mood and reduce stress. Participants will discover that well-being isn't found outside of themselves; it is built within each day.

Attention and Concentration

Presencial o Virtual ⌚ 1-1.5 hora

This educational talk focuses on improving concentration while protecting emotional and psychological well-being. It explores how stress, anxiety, and other mental health conditions affect attention and focus, and highlights the importance of recognizing and managing these factors to maintain good mental health. The session provides strategies to strengthen attention—such as meditation, mindfulness, and relaxation techniques—while also promoting healthy habits like adequate sleep and physical activity. The goal is to help participants improve concentration without sacrificing emotional well-being, creating a balance that supports both productivity and mental health.

Mindfulness at Work

Presencial o Virtual ⌚ 1-1.5 horas

This talk introduces mindfulness—also known as attention to the present moment—as the ability to stay grounded in the here and now without judgment, cultivating a more aware and balanced mind. Through clear definitions, key concepts, and practical tools, participants learn about the benefits of mindfulness in the workplace, including stress reduction, improved focus, and stronger emotional well-being. The session includes techniques such as meditation, conscious breathing, and mindful pauses that can be integrated into daily routines. It concludes with a guided group activity where participants practice short mindfulness exercises to bring calm and clarity into everyday work.

How to Slow Down the Mind: Mindfulness and Present-Moment Awareness

Presencial o Virtual ⌚ 1.5-2 horas

This talk aims to raise awareness about the pace at which we live and how—even though we are more productive than 20 years ago—we often fail to pause and truly savor our world, our achievements, and our free time. It explains how the mind tends to worry about the future or complain about the past, instead of appreciating the present. The session introduces mindfulness as a strategy to slow down the mind and shares key findings from the past two decades of psychological research on mindfulness and its benefits in a fast, busy, high-stress life. It ends with practical exercises participants can do from their desks to begin experiencing the benefits of this technique.

Mindfulness: What Is It and How Do I Use It?

Presencial o Virtual

🕒 1.5-2 horas

A discussion of mindfulness from both social and biological perspectives, with practical applications in everyday activities that support mental well-being. The session includes exercises that incorporate multisensory experiences and highlight the natural sense of gratification that comes from being present and engaged.

DEATH & GRIEF

No se supera una pérdida, se
aprende a vivir con ella.



Coping with Caregiver Guilt and Grief

Presencial o Virtual ⌚ 1-1.5 horas

Long-term caregiving often comes with guilt, helplessness, or anticipatory sadness as a loved one's condition declines. This workshop offers a supportive space to validate those emotions and learn how to process them without self-judgment. It explains the stages of grief and explores how to transform guilt into gratitude and acceptance. Participants learn self-compassion practices and safe ways to express emotions. It is a deeply human experience that brings relief, hope, and resilience.

Grief and Loss: Learning to Live with What's Missing

Presencial o Virtual ⌚ 1-1.5 horas

Loss is an inevitable part of life, but not everyone knows how to move through it. This workshop approaches grief from a compassionate, human perspective, offering guidance on its stages and emotional responses. Participants learn coping strategies, self-care practices, and ways to support others who are grieving. Through reflection, the session aims to transform pain into meaning and keep love alive beyond absence.

The Art of Letting Go: Accepting the Limits of Caregiving

Accepting that we can't do everything is one of the hardest lessons for caregivers. This workshop focuses on healthy detachment, accepting physical and emotional limits, and the importance of asking for help. Participants reflect on control, mature love, and the process of letting go without guilt. Through guided exercises, the session encourages inner peace and the release of impossible expectations. Letting go is not abandonment—it is caring with serenity and trust.

Grief in Children

Presencial o Virtual



1 hora

This educational talk on “Grief in Children” focuses on how children experience and process the loss of a loved one, recognizing that their understanding of grief varies by age and emotional development. It explores the different emotional and behavioral reactions children may show, such as sadness, anger, fear, or regression. The session provides practical tools to help adults support children through grief by encouraging open communication, validating their feelings, and using age-appropriate resources to explain death in an understandable way. It also discusses strategies for creating a safe, supportive environment that allows children to process grief in a healthy and adaptive manner.

