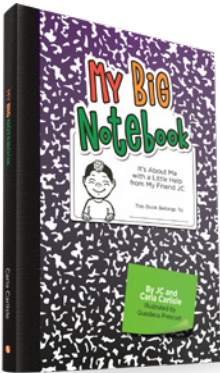




# Carla Carlisle

Speaker | Author | Child Advocate | Trauma Expert



**CARLA CARLISLE** is a TEDx speaker, author, trauma expert and child advocate. A proud boy mom, she has dedicated her life to informing the world about the impact of trauma and how we can excel beyond it.

She serves on the board of the Alexander Childrens Foundation, Member and Social Media Subcommittee Lead for Carolina Violence Prevention Collaborative (CVPC), DisabilityIN Mental Health Committee, Stakeholder Advisory Counsel for PCORI (Partners in Care for Suicide Prevention), Policy & Advocacy Committee at MHA

of Central Carolinas, and volunteers with NAMI Charlotte.

A keynote speaker, Carla provides workshops to support our communities becoming trauma informed. She incorporates her experiences penned in her memoir, *Journey to the Son* as well her son, JC's, in *My Big Notebook* to drive home how to thrive beyond trauma.

Carla is a proud member of Alpha Kappa Alpha Sorority, Inc. She earned her B.A. in sociology from Indiana University. She earned an M.S. in human resources management from American University and another in organizational development from Johns Hopkins University. Carla obtained a graduate certificate in change management from Johns Hopkins University.

Most importantly, Carla is a mom who is always learning ways to best care and advocate for mental health, her children, and those who have not yet found their voice.

## Awards:

- 2022 Career Mastered Women's Leadership in Action Award for outstanding leadership, iconic global presence and inspiring business know how. To be awarded 3/22.
- 2020 Mental Health America of the Central Carolinas (MHA) Advocacy Award
- 2020 Mecklenburg County's Crisis Intervention Team (CIT) Team Member of the year award based on her outreach and dedication to the community and law enforcement, showing by her own journey the importance of deescalating someone in a mental health crisis.

## Workshops & Keynotes

### ■ From Tolerance to Advocacy: How Being Trauma Informed Changes Lives

Are you an educator, administrator, or work with kids and witness "bad behavior?" Join trauma expert and child advocate, Carla Carlisle, to learn how to stop just tolerating the child in your life who experienced trauma, but to really accept, understand, and advocate for them. Leave the workshop with the tools you need to deescalate crises, build bonds and create a safe environment for the child and you. Attendees will have the skills and tools to better prepare for crisis intervention and ultimately crisis prevention.

### ■ Supporting a Child with Trauma: The Resource Parents' Blueprint

Is there a child you love that needs help? So many of us are faced with caring for a child without really understanding what to do. In many situations, we don't know the details of the child's trauma, but we see its impact. Join trauma expert and child advocate, Carla Carlisle, to build the blueprint to create a strong support system for the child you love. You'll learn the ten resources you didn't know were available to provide financial, legal and mental health support for your child.

### ■ Care for Caregivers: The 4-Step Method

Do you interact with children and find yourself exhausted by the end of the day? If you live on hypervigilance for too long you will inevitably run on empty. Join trauma expert and child advocate Carla Carlisle, to learn her 4-step BEST method for self-care as a caregiver to arm you with the support, incentives and tools you need to fill up your emotional tank.

## Prepared Speech Topics

- Putting yourself first: self care
- Unconventional path to motherhood
- Every child needs a loving advocate
- Children and stress (ties to notebook)
- Generational health
- + Customized speeches based on *My Big Notebook* and your organization's event.

Visit [CarlaACarlisle.com](http://CarlaACarlisle.com) to invite Carla to be a speaker for your organization.

