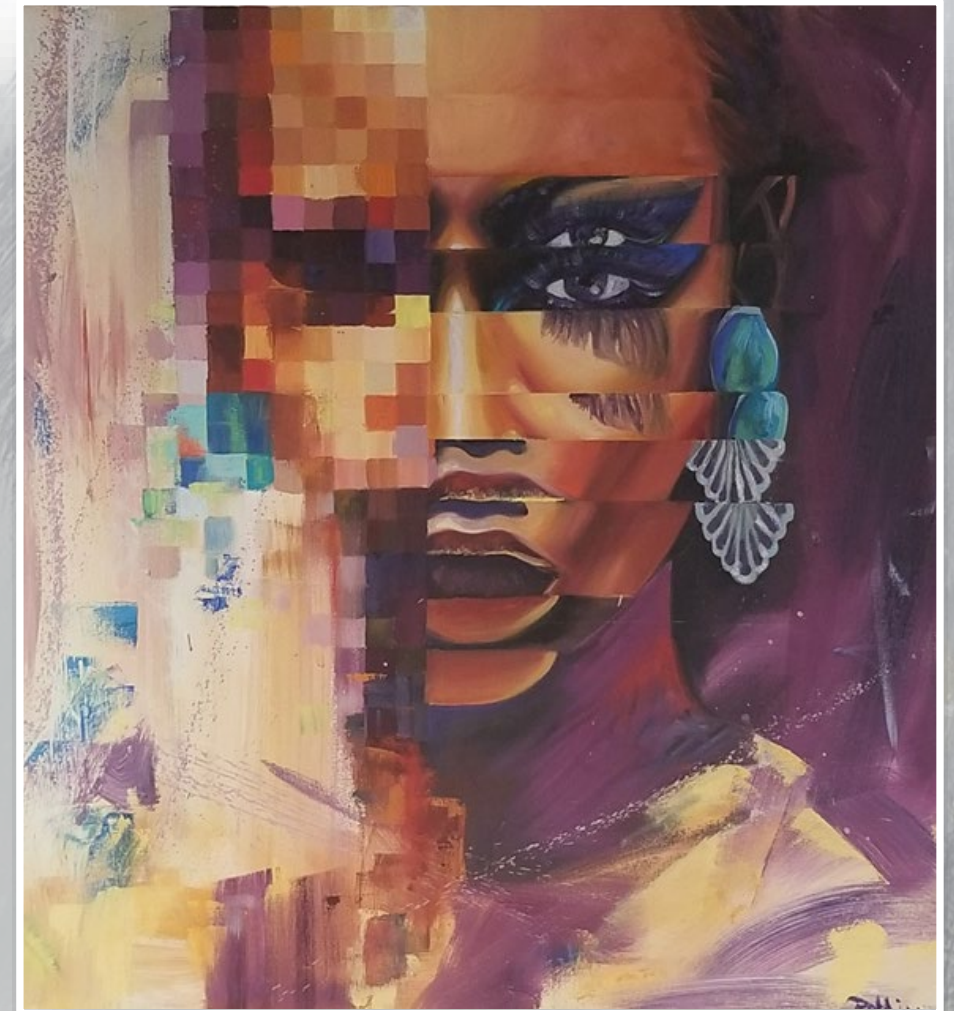




# ONE CRISIS FROM "CRAZY"

## PANDEMIC Edition

- healing & renewal for the mentally and emotionally overwhelmed, bewildered and discouraged