Crisis-Management Strategies After a Loss in the Workplace (Grief)

Presencial o Virtual



1 hora

How to appropriately face and manage the emotional, psychological, and organizational impact that can occur when a coworker, supervisor, team member—or even a loved one of someone on the team—passes away.

Facing Grief

Presencial o Virtual



1.5 horas

This workshop describes the grieving process, acknowledging the wide range of emotional responses and offering compassionate strategies for navigating the different stages of grief. It explains how people grieve in unique ways, the normal emotions that can arise, and the various stages of grief. Participants receive practical tools to move through grief in a healthy way.

Retirement: Now What?

Presencial o Virtual



2 horas

This workshop focuses on addressing the challenges and concerns often associated with retiring from working life. It explores the stages of retirement, how they can influence mental well-being, and practical strategies for redesigning life after work while promoting active aging.

SUICIDE

No tienes que cargar con todo a solas; pedir ayuda es un acto de valentía.



Breaking the Silence: Suicide Prevention and Active Hope

Presencial o Virtual ⌚ 1.5-2 horas

According to the World Health Organization (WHO), more than 700,000 people die by suicide each year, and for every death, at least 20 attempts occur without being seen or addressed. This workshop aims to raise awareness about the importance of discussing suicide with empathy, respect, and a focus on early intervention. Participants learn warning signs, risk factors, and safe strategies to support and refer someone who may be in crisis—both in the workplace and within the family. The session emphasizes listening without judgment, offering emotional support, and responding safely when risk is present. It is a deeply human workshop that promotes hope, the value of life, and the creation of environments where asking for help is seen as an act of strength—not weakness.

Suicide Risk Prevention

Presencial o Virtual ⌚ 1.5-2 horas

It is estimated that nearly 800,000 people die by suicide worldwide each year. In Puerto Rico, more than 80% of those who die by suicide are men. This workshop presents statistical data on suicide globally and in Puerto Rico, helps participants identify warning signs, and provides education on intervention steps during a mental health crisis. It discusses possible biological, psychological, and social factors that may influence suicidal behavior, and addresses common myths and facts about people who attempt or die by suicide. The session offers practical skills to support someone showing signs of hopelessness or emotional distress and to connect them with appropriate help.

WORKPLACE TOPICS

Cuidar la salud emocional en el trabajo es clave para crecer.



Before It Explodes: Identifying and Preventing Violence

Presencial o Virtual

🕒 1.5-2 horas

This workshop builds awareness of how violence develops—and how it can be prevented. Through case analysis, guided reflection, and self-control exercises, participants learn to recognize warning signs in their environment and within themselves. The approach is educational and empathetic, helping each person respond early, stay safe, and promote healthier environments.

What You Don't See: Critical Thinking in Life and Work

Presencial o Virtual

🕒 1-1.5 horas

This workshop invites participants to pause, observe, and think before judging. Using ambiguous images, dilemmas, and participatory activities, attendees experience how perception shapes what we believe to be true. The session promotes self-reflection and openness, strengthening decision-making grounded in analysis and empathy.

Work–Life Balance: Taking Care of Yourself Isn't a Luxury—It's a Necessity

Presencial o Virtual

🕒 1-1.5 horas

Balancing work and personal responsibilities is essential for a healthy life. This workshop teaches strategies for emotional organization, priority management, and digital disconnection. It explores how overwork affects mental health and how rest improves creativity and efficiency. Through reflective activities, participants learn to set realistic boundaries and build sustainable habits that support a fuller, more balanced life.

Compassion Fatigue: Caring for the Caregiver

Presencial o Virtual ⌚ 1-1.5 horas

Ongoing exposure to suffering can lead to emotional exhaustion, loss of motivation, and cynicism. This workshop creates space to recognize the signs of “compassion fatigue,” a phenomenon that—according to WHO data—affects 52% of healthcare staff. Participants learn self-care techniques, emotional regulation tools, and ways to balance empathy with professional boundaries. They will explore how protecting their own mental health is an essential part of providing quality care. The session promotes a sustainable view of caregiving: you can’t serve from an empty cup.

