

HRLF

HR LEADERSHIP FORUM
A PROFESSIONAL NETWORKING GROUP



High Impact: Emotional Health of the Employee

Matt will introduce and share details about the #1 emotional health issue impacting society today. Attendees will share how mental health issues impact individual employees, teams and organizational goals. We will explore what HR professionals and other keen leaders are doing to mitigate the adverse impacts. Lastly, we will share additional resources to help support employee well being. Matt will answer questions about mental health and hang around afterwards if you want to talk with him.



featuring guest speaker

Matt Gildehaus, LPC

Matt Gildehaus is a Licensed professional counselor specializing in assisting individuals, couples or families with issues including: stress, anxiety, depression, trauma and relationship challenges. Matt received his BS in Business Administration / Marketing from Truman State University in 1987, and his MA in Counseling in December of 2012 from Lindenwood University. After an 18 year career in sales and marketing, Matt has been a business coach since 2010 and a mental health counselor since 2013.



Networking Lunch & Learn

Wednesday, November 8

11:30 AM - 1:30 PM

Seminar and Lunch \$25

Sunset Bluffs

230 Sunset Bluffs Rd
Washington, MO

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