

# Babita Spinelli

Psychotherapist | Certified Coach | Mental Health Consultant | Speaker



Babita Spinelli, LP, JD is the Founder and CEO of Babita Spinelli Group and Opening the Doors Psychotherapy. She is a former lawyer, Big 4 and Wall Street executive who uses her legal and boardroom skills as a Psychotherapist, Mental Health Consultant, and Certified Coach to support and transform organizations and professionals in the space of mental well-being. Her workplace programs have been implemented and resulted in positive changes for companies across the globe. Babita has been featured as an expert in over fifty media outlets such as NBC, ABC, Forbes, Business Insider, MSN, Oprah, Bloomberg, Men's Health, Washington Post, Huffington Post and SXSW. She is the

recipient of the 2022 National Psychotherapist Award, the 2019 New York Psychotherapist Award, and was named one of the 12 most inspirational women to look out for in 2022 by the New York Weekly Times and Medium. Babita's speaking and consulting services include Fortune 500 organizations to non-profits. Learn more about Babita on her websites [openingthedoorspsychotherapy.com](http://openingthedoorspsychotherapy.com) and [babitaspinelligroup.com](http://babitaspinelligroup.com).

Babita Spinelli consults and speaks as an expert on relationships, mental health in the workplace, psychology, general mental health, and other relevant topics. Specific areas of expertise include:

## General Mental Health

- Stress Resilience
- Toxic Positivity
- Anxiety Management
- Self-Care
- Grief & Loss
- Emotional Health
- Burn-Out
- Narcissistic Abuse

## Workplace Dynamics

- Mental Health in the Workplace
- Work-Life Balance
- Stress Management
- Boundaries & Self-Care
- Career Transitions
- Workplace Burn-Out
- Mindset & Mental Health
- Unconscious Bias

## Relationships

- Technology and Relationships
- Multi-Cultural or Bi-Racial Couples
- Marriage & Relationships
- Infidelity & Recovery
- Divorce & Divorce Recovery
- Co-Parenting, Single Parenting, & Blended Families
- Toxic Relationships



## **Mindset and Mental Health**

This presentation demonstrates how shifting one's mindset can have a positive impact on mental health. A person's mindset and locus of control are directly linked to both mental and physical well-being. By focusing on a growth mindset, you can optimize your mental well-being and maximize your ability to live a happy, healthy, fulfilling, and growth-oriented life. This presentation covers the differences between a growth and a fixed mindset, the connection between mindset and mental health, and effective strategies to develop a positive growth mindset.

## **Toxic Positivity**

A positive mindset can go a long way to helping one find happiness and success in life. However, toxic positivity is different than having a positive mindset. Toxic positivity is focusing on the cheerful or positive at the expense of other emotions and sends a message that a person should never feel uncomfortable things like anger, grief, sadness, or resentment. This presentation/training explores the negative impact of Toxic Positivity and teaches other skills that can be used that are more helpful and supportive during difficult conversations or challenging situations. This presentation/training uses a lecture-style presentation to share information while incorporating small group break-out sessions, role-playing, and other interactive activities to heighten the experiential aspect, provide opportunities to practice new skills, and accelerate the learning experience.





## Creating a Culture of Well-Being

This workshop explores the importance of creating a culture of well-being in a work environment. A culture of well-being prioritizes mental health and distributes responsibility for the healthy culture amongst all employees at all levels within the organization. Moreover, a culture of well-being is meant to be embedded into the ethos of an organization, and should be embraced as one measure of success for leaders and managers. This workshop includes examples of how organizations can embody cultures of well-being and identifies strategies leaders can employ to begin shifting toward a culture of well-being.

## Building Emotional Intelligence

Emotional Intelligence is a fundamental skill to being successful in the workplace and personally. Defined as one's ability to recognize, understand, and manage emotions, the concept includes 3 distinct areas: Self-Awareness, Self-Management, and Social Awareness. Being Emotionally Intelligent can help individuals develop their own understanding of self, learn core skills to connect with others, and build the tools to manage emotional reactions. This workshop focuses on expanding one's Emotional Intelligence to help improve decision-making, better manage difficult situations, identify things inside and outside of your control, and improve relationships with others.