Workplace Stress and Burnout: Signs, Causes, and Solutions

Presencial o Virtual ⌚ 1-1.5 horas

Seventy-seven percent of workers report having experienced symptoms of emotional exhaustion, and many don’t recognize burnout until it begins to affect their physical health. This workshop teaches participants how to spot early warning signs of burnout and understand common causes, such as workload overload and lack of recognition. Participants learn practical strategies for time management, active breaks, relaxation, and work-life balance. The session reinforces the idea that self-care is part of productivity—not a luxury—supporting a cultural shift toward well-being in organizations.

Stress and Burnout in Healthcare Staff: Preventing Collapse Before It Happens

Presencial o Virtual ⌚ 1.5-2 horas

Seventy percent of healthcare professionals experience burnout symptoms at some point in their careers, impacting both performance and personal well-being. This workshop focuses on identifying early warning signs of professional exhaustion and developing personal recovery plans. Topics include workload overload, clinical perfectionism, and the emotional impact of the pandemic. Through practical exercises, participants learn relaxation techniques, time reorganization strategies, and resilience-building tools. Caring for the caregiver is an investment in service quality—and in life itself.

Difficult Patients: Emotional Management and Healthy Boundaries

Presencial o Virtual ⌚ 1.5-2 horas

Not all patients respond to illness in the same way, and some may show resistance, aggression, or frustration. This workshop teaches participants how to handle these situations with professionalism and empathy, while preventing emotional burnout. It explores psychological patterns behind challenging behavior and provides strategies to maintain emotional control and clear boundaries. Participants learn how to balance firmness with compassion—strengthening the therapeutic relationship without compromising personal well-being.

Procrastination: The Art of Putting Things Off

Presencial o Virtual ⌚ 1-1.5 horas

Procrastination affects up to 88% of people at some point, often leading to stress, guilt, and reduced performance. This workshop helps participants understand why we delay important tasks and how to break the cycle through practical strategies for focus, emotional discipline, and daily micro-actions. Participants learn how to identify avoidance thoughts, set clear goals, and apply the “5-minute rule” to get started without feeling overwhelmed. They will discover that motivation doesn’t always come before action—often, taking action is what sparks motivation. By the end, participants learn to replace harsh self-pressure with mindful consistency.

Work–Life Balance

Presencial o Virtual ⌚ 1.5 horas

This session focuses on achieving healthy harmony between work responsibilities and personal, family, and emotional needs. It encourages reflection on the importance of setting boundaries, managing time effectively, and prioritizing self-care to reduce stress and improve overall well-being. Through key concepts, techniques, and practical tools, participants learn how to support more human, balanced workplace environments. The session concludes with a group activity that helps participants identify areas of imbalance and propose concrete actions to build greater whole-person well-being.

Burnout and Self-Care: How to Prevent Exhaustion

Presencial o Virtual ⌚ 1 hora

This talk focuses on raising awareness of the signs, causes, and consequences of emotional and physical exhaustion—especially in workplace settings or high-stress environments. Topics include early identification of burnout symptoms, the impact of not addressing burnout appropriately, and the importance of integrating self-care practices as prevention. The session includes practical strategies to support well-being, such as setting healthy boundaries, managing stress, prioritizing rest, incorporating physical activity, and promoting a healthy balance between personal and professional life. The goal is to equip participants with practical tools to recognize burnout early and adopt habits that support a more balanced and satisfying life.

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Strategies for Managing Workplace Stress, Burnout, and Self-Care

Presencial o Virtual

🕒 1.5 horas

Workplace stress and burnout syndrome have become common challenges in professional settings, directly affecting physical health, emotional well-being, and job performance. This educational talk offers participants a space for reflection and learning on how to identify early warning signs of stress, prevent emotional exhaustion, and apply self-care techniques that strengthen both personal and collective well-being.

