



**"I Am  
Compassionate,  
Community and a  
Conversationalist"**

**My Clinical  
Philosophy:**

**Me (Self-Care),  
We (Relationship  
Revitalization) and  
Us (Preserving the  
Family Unit) Care.**

*Wendy L. Whitmore*  
**MS LMFT & CLINICAL LIFE COACH**

Wendy Whitmore is a licensed marriage and family therapist (LMFT) & clinical life coach and the owner & founder of Truth, Healing & Evolution Counseling Services and T.H.E. iLove Me Experience. As an expert clinician & life coach, she works with clients to develop their goals and tailor their treatment plan to meet their particular needs; as a result of working with Wendy, clients are able to embrace life's struggles, while maintaining a healthy balance of life and love.

**EDUCATION**

University of California Riverside  
Bachelors of Art Ethnic Studies  
Bachelors of Art Psychology

University of La Verne  
Masters of Science Marriage, Family & Child  
Counseling

**SPEAKING TOPICS**

- Communicating Through Conflict"
- Self Care Is Love
- Healing T.H.E. Heart
- T.H.E. Power of Prayer & Psychology
- T.H.E. Pursuit of T.H.E. Friendship
- T.H.E. Cycle of Crazy vs T.H.E. Cycle of Calm
- Consciously Choosing You
- T.H.E. Revitalization of the Partnership



*"If it is not enhancing your life,  
has no place in your life!"*





# **TRUTH HEALING EVOLUTION WORKSHOPS**

## **"COMMUNICATION THROUGH CONFLICT"**

A three-week workshop aimed at targeting adolescents ages 10 to 18, who have been recommended by school staff due to prior incidents involving conflict with peers. As a result of this workshop students will be taught effective communication skills that will help to alleviate the desire to make poor decisions involving "Conflict" with peers that negatively "Impacts" them as well as their peers.

Statistics suggest that the number one reason couples and families fall apart is due to poor communication. Children learn to problem solve by mimicking their parents, as well as other adults that have influence over their life. If couples and families are falling apart due to poor communication, who's teaching our children how to communicate and problem solve effectively? When working with adults it is often difficult to get them to effectively communicate the WHY's. Why they are upset. Why they are having a difficult time with their mate, coworker, children, parents, etc... Why they have resorted to verbal, emotional and or physical violence/abuse.

T.H.E. Communicating Through Conflict workshop, equips children with the skills necessary to answer the WHY's, which in turn teaches them how to effectively communicate their frustrations, anger and state of mind, when they find themselves in conflict.

## **"COMMUNICATING THROUGH CONFLICT" WORKSHOP FOCUS:**

The "Impact" of poor decisions that lead to unfavorable results, when making the decision to involve themselves in conflicts with peers.

Self Image: Why is it important to their self-esteem to humiliate others? How does making someone else look bad make them feel good?

Character and Reputation: "Integrity vs Popularity" Examining how their current decisions result in how they're seen from here on out.

### **"Communicating Through Conflict" Workshop Breakdown:**

- 1. Week One: Individual Consultations w/Wendy L. Whitmore MS LMFT prior to workshop beginning & observations of students in their natural habitats (lunch/recess) (5 hours)**
- 2. Week Two, Three & Four (Three 1 hour workshop group sessions)**
- 3. Materials (handouts, journal)**

For booking and speaking inquiries visit [www.liveiloveme.com/contact](http://www.liveiloveme.com/contact)