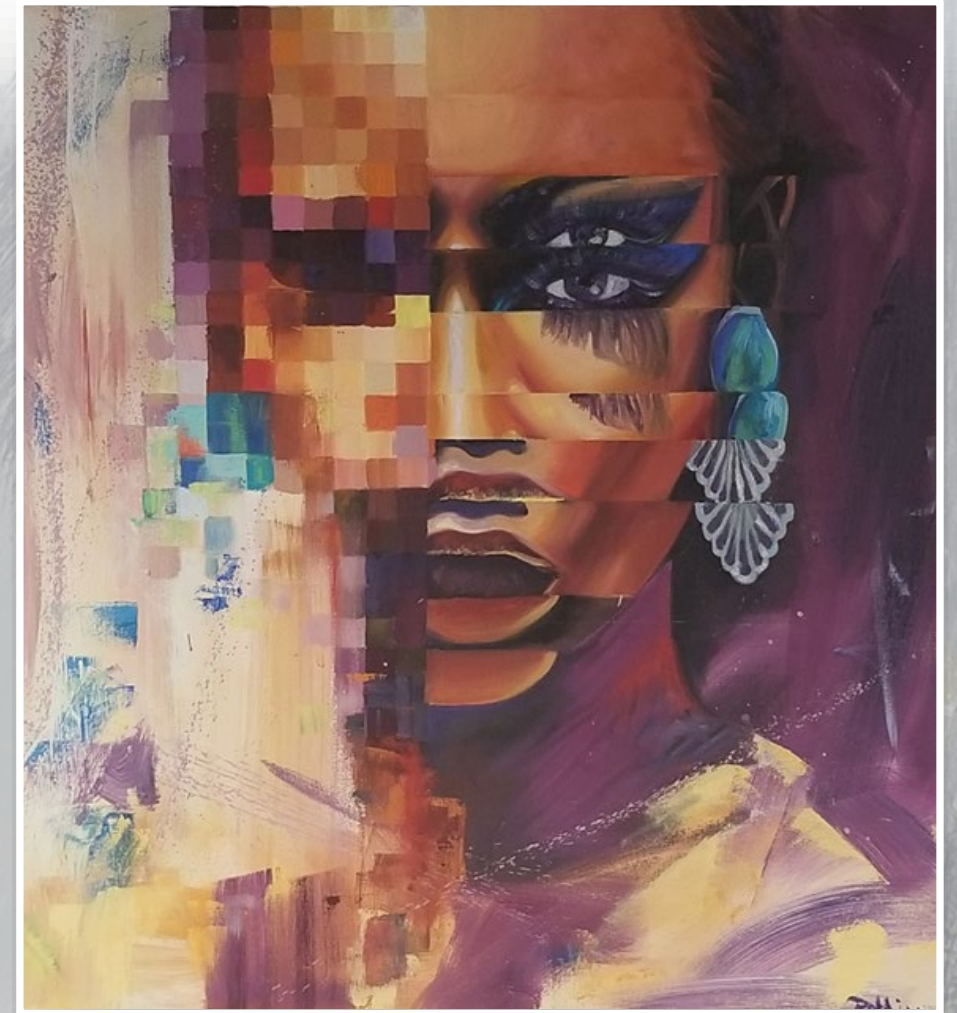
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JOY D. CALLOWAY PRESENTS  
JDC

ONE CRISIS FROM "CRAZY"

Facilitator

Joy D. Calloway

MBA, MHSA



ONE CRISIS FROM "CRAZY"

