

ALYSSA “LIA” MANCAO, LCSW

Therapist
Speaker
Educator

Workshop &
Speaking Kit
2024

www.alyssamariewellness.com

[Website](#)

[Contact](#)

[Instagram](#)

Alyssa Marie Wellness



About Lia

Hello! I'm thrilled to introduce myself as a licensed mental health therapist, speaker, writer, and group practice owner. Born and raised by two immigrant parents in the Philippines, I currently call Los Angeles, CA my home. My work is centered around exploring how systems, social inequality, and access to resources influence our mental health. With a Master's Degree in Social Work from USC, I bring a perspective on the impact of social inequality on our mental well-being.

I believe that by promoting self-awareness and offering a safe space for individuals to explore their emotions, we can create lasting change and improve overall mental wellness.



As Seen In...

Here are some of the magazines I've been featured in as either an expert or contributing writer. I've discussed topics such as anxiety, depression, and coping.

HUFFPOST

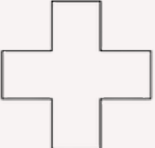
STYLIST
MAGAZINE

POPSUGAR.

ELLE

mindbodygreen

O THE OPRAH
MAGAZINE

WELL  GOOD


INSIDE
edition

Previous Partnerships...

I have worked with the following brands and organizations to provide employee (or media) support via workshops & speaking engagements addressing navigating boundaries and mental health.


Outschool

TFD

 snapchat

HBO

Vox

AWAY

BOX LUNCH
GET SOME • GIVE BACK


Meta

FIRST 5
LA 

ethel's
club

Pacific
University
Oregon 

PATH

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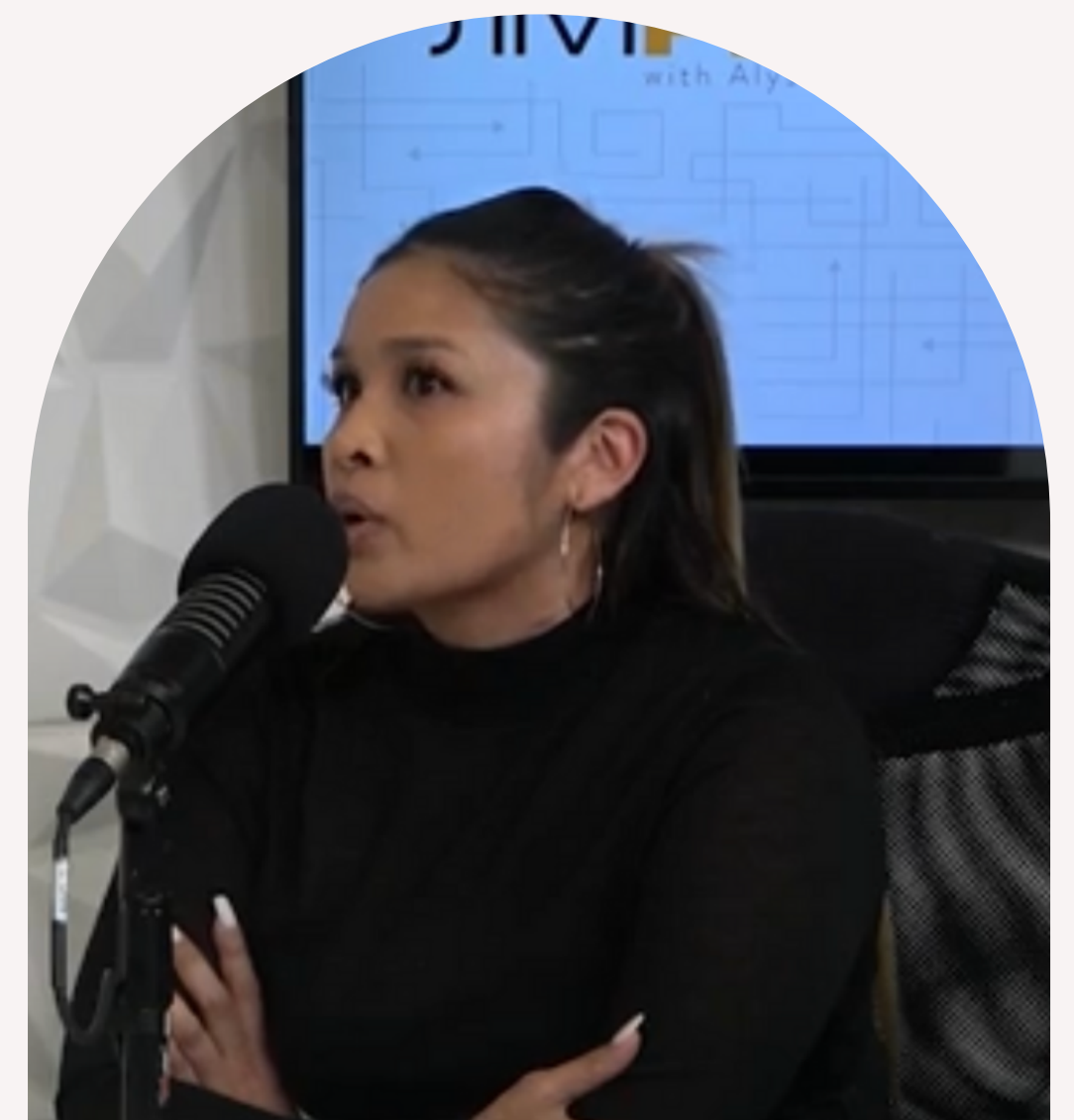
Education

My goal is to provide concrete and relatable information regarding the topics curated. A workbook is provided with each workshop.



