

Emily Altman

CEO, MA



TalksByEmily.com

Bringing evidenced-based tools used in my practice to our community.

Emily strives to bring happiness to Northern Colorado. She primarily accomplishes this goal by providing couples therapy in her practice (The Couples Workshop) which she opened in February of 2019. Through public speaking ventures, she is taking these same, proven tools and adapting them to a systematic level.

Education. Graduated from the University of Northern Colorado in 2016 with a Master of Arts degree in Clinical Mental Health Counseling and has received levels I, II, and III training from The Gottman Institute.

EMILY'S MOST POPULAR MEDIA TOPICS

- ✓ How increasing success leads to increased happiness.
- ✓ De-escalation strategies on a systemic level.
- ✓ Effective communication techniques for management.
- ✓ Increasing productivity by tapping into employee values.

CAMERA PRESENCE

Creating videos has helped Emily become natural, positive, and energetic in front of a camera. To see this presence in action, check out her growing channel (link in icon).

 @The Couples Workshop

 @EmilyJAltman

 @ToolsForUs

CONTACT

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For therapy inquiries:
www.ToolsForUs.com