



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](http://www.chloemft.com)

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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.