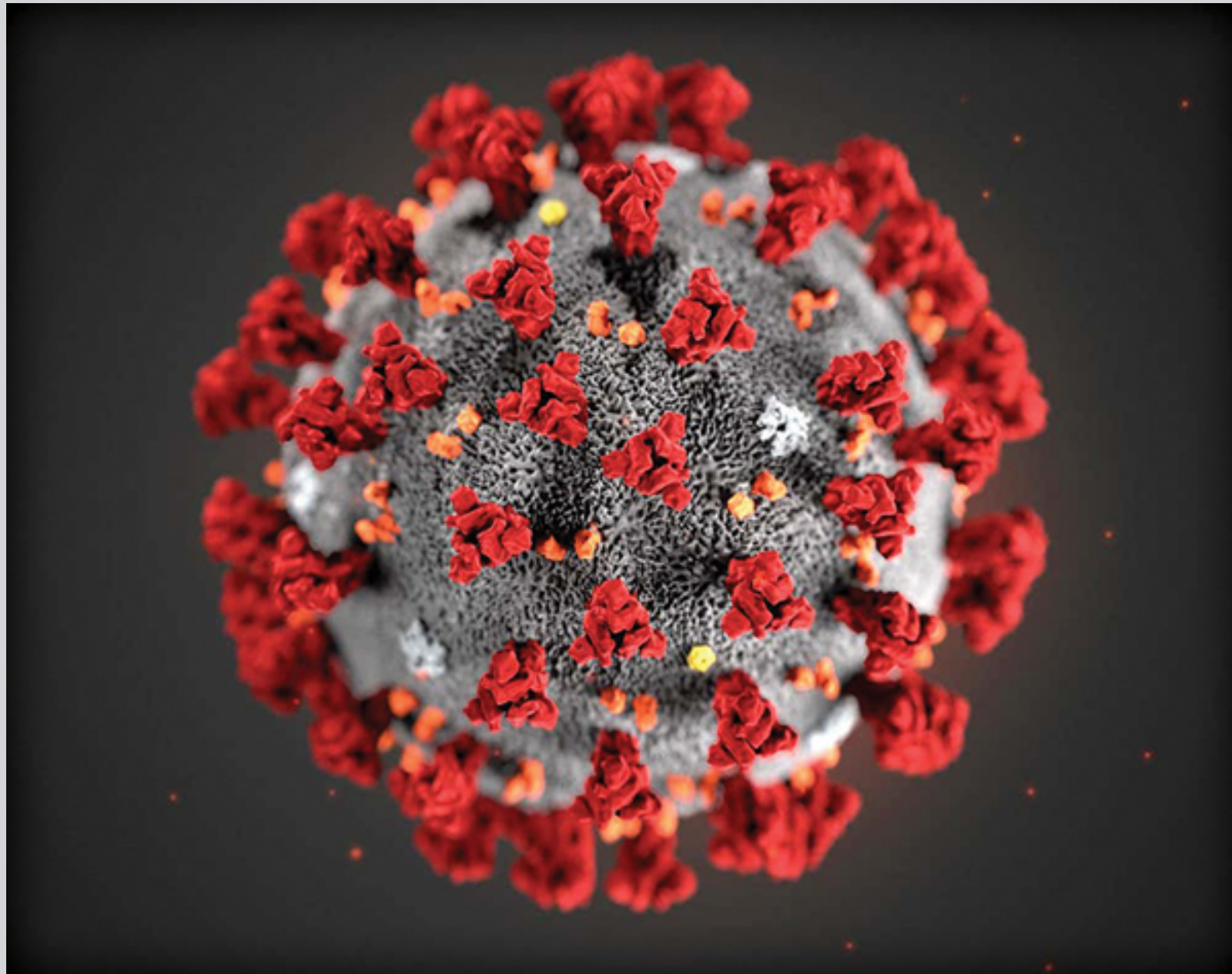


# THE EXPERIENCE



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# DISEASE



ONE CRISIS FROM "CRAZY"

