



Therapist • Speaker • Educator

Speaking & Workshops

As a therapist, I'm passionate about supporting individual healing and sharing practical tools with the community. I partner with local organizations, schools, and service groups to offer engaging workshops that build stronger relationships, reduce stress, and foster compassion where people live and serve.

Topics I Speak On:

- **Stress & Resilience:**
 - » Finding Calm in the Chaos
 - » Curiosity as a Grounding Tool
 - » The Power of Pause: Micro-practices for presence
- **Teamwork & Volunteer Collaboration:**
 - » Effective Communication Under Stress
 - » Constructive Conflict: Turning differences into collaboration
 - » Trauma-Informed Volunteerism
- **Emotional Well-Being:**
 - » Preventing Burnout While Staying Connected to Purpose
 - » Compassion for Self and Others
 - » Coping with Grief and Loss During the Holidays
- **Leadership & Impact:**
 - » Leading with Emotional Intelligence
 - » Building Psychological Safety in Groups

And more! Whether you're looking for a meaningful 20-minute talk to open a luncheon or a full-length interactive workshop for a retreat, I'll work with you to shape the experience and content around your group's goals and interests.

Who I Work With:

- Nonprofits and community organizations
- Service and volunteer clubs
- Schools, PTAs, and parent groups
- Corporate teams and leadership groups

About Me

I'm Chloé Cavelier, a Licensed Marriage & Family Therapist with training in trauma recovery, attachment theory, EFT, IFS, and EMDR. Alongside my clinical work, I bring 10+ years of experience in marketing, communications, nonprofit fundraising, and volunteer management. I combine this background with my therapeutic training to offer practical, engaging workshops that help groups improve communication, reduce stress, and build resilience in the communities where they live and serve.

Learn More:

www.chloemft.com

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@chloecaveliermft



chloé
cavelier

LMFT

Interested in working together? Contact me to schedule a free introductory call to inquire about availability and how I can support your group.

Email:

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Call:

626-219-2613

Learn More:

www.chloemft.com

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