



CATHERINE MOORE, LCSW

**INTERNATIONAL SPEAKER, PODCASTER
AUTHOR & MENTAL HEALTH EXPERT**

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Catherine Moore, LCSW, is an international **speaker, mental health expert, and first-generation college graduate.** Catherine holds a bachelor's degree in social work (**BSW**) and a master's degree in social work (**MSW**) from California State University, Long Beach. She is also an author, a top career podcaster, therapist, and founder of RISE Directory.

Catherine Moore, LCSW **speaks on Mental Health topics from the perspective of a first-generation student defying the odds.** Participants will walk away feeling **inspired** and more **confident in their skills** to navigate mental health challenges, identify warning signs, and to support their peers. These events seek to **de-stigmatize seeking help, prevent crisis, and increase student retention** by empowering participants to maximize the inner resources they already have. Email now for more information.



TOPICS

**DEFYING THE ODDS; EMBRACING
YOUR INNER STRENGTH**

MENTAL HEALTH 101

BURNOUT PREVENTION & RECOVERY

Available in-person and virtual.



TESTIMONIES

"Engaging and insightful."

"...webinar was beautiful and well-facilitated, our participants gained so much from attending!"

PAST CLIENTS