Goals and Objectives

Presencial o Virtual

🕒 1 hora

This talk highlights the importance of setting clear, achievable goals in both professional and personal life. It explores the benefits of well-defined objectives—such as increased motivation, improved productivity, and better work-life balance. Participants learn strategies for creating SMART goals (Specific, Measurable, Achievable, Relevant, and Time-bound), prioritizing tasks, and overcoming common obstacles. The session also provides practical tools for time management, staying focused, and tracking progress to support balanced and satisfying personal and professional growth.

Procrastination at Work and Its Impact on Mental Health

Presencial o Virtual

🕒 1 hora

This talk focuses on understanding the causes and consequences of procrastination—especially in the workplace. It examines how delaying tasks can lead to stress, anxiety, and lower self-esteem, while also reducing productivity and work quality. Participants learn strategies to overcome procrastination, including time management, breaking large tasks into smaller steps, and setting priorities. The session also emphasizes protecting mental health through self-care practices, adequate rest, and mindfulness to reduce pressure and improve overall well-being in the work environment.

Procrastination: The Enemy of Productivity

Presencial o Virtual ⌚ 1.5horas

This educational talk focuses on understanding how procrastination negatively affects efficiency and performance—both at work and in everyday life. Participants explore common causes of procrastination, such as fear of failure, low motivation, and poor time management. The session provides practical tools to break the habit, including organization techniques, clear goal-setting, and methods to improve concentration and decision-making. It also addresses how procrastination can impact mental health by increasing stress and anxiety, and offers strategies to build a more proactive mindset and maintain consistent focus on tasks.

JUMANJI: The Team Adventure

Presencial o Virtual ⌚ 1.5-2 horas

Inspired by the adventurous spirit of Jumanji, this workshop turns participants into explorers who must overcome collaborative challenges to move forward on an interactive game board. Each space represents a scenario that tests the group's coordination, creativity, and empathy. Through a gamified approach, participants discover how individual strengths can elevate team performance—building unity and adaptability in the workplace.

Teamwork

Presencial o Virtual ⌚ 1 hora

This session emphasizes the importance of collaboration and effective communication to achieve shared goals within a group. Participants explore team roles, the benefits of diversity, and how to leverage individual strengths to improve collective performance. The talk includes strategies to strengthen team cohesion, resolve conflict constructively, and foster an environment of trust and mutual support. The goal is to provide tools to optimize teamwork, boost productivity, and build more effective and harmonious workplace relationships.

Teamwork: Together We Achieve More

Presencial o Virtual ⌚ 1.5horas

This session focuses on the importance of teamwork and what it takes to make it successful. It explains that teamwork means collaborating, communicating effectively, and coordinating efforts to achieve a shared goal—while leveraging each member’s skills and strengths. It highlights key elements such as clear objectives, respect, trust, defined roles, active listening, and shared accountability. The talk includes practical techniques and strategies to improve teamwork, plus a hands-on group activity where participants practice cooperation, communication, and planning—followed by a reflection on key takeaways. In short: it’s a session to learn, practice, and apply tools that help people work better together and accomplish more as a team.

Crisis Intervention in the Workplace

Presencial o Virtual ⌚ 1 hora

This talk provides leaders, supervisors, and teams with practical strategies for responding appropriately to emotional crises in the workplace. Participants learn to identify early signs of emotional dysregulation, acute stress, or risk, while prioritizing safety, empathic communication, and connection to professional resources. The session promotes a more human workplace culture where employees can offer support and help build collaborative work environments. It is a strategic tool for organizations committed to well-being, prevention, and mental health at work.

Psychosocial Risks in the Workplace

Presencial o Virtual ⌚ 1 hora

This workshop explains how psychological, social, and organizational factors directly influence mental health, well-being, and workplace safety. It explores common psychosocial risks in work settings—such as stress, poor communication, toxic environments, unstable workloads, and ineffective leadership styles—and their impact on productivity, motivation, and accident prevention. The approach emphasizes emotional education, personal strengthening, and emotionally intelligent leadership to foster healthier, more inclusive work environments.

