

**"You can't be a top performer if you don't feel well"**



# SHARISE NANCE

*Speaker / Licensed Clinical Social Worker / Award Winning Author*

---

(412) 414-7782

info@vitaminhealing.com

PITTSBURGH, PA

**WWW.SHARISENANCE.COM**



# Sharise Nance

*Speaker / Licensed Clinical Social Worker /  
Award Winning Author*



## *About Me*

Sharise Nance (also known as the Compassion Fatigue Expert) is a Licensed Clinical Social Worker, Certified Clinical Trauma Professional, EMDR Certified Therapist, Compassion Fatigue Specialist, Adjunct Professor, Workshop Facilitator, Award Winning Entrepreneur and Author

## *Speaking Topics*

### **When Helping Hurts**

- Understanding the Impact of Compassion Fatigue
- Strategies for staying present with the suffering of clients

### **Mental Cost of Being the Boss**

- Neglect and burnout on leaders
- Emotional and mental exhaustion for Entrepreneurs

### **In the Moment Self-Care:**

- Underlying causes that may be contributing to dissatisfaction
- Strategies for tolerating daily stressors, balancing various roles

## *Client List*

UPMC

Multnomah County

University  
of Pittsburgh

FAME Fund

## *Testimonial*

"That was an amazing training session. Truly one of the best I've ever participated in."

"I learned a lot along with tools to practice."

*Get in Touch*

(412) 414-7782 | [info@vitaminhealing.com](mailto:info@vitaminhealing.com) | [www.sharisenance.com](http://www.sharisenance.com)

# Career HIGHLIGHTS

Sharise Nance, MSW, LCSW-C is a licensed clinical social worker and trauma expert.

For over 20 years she has assisted individuals, couples and families see beyond energy depletion, hopelessness, panic, guilt and feeling overwhelmed make the shift to a place of peace, joy, clarity and satisfaction. Sharise also dedicates her efforts to running Vitamin C Healing, LLC an organization designed to promote life balance, satisfaction and fulfillment among those throughout the helping profession and beyond.

[www.sharisenance.com](http://www.sharisenance.com)

## Awards

**Speak: 2022 Top 10  
Mental Health and  
Wellness change makers  
to follow  
Pittsburgh Magazine  
Women & Business  
Honoree  
USI Smart 50 Business  
Award  
University of Pittsburgh  
School of Social Work's**

## Appearances

**Essence Magazine,  
March/April 2022 Issue  
Speakers Magazine  
Ireland Compassion Fatigue  
Trainer**

## Credentials

**LCSW: Licensed Clinical  
Certified Clinical Trauma  
Professional  
Certified EMDR Therapist  
Compassion Fatigue Expert**

• FEATURES • FEATURES • FEATURES • FEATURES • FEATURES • FEATURES • FEAT

# Audience STATS



**25 - 40**  
AGES

**75%**  
FEMALE

**500+**  
FACEBOOK FOLLOWERS  
@sharisenance

**1.8k**  
INSTAGRAM FOLLOWERS  
@sharisenance

**1k**  
LINKEDIN CONNECTIONS  
@sharisenance

**ENTREPRENEURS**

*corporate*  
**LEADERS**

**HELPING  
PROFESSIONALS**

**100+**  
CLIENT  
REVIEWS

**1,245**  
EMAIL  
SUBSCRIBERS

**5,000**  
BOOK  
SALES

# SIGNATURE KEYNOTES



## **YOUR PURPOSE WILL PROPEL YOU FORWARD**

In this keynote, the participants will experience the power of connecting with their purpose using the P.E.A.K framework to give them the strength to propel forward despite adversity

## **FROM BOOKED AND BUSY AND BURNED OUT TO RESOURCEFUL, RESTORED AND RE-CENTERED**

A keynote for the working class professional who struggles with prioritizing their wellness needs and work-life integration which often results in overwhelm, hopelessness, apathy, exhaustion and burnout. In this keynote, the audience will learn strategies for tolerating daily stressors, managing intense emotions, balancing various roles and demanding schedules using "The 5 Pillars of Self-Care" as a framework.

## **THE MENTAL COST OF BEING THE BOSS**

Presentation is designed to bring awareness to the systematic impact of self-care neglect and burnout on leaders, offer a safe space for entrepreneurs and company leaders to learn strategies for managing emotional and mental exhaustion in order to experience more balance, satisfaction and fulfillment in their personal and professional lives.

## **WORKSHOPS -**

All workshops explore how to identify the subtle signs of compassion fatigue and burnout along with strategies for participants to prioritize their wellness needs

- *When Helping Hurts: Understanding the Impact of Compassion Fatigue*
- *Healthy Leaders, Healthy Organizations:: Calm Minds in the Workplace*

## **AVAILABLE FOR -**

- Keynotes
- Workshops
- Conferences
- Retreats
- Podcast Interviews
- Corporate Consultations
- Webinars
- Telesummits

# Past Client REVIEWS



Sharise brought wonderful energy to our work community. I am grateful for her encouragement and reminders of how easily it is to suffer from compassion fatigue without realizing it. I would encourage any employer who cares for their staff to bring Sharise's wisdom and love to their office.

**KELCEY BAILEY**



The Compassion Fatigue training was one of the best trainings that I had in a long time. The information was very useful and practical, the presentation was excellent and the tips and strategies are jewels that I will keep and use for a long time. I would highly recommend.

**ANGELA GRUSOME**



The Compassion Fatigue Training for our team at FAME was awesome. Ms. Nance was passionate, knowledgeable, and efficient in how she delivered what can be delicate content. I left the training feeling encouraged with concrete goals

**DARRYL T WILEY**



Sharise is an expert. Full stop! She joined the Center for Women (virtually) to deliver a training on compassion fatigue. The content was excellent, her delivery engaging and accessible, and our participants were really pleased. I highly recommend retaining Sharise for your training needs. I'm so glad I did!

**MEGAN ROSE**

“Sharise is an extremely knowledgeable and reliable trainer. We have asked her to present many different continuing education trainings for licensed social workers, professional counselors, and marriage and family therapists. She consistently keeps her audience engaged and utilizes different teaching modalities to appeal to all types of adult learners. She has a strong presence and familiarity with her materials, and we will continue to utilize her skill and expertise for years to come.”

**MOLLY BURKE ALLWEIN, LSW, DIRECTOR OF PROFESSIONAL EDUCATION,  
UNIVERSITY OF PITTSBURGH SCHOOL OF SOCIAL WORK**



*What others are saying...*

# BOOKING

LET'S CONNECT!

**Thank you for considering Sharise Nance  
for your next speaking presentation!**




## CONTACT INFORMATION:


**EMAIL:** [info@vitaminhealing.com](mailto:info@vitaminhealing.com)

**PHONE:** (412) 414-7782

 @sharisenance

 @sharisenance

 @vitaminhealing

 @sharisenance

**WWW.SHARISENANCE.COM**