## 2020 OVERVIEW

OVER  
**FIVE MILLION CASES**  
OF COVID-19  
IN THE US



# DEATH

ONE CRISIS FROM "CRAZY"  
FROM

## 2020 OVERVIEW



U.S. DEATH TOLL  
BARRELING TOWARDS  
**200,000 LIVES**

# FEAR & UNCERTAINTY

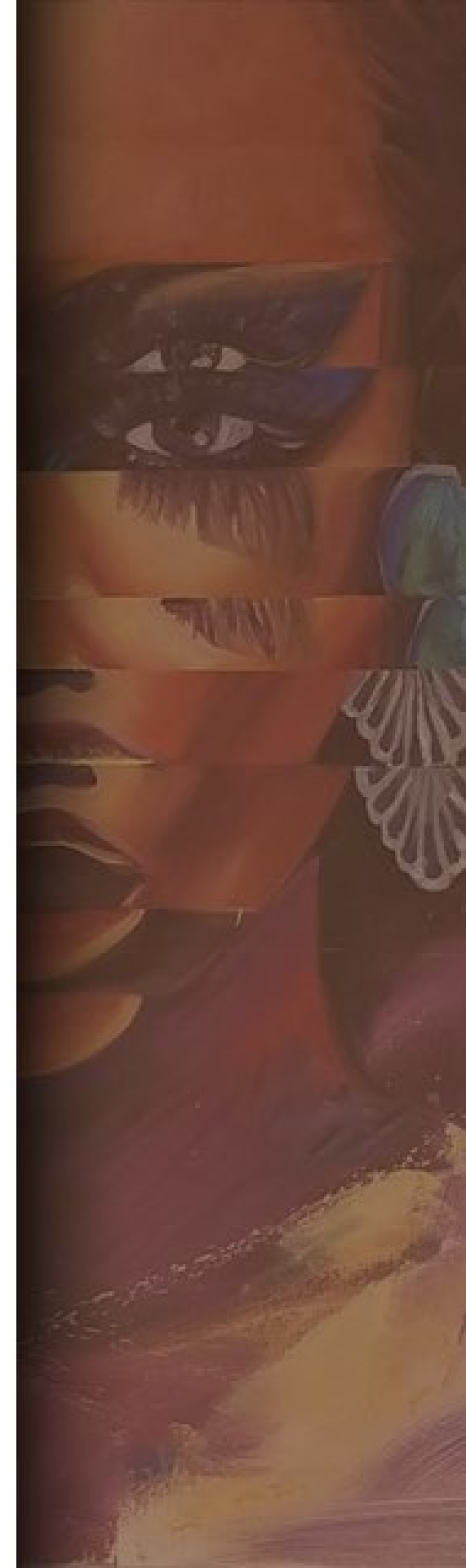
ONE CRISIS FROM "CRAZY"  
FROM

## 2020 OVERVIEW



WHEN IS THE WORLD  
GOING BACK  
TO NORMAL?

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# SOCIAL UNREST

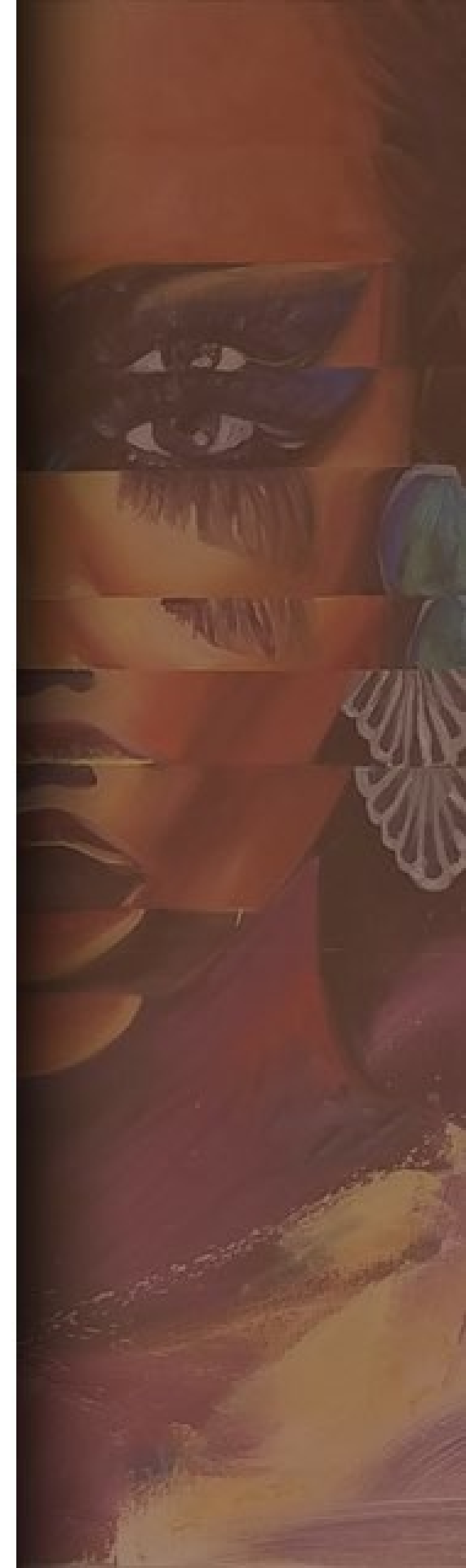
ONE CRISIS FROM "CRAZY"

