



KRYSTIE IZZO

LMHC, OWNER, SUPERVISOR

PORTFOLIO

- Business Owner
- Supervisor
- Program Director working with the Department of Education
- Counselor and Group Leader working with Richmond University Medical Center
- Adjunct Professor with CUNY- College of Staten Island

IN THE MEDIA

- Guest speaker on NY1
- Guest Speaker on The Other Couch Podcast

ABOUT

Krystie Izzo is a NY Licensed Mental Health Counselor and the owner of Tree of Life Mental Health Counseling PLLC.

She has 7+ years of experience presenting mental health to groups in various settings, including but not limited to: hospitals, businesses, universities and media outlets.

CONTACT

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ENERGY SHIFTS

ELEVATING THE WORKPLACE

Energy Shifts is a 3.5 hour workshops that consists of 3 hours of content with a 30 minute break.

Specifically designed for employee wellness, this workshop tackles common work struggles such as stress, anxiety, and burnout. Providing your team with a space to talk openly and learn tips and tools for a happier work life through education and interactive discussions.

Topics covered include mindfulness, emotional awareness and finding purpose in the workplace. Achieved through interactive discussions and thought prompting worksheets, your team will learn how to elevate the workplace energy!

Participants have reported increased feelings of gratitude and purpose for their workplace following the workshop.

ENERGY SHIFTS PLUS

Energy Shifts Plus is a package that gives you 3 workshops you can book within a 1 year period. Ensuring you can check in with your employees' wellness throughout the year at the times you feel would be most beneficial.

Booking this package gives you a discount per workshop and gives your team an opportunity to dive deeper into the topics covered in Energy Shifts.

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