



Unlearn & Relearn: 3 Steps to Unlocking the Keys to Mental Wealth

In a fast-paced and ever-evolving work environment, the pursuit of mental health is essential for sustained success. This workshop, designed for professionals at all levels, challenges common beliefs such as "Perfectionism Leads to Success," "Asking for Help is a Sign of Weakness," and "Leaders Shouldn't Show Vulnerability." These outdated beliefs are no longer the most effective approach to overall success and well-being.

Join Abraham Sculley, CEO at Speaks 2 Inspire, in this upcoming workshop, "Unlearn & Relearn: 3 Steps to Unlocking the Keys to Mental Wealth." This transformative journey will inspire and empower you to unlearn limiting beliefs and acquire the keys to unlock mental wealth. Through engaging in hands-on activities and discussions, you'll lose outdated beliefs, gain fresh insights, and cultivate mental wealth for a healthier and more fulfilling professional life. Your success and well-being are within reach!

You can register here: <https://www.eventbrite.com/e/unlearn-relearn-3-steps-to-unlocking-the-keys-to-mental-wealth-tickets-794767409717?aff=oddtcreator>



Our Speaker: Abraham Sculley

Abraham Sculley is the CEO of Speaks 2 Inspire and a catalyst for change. As a best-selling author, captivating speaker, and relentless mental health advocate, he is committed to empowering professionals at all levels.

Abraham's journey is a testament to resilience and growth. During his college years, he overcame personal mental health challenges. Now, he channels that experience into a passionate mission of creating open dialogues and safe spaces surrounding mental well-being. His impactful work has garnered recognition from prestigious outlets such as Business Insider, MTV, Word in Black, Meetup, UWF Newsroom, and Mental Health America.

Abraham's focus on practical wellness strategies brings a fresh perspective and actionable insights to professionals at all levels. Attendees at his speaking engagements consistently report transformative results. Over 90% experience improved stress management, increased productivity, and a healthier work-life balance. Abraham's credibility as a thought leader in mental health advocacy ensures that your journey with him is nothing short of transformative and impactful.

What's Included with Your \$99 Ticket:

More robust than your average training experience, this symposium includes:

- Training Video Recording (Access for 7 days following the event)
 - Take-Home Toolkit
 - "Keep it Sticky" Follow-Up Assignments
- Breakfast snacks, Coffee and Drinks (in-person attendees only)

Who Should Attend:

Great leadership is a scarce resource and requires continuous effort. Great organizations continually invest in training for their team in order to drive results. This course is designed for:

- *New Managers*
- *Experienced Leaders*
- *High Potential Employees*

Have questions? Please contact the SCI Team at info@studer.org.

Continuing Education Credits:

Let us help you earn your [SHRM](#) and [CLE](#) continuing education credits! This training is recognized by the following professional organizations for the following number of credits:

- **Pending Approval for (4.0) SHRM Credits**
- **Pending Approval for (4.0) CLE Credits**

Frequently Asked Questions:

- **Where is the in-person event held?** [Generation Church](#) has graciously sponsored the Rex Theatre for us to host this event. The Rex is located at 18 N Palafox St.
- **When will I get the link to join the livestream?** All attendee instructions and the livestream link will be sent out the day before the training around 12 p.m. CST.
- **Are there any benefits to registering early?** Yes — not only will you save money by registering prior to the Friday before the training, but you will ensure your in-person spot!
- **What should I bring? What should I wear?** Don't worry, we'll send out a "Know Before You Go" email with all of the details, including where to park, what to bring and what to expect the day before the training.
- **Do you offer discounts?** Yes, we offer military, nonprofit and student discounts to this event. Please select the correct ticket type when you checkout. In addition, keep scrolling to learn about our group discounts.

Group Discounts:

We believe learning together as a team is important to overall organizational success, which is why **we offer small (5-9 attendees) and large (10-14 attendees) group discounts**. Please email us at info@studer.org if you need help registering your group!

Stay in the Loop:

Want to be notified of future live workshops as soon as they're released? [Sign up to receive our emails.](#)

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