## 2020 OVERVIEW



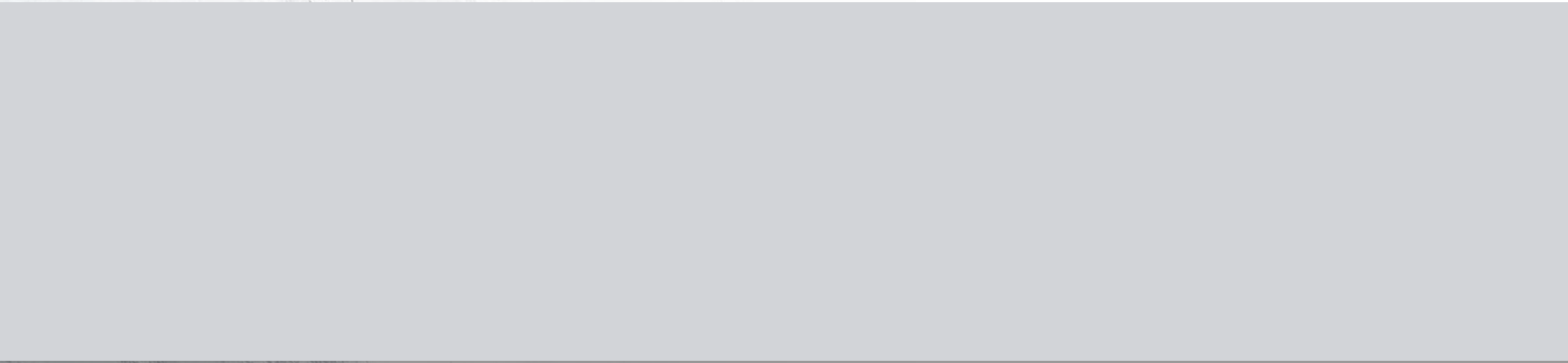
**#GEORGEFLOYD**  
**#AHMAUDARBERY**  
**#BREONNATAYLOR**

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ONE CRISIS FROM "CRAZY"

# TRIGGERS



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ONE CRISIS FROM "CRAZY"