At Your Service: Disney-Style Customer Service

Presencial o Virtual

🕒 1-2 horas

This talk is based on principles developed by the Disney Institute, helping participants identify customer needs and recognize the expectations customers bring to their service experience. From that foundation, the session introduces behaviors and practices designed to meet—and exceed—those expectations. Participants learn the principle of empathy, the psychological impact of first impressions, the risks of unmanaged emotions, and communication strategies that can turn an upset customer into a loyal one.

Disney-Style Service II

Presencial o Virtual

🕒 1-2 horas

As a follow-up to Disney-Style Customer Service, this session revisits the principles of Guestology (Disney’s “science” of customer service) and explores the “Disney look,” nonverbal communication with customers, and how it contributes to the “magic” of service. Participants also learn the H.E.A.R.D. model as an effective approach to customer recovery when something goes wrong. The session ends with a reflective exercise: imagining what Disney would do if it were running our organization’s service experience.

User Manual: A Practical Guide for Others to Work with Me

Presencial o Virtual

🕒 1.5 horas

This workshop encourages discussion about work styles, preferences, strengths, blind spots, and communication habits—not for self-discovery alone, but so others can better understand how to collaborate effectively with you. Through group discussion, participants share their preferences and learn to understand one another, making it easier to work together in ways that bring out everyone’s best.

The 7 Habits of Highly Effective Teams

Presencial o Virtual ⌚ 1-2 horas

Teamwork means letting go of purely individual thinking and embracing a new way of operating—one that requires releasing control, taking risks, considering new possibilities, navigating personality differences, and building trust, among other skills. We don't think or act the same way when we're alone as when we're working with others. This workshop explores the habits of the most effective teams, their dynamics, and best practices, putting them into action through hands-on team challenges.

We Are One: Teamwork and Conflict Management

Presencial o Virtual ⌚ 1-2 horas

This talk focuses on group thinking to help participants understand and develop the qualities a team needs to achieve shared goals. It covers the “rules” of cooperation, individual thinking versus group thinking, and the most common mistakes made when managing conflict between groups.

Synergy: Teamwork

Presencial o Virtual ⌚ 1.5-2 horas

PERMA is the foundation of positive psychology and stands for Positive Emotion, Engagement, Positive Relationships, Meaning, and Accomplishment. Teams that build these elements tend to be more connected and effective—but they don't happen by accident. This talk aims to help groups apply PERMA in their day-to-day interactions. The ultimate goal is to build a team identity grounded in the three C's: Clarity, Commitment, and Contribution.

THERAPEUTIC TREATMENTS & MASSAGES

Liberar tensión es abrir espacio para la calma.



Psychosomatic Massage

Presencial o Virtual ⌚ 1 hora

A therapeutic approach that seeks balance between body and mind by addressing how emotions and stress affect the physical body. It focuses on releasing accumulated emotional and physical tension through massage techniques and body awareness, helping individuals reconnect with their emotions to reduce stress and anxiety.

Emotional Release Technique to Improve Focus

Presencial o Virtual ⌚ 1 hora

A strategy to manage and reduce physical and mental tension caused by suppressed or accumulated emotions. It involves identifying, processing, and releasing these emotions to improve overall well-being. This technique—also known as “tapping”—uses gentle tapping on specific points of the body to help calm anxiety and reduce stress.

Aromatherapy for Balance

Presencial o Virtual ⌚ 1 hora

A therapy that uses 100% pure, natural essential oils as a complementary tool to support mental health by reducing stress, anxiety, and depression, while improving concentration, focus, and overall health and well-being.

Massage with Chromotherapy Techniques

Presencial o Virtual ⌚ 1 hora

A massage session enhanced with color therapy. This approach uses colors to influence a person's physical and emotional well-being, incorporating different colored lights during the massage to amplify relaxing or energizing effects.

Hydrotherapy for Health

Presencial o Virtual ⌚ 1 hora

A therapeutic method that uses water at different temperatures for healing purposes. Warm water can help reduce stress and anxiety, while water-based exercises may improve mood and promote more restorative sleep. It can also be helpful in supporting treatment for depression and other mental health conditions, while improving mobility and reducing physical pain.

Hand Reflexology

Presencial o Virtual ⌚ 1 hora

A technique that involves applying pressure to specific areas of the hands to promote relaxation and relieve stress. This therapy can also be applied to the feet.

Morning Stretching Routine

Presencial o Virtual ⌚ 1 hora

A series of exercises designed to lengthen muscles and improve flexibility and joint range of motion, with the goal of loosening tight muscles, improving posture, and increasing blood flow to the brain for greater mental alertness and energy—helping you start the day in a better mood.

Posture Management

Presencial o Virtual ⌚ 1 hora

A mindful practice of maintaining proper alignment of different parts of the body, both in motion and at rest. It involves spinal alignment and the relationship between the head, shoulders, torso, and limbs to support balance and stability. The goal is to improve physical appearance and long-term health by preventing pain, injuries, and even breathing issues.

Acupressure Techniques for Well-Being

Presencial o Virtual ⌚ 1 hora

A form of acupressure rooted in Traditional Chinese Medicine that involves applying pressure—using fingers or specialized tools—to specific points on the body to relieve discomfort or promote overall well-being. It is similar to acupuncture, but without needles.

Arm and Leg Massage

Presencial o Virtual ⌚ 1 hora

A massage specifically designed to reduce aches, discomfort, and minor injuries in the body. It can be used as a self-help technique in moments when you need immediate relief.

Head Massage

Presencial o Virtual ⌚ 1 hora

Gentle or firm massage techniques applied to the muscles and soft tissues of the head, face, neck, and shoulders. It can be done using the hands and fingers, or with tools such as brushes or handheld massagers.

Kinesiology Tape for Pain Relief

Presencial o Virtual ⌚ 1 hora

Neuromuscular taping—elastic cotton strips with a special adhesive applied to the skin for therapeutic purposes, mainly in physical therapy and sports settings. Its primary function is to support injury recovery, relieve pain, and improve muscle and joint function without restricting movement.

OTHER TOPICS OF INTEREST

“Donde llevas tu atención, llevas tu energía.”
Jon Kabat-Zinn



Active Mind, Fulfilling Life: Strategies to Support Memory

Presencial o Virtual

🕒 1 hora

As the years go by, occasional forgetfulness can be normal—but keeping the mind active may help prevent cognitive decline. This workshop teaches practical exercises to strengthen attention, memory, and reasoning. It also highlights brain-healthy habits such as reading, physical movement, and social connection. Emotional factors like anxiety and isolation—both of which can affect concentration—are addressed as well. Participants learn that keeping the mind active is also a way to support heart health and overall happiness.

Warning Signs: The Impact of Using AI as Emotional Support

Presencial o Virtual

🕒 1.5 horas

A talk designed for professionals on the responsible use of artificial intelligence as emotional support. It addresses warning signs (“red flags”) related to emotional dependence, isolation, and ethical boundaries in interactions with AI systems, encouraging critical reflection and prevention strategies in both workplace and personal contexts.

Understanding Attention Deficit

Presencial o Virtual

🕒 1.5 horas

Attention Deficit Hyperactivity Disorder (ADHD) is not only a childhood condition. Although symptoms begin in childhood, they can continue into adulthood. Thirty percent of the population with learning differences lives with attention deficit, and around 150,000 minors under age 18 in Puerto Rico are diagnosed with the disorder. While symptoms may improve as a person reaches adulthood, difficulties with inattention, disorganization, and impulse control often persist. This talk presents possible causes, warning signs, and treatment options. It also discusses mental health diagnoses in which ADHD commonly appears as a dual diagnosis. Participants receive strategies to help manage symptoms.

FHC First Healthcare



Case Management
07/01/2026



Health Utilization Management
07/01/2026



Transitions of Care
07/01/2026