## **Burn-Out Prevention and Intervention**

Burn-out and stress in today's society revolves around a culture of go-go-go. Productivity has begun to supersede self-care and rarely does one give time to recuperate and rejuvenate. This presentation/workshop focuses on tools to help with stress and burn-out. This workshop will teach grounding techniques, mindfulness, self-care and boundaries, and will focus on how to:

- Identify daily and weekly self-care habits you can use that will help you decrease your stress
- Learn new coping skills, like setting boundaries and limits
- Deepen your sense of mindfulness and learn how it can help you stay calm during the chaos
- Build new grounding techniques to help you cope when your anxiety increases
- Learn and Practice self-soothing techniques

The act of taking care of ourselves seems to be a lost art these days, and your nervous system is paying the price. This presentation can be customized to the workplace or in a personal group.



## Essential Self-Care Strategies for Helping Professionals and First Responders

Helping professionals are a highly-caring group who tend to prioritize the needs of others while neglecting their own self-care. These patterns can lead to fatigue, stress, frustration, and depression. It can also elevate burnout, vicarious trauma, and compassion fatigue, which are often disregarded as part of the job. But it doesn't have to be this way. This workshop introduces valuable strategies to teach Helping Professionals and First Responders how to practice intentional self-care, set boundaries, recognize signs of burnout, and build stress management tools.

## The Importance of Boundaries For Mental Health

Boundaries are a critical factor in a person's mental wellness. The ability to set and enforce boundaries for yourself will help you get your needs met, learn how to say no, teach others how to respect your limits, and ensure you don't get involved with things that make you uncomfortable. In this workshop, participants will learn how to identify different types of boundaries, how to communicate boundaries, how to use boundaries as part of a bigger self-care practice, and how to set boundaries in both personal and professional relationships. This workshop will also cover the negative impact of not setting boundaries and signs that indicate you might need to strengthen boundaries.





## **The Impact of Social Media on Mental Health**

Today, social media platforms have literally changed the world and permanently altered how we connect with each other. This workshop reviews the good, the bad, and the ugly sides of social media and its impact on our mental health. Social media is a double-edged sword, containing the ability to offer a lot of good with the potential to do a lot of harm. This workshop/presentation addresses the positive aspects of social media, red flags of social media, how to utilize healthy coping mechanisms to navigate this space and specific tools to utilize with clients or employees in one's organization. In addition, it focuses on how to decrease the negative impact of social media on one's mental health.

## **Additional Select Topics**

- Building Stress Resilience
- Workplace Mental Health - Mental Health for a Thriving Workplace
- Helping Professions & Burn Out
- Impact of Technology on Relationships
- Toxic Relationships/Narcissism
- Lawyer Well-being
- Mindset and High Stress Professionals

## A selection of past speaking engagements Include:

- United Nations
- SXSW
- American Bar Association
- ADP
- Brown Brothers Harriman
- Smith Kline Beecham  
(now Glaxo Smith Kline)
- Quontic Bank
- Health 2.0
- AFCC Association of Family Courts
- Annie Gibbons Summit
- Biohackers Summit  
with Tony Robbins
- WYN Conferences
- Seedbox Digital
- Family Scholar House
- Coach Training Alliance
- B.I.G., Empowering Women
- Subject matter expert for major  
networks, including ABC, NBC, and  
local networks

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## Contact Information

Babita is available for virtual and in-person speaking engagements on any of the topics summarized in this packet. All presentations can be customized to a specific audience or time frame.

To learn more about Babita's speaking services or to submit a booking request, please contact Babita at any of the following:

[babitaspinelli@gmail.com](mailto:babitaspinelli@gmail.com)  
[www.babitaspinelligroup.com](http://www.babitaspinelligroup.com)  
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Connect with Babita on [LinkedIn](#).