



4 Ways to Work with Onsite to Support Your Clients



Today's Panel



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1. Digital



Accessible, affordable, approachable emotional health.



Maximizing Onsite Online for Your Clients

1. Support their work between sessions.
2. Prepare them for an in-person Onsite experience.
3. Introduce them to a specific topic (trauma, narcissism, grief, community, etc.).
4. Encourage emotionally healthy rhythms.
5. Catalyze a breakthrough.

To get free access for personal use or a custom discount code to share with friends, family and clients, email support@onsiteworkshops.com.



2. Milestones



One of a kind and specialized residential trauma treatment -- a refuge and a place of healing.



The ideal Milestones client...

- **is motivated** to experience a higher quality of life.
- **wants to reduce the impact past traumas have** on their day-to-day functioning and relationships.
- **struggles to manage depression and anxiety** regardless of their intellectual understanding of their past traumas.
- **struggles to have healthy relationships** with themselves and others.
- **can't seem to make progress** towards leading an emotionally healthy life, even despite receiving outpatient therapy.
- **may not have the tools to cope with their trauma** and so they emotionally “numb out” with alcohol and other medications.



A limited series podcast exploring how unresolved trauma affects us

Through in-depth interviews with our clinicians and trauma experts, Treating Trauma offers a unique look at how various healing methods and trauma treatments can offer a path toward recovery, growth, and wholeness.





3. Workshops and Intensives



World-renowned, life-changing experiences designed to help you explore and rediscover your purpose and the story that formed you.





Living Centered

Brings life back to center by connecting past circumstances with how they're affecting today.

- Self-Awareness
- Self-Acceptance
- Codependency
- Family of Origin

Healthy Love & Relationships

Addresses the core wounds that drive self-sabotaging behaviors and the need for approval that can disrupt relationships.

- Attachment Styles
- Love Avoidance
- Love Addiction
- Intimacy Issues

Healing Trauma

Addresses the emotional pain, compulsive behavior cycles, and disconnection that often follow a traumatic experience.

- Trauma
- PTSD
- Grounding Techniques



Individual Intensive

A customized program designed to provide a space for healing and hope in a peaceful and restful retreat environment. Individuals can address their unique issues and focus on their unique goals with no group work.

Couples Intensive

Created to meet the specific needs of the couple based on telephone interviews and information obtained from their application. Within the context of this program, couples will have the opportunity to look deep within their relationship to explore, identify, and move beyond underlying patterns of conflict and unresolved problems.

Group Intensive

Examine unique patterns and tendencies that are showing up in key relationships with your family, friends, and colleagues so you can begin to address systemic issues that are getting in the way of your health and success.



Experiential Training

The power of experiential therapy is found in the ability to use tools and activities to recreate familiar narratives and patterns and to reconnect with ourselves and our stories—all with the goal of releasing what is holding us back and moving forward in hope and healing.

The Experiential Training Institute focuses on the theoretical basis for experiential methodologies. This training can benefit professionals in therapy and counseling, teaching, training, service fields, other helping professionals, and individuals in leadership roles.

Psychodrama Training

In this didactic and experiential training, participants will be taught the theory and practice of sociometry, psychodrama, and group psychotherapy. Participants will have the opportunity to practice these techniques and explore how they can be applied. The techniques taught can be used with groups, families, couples, and individual therapy.



4. Entertainment

An extension of our world-class emotional wellness framework to those experiencing life in public-facing professions.

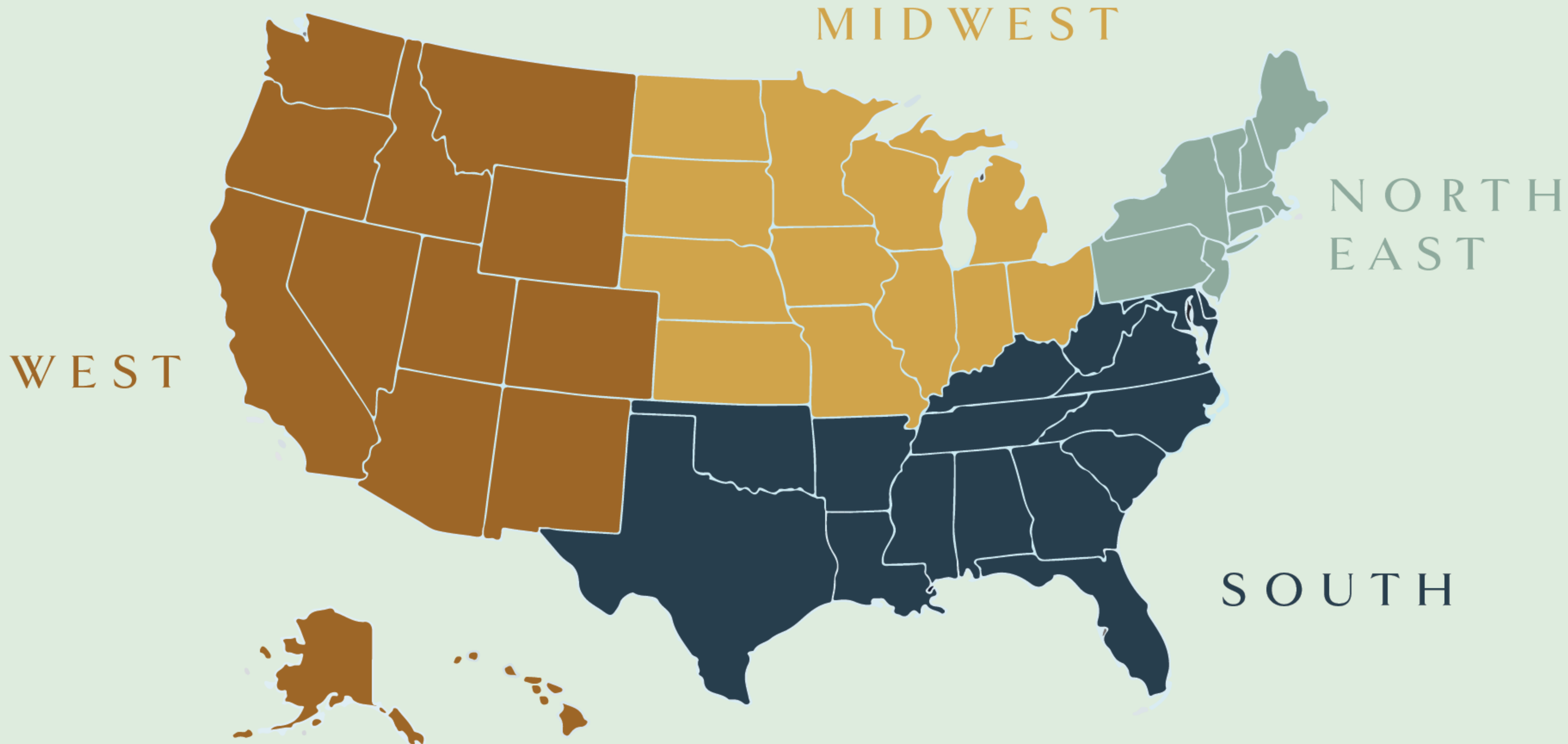
Customized and Individualized Care

The resources Onsite is bringing to the table **span the emotional health and wellness continuum.**

- **Clinical excellence** to meet the emotional health needs of the clients, spanning from internal family systems to experiential therapy to performance coaching.
- **Digital resources, in-person offerings, and resources that travel as the entertainment professional travels.**
- **Community of like-minded professionals** to develop that reservoir of familiarity to sustain entertainment professionals throughout their career.
- The ability to **weave support in with business managers, record labels, and other constituencies of influence.**



Questions & Answers





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