# TRIGGERS

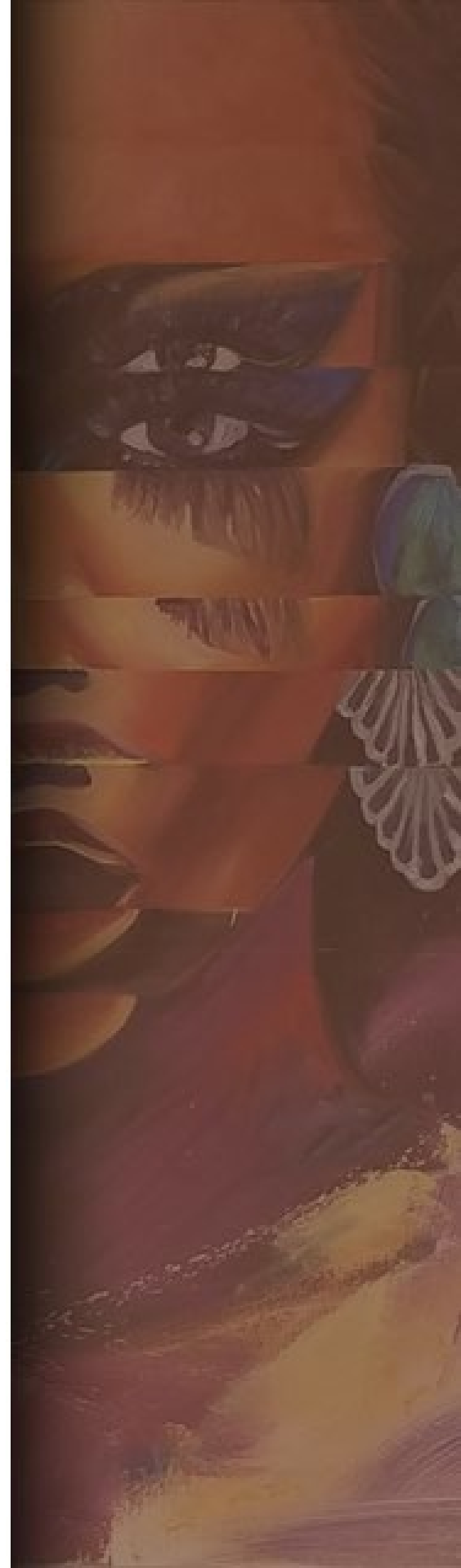


ONE CRISIS FROM "CRAZY"

# TRIGGERS



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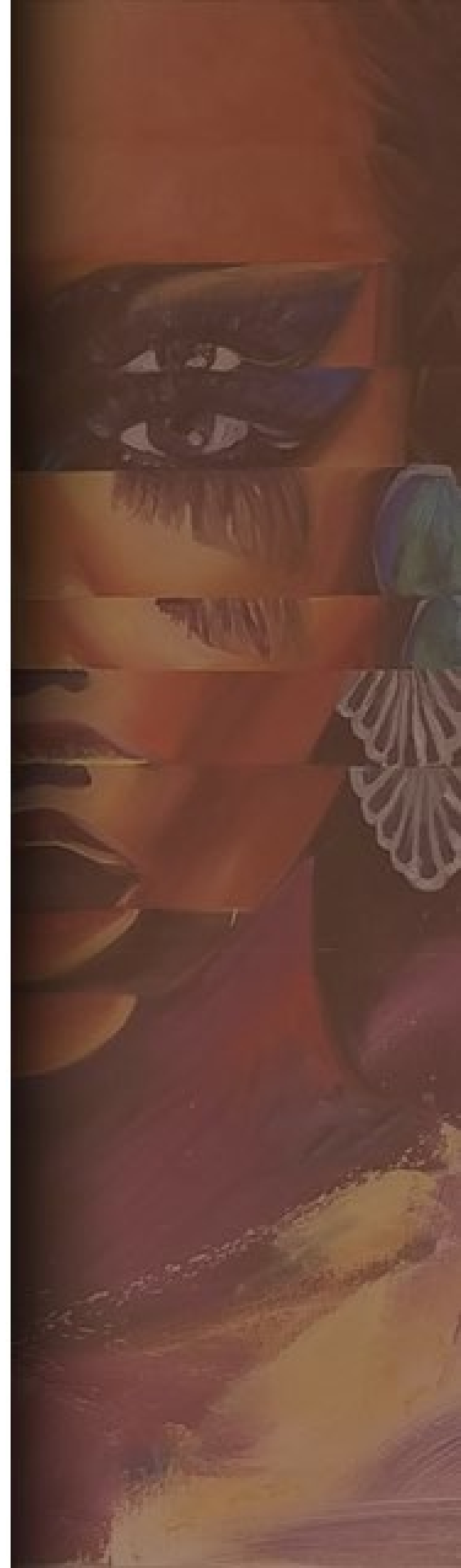


ONE CRISIS FROM "CRAZY"

# TRIGGERS



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# HEALING & RENEWAL

ONE CRISIS FROM "CRAZY"

2020 OVERVIEW



POWER OF  
RESTORATIVE  
DIALOG

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ONE CRISIS FROM "CRAZY"

# THE JDC EXPERIENCE



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