

# MENTAL HEALTH

## STAFF TUNE-UP AND TEAM BUILDING

*"Thanks so much, Maia. I got some of the best feedback that I have ever received from a Women's group. You gave me a deeper understanding too! Thank you."*  
~Lynn Kaplan, Regional Director David Lynch Foundation/LA

Maia Akiva is a professional speaker, trauma-informed trainer, performer, and writer in Los Angeles. Her unique approach marries mental health practices with creativity. Her work encourages audiences to embrace their relationship with their emotions as a path to better mental health, success, happiness, freedom and fulfillment. Originally from Israel, she is the creator of Mental Health + Creativity, a service that offers mental health programs and content. She has trained hundreds of teachers, therapists, writers, mental health staff and organizations on her Mental Health, Addiction and Trauma Creative Writing Curriculum. She has also facilitated mental health "tune ups" and team building events for students, staffs, colleges, and groups. She is working on building a longer mental health and creativity immersive experience for groups and organizations.

### Mental Health Staff Tune-Up Topics & Activities:

- Mental Health jeopardy game custom to your staff challenges / Mental Health Bingo
- Fun mental health writing activities
- Social games
- Mental Health questions and answers
- Addressing stigma
- Mental Health tips

Maia's Mental Health Tune-Up is a place for knowledge, exploration, fun and growth. Maia helps groups gain valuable understanding and awareness and receive guidance and practical answers about the mental health challenges they face everyday in their lives and their work. She is able to convey with originality and humor the basic understandings of mental health and the everyday workings of it in your life. She uses inspiration, her practice working in the mental health field, and her own mental health-related life experiences to offer an open space for groups to learn practical methods for a happier and calmer life. Maia will engage your team with humor and compassion while creating a safe environment for your group to be connected to each other, have fun and feel supported.

*"The trainings that Maia has provided to our site leaders and point of service staff were highly engaging and useful for our staff to support our students and create a safe and supportive environment for all. Her heartfelt, personal story prompts people to see mental health in a different light. Maia's presentation and activities destigmatize mental health and provide staff with tools to help students and staff to process emotions positively. Staff really enjoyed both the content and Maia's delivery."*

~MICHAEL BAKER DISTRICT COORDINATOR OF EXPANDED LEARNING PROGRAMS, SAUSD

*"Maia's work helps ease those who have never intentionally explored self-love into the world of selflove. Maia's attitude displays a level of affection and caring for her participants that was greatly refreshing. There is always a waiting list for her workshops and the audience really love her"*

~JESSICA WEISSBUCH, PROGRAM MANAGER, LIFEWORKS

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