Reflection

Our earlier experiences shape our perception. I provide reflection questions that help the audience reflect on the past & present.



Actionable Tools

I pull together the educational piece and the reflection questions to help inform actionable tools that the audience can take home with them.

Lia's Approach

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Lia's Signature Topics

- Releasing Perfectionism: A Blueprint for Sustainable Success
- From Booked to Balance: Practicing Actual Self- Care
- Mental Fitness: Coping with Stress and Anxiety
- Confidence Catalyst: Overcoming Imposter Syndrome
- Vibe Checks for Employee Wellness
- Workshops for specific to AAPI Employees and ally's

**Topics can be customized based on the company's needs.*

My Mission

- ✓ Destigmatize mental health
- ✓ Solution Focused
- ✓ Provide Actionable Tools
- ✓ Elicit Self Reflection

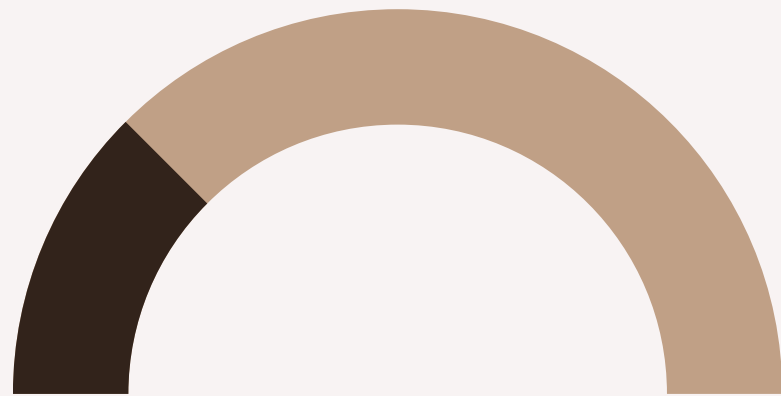


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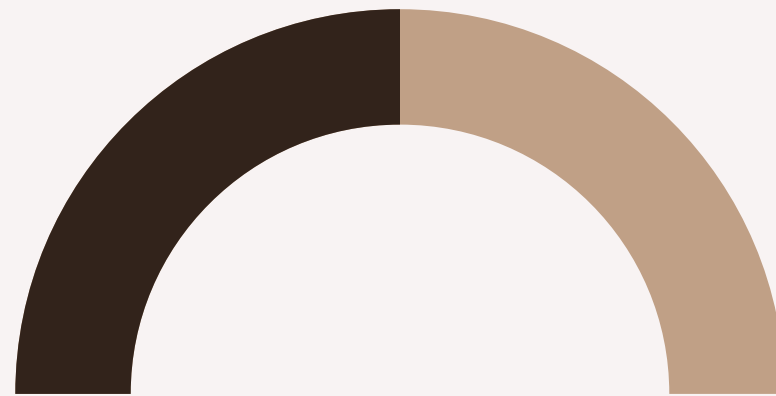
[Instagram](#)

The Process



Send Your Vision

Submit a [form](#) identifying your vision for the workshop. You can select a pre-made workshop topic or suggest an entirely new topic, given that it is within my scope of practice.



Exploration Call

I offers up to 2 one- hour exploration calls to go over the company's goals, vision for the event, and review the presentation and workshop to ensure that their is synchronicity.



Delivery + Feedback

I provide the identified workshop / presentation for the company's employees and audience. There is an *optional* post feedback session (up to one hour) to go over what went well and what can be done differently for future collaborations.

Previous Clients...

Meta, Shine a Light Speaker Series Fireside Chat
Path, Perfectionism In The Clinical Setting Panel
Away, Community Corner & AAPI Mental Health
HBO, In Treatment Mental Health Panel
Pinterest, AAPI Mental Health Panel
Vox, Releasing Perfectionism Workshop
Boxlunch, Identity In Pop Culture Panel
Vox, Coping With Anxiety Workshop
Vox, Boundaries & Working From Home Workshop
First 5 LA, WFH & Boundaries Workshop
First 5 LA, Self Care Across The Pillars Workshop
Movement Genius, Healthy Relationship Workshop
Pacific University, Decolonizing Beauty Standards
Peaceful Unification Council SE, Coping in AAPI Community
Outschool, Coping With & Releasing Anxiety



Previous Clients...

HTC Vive, *Technology and Mental Health Fireside chat*
Ethels Club, *Mental Health and Breathwork Panel*
Filipina On The Rise, *Filipina Mental Health Fireside chat*
The Financial Diet, *Mental Health and Money 101 Workshop*
Movement Genius, *Self Care Across the Pillars Workshop*
Entrepinay, *Filipinas in Entrepreneurship Panel*
TryFrame, *Race and Mental Health Panel*
Hilltop Coffee + Kitchen, *Self Love Through Writing Workshop*
San Mateo County Library, *Work Life Balance Keynote*
Clara for Daters, *Mental Health and Dating Panel*
Cal Poly Pomona Sociology Dept., *Post Grad Panel*
Create Space LA, *Journaling Workshop for AAPI Community*
Disney, *From Burnout to Boundaries Keynote for AAPI Staff & Allies*



Email

Info@alyssamariewellness.com
or submit a form

Include The Following:

Date of the event
Length of the event
Service requested
Topic of interest
Vision for the event



I am looking forward
to working with you!

Alyssa "Lia" Mancao

HOW TO BOOK

I kindly ask that a 4-6 week notice is provided for the event. All services require a 50% deposit following a Net30 payment schedule for the remaining balance. Please note, that travel and accommodation is not included in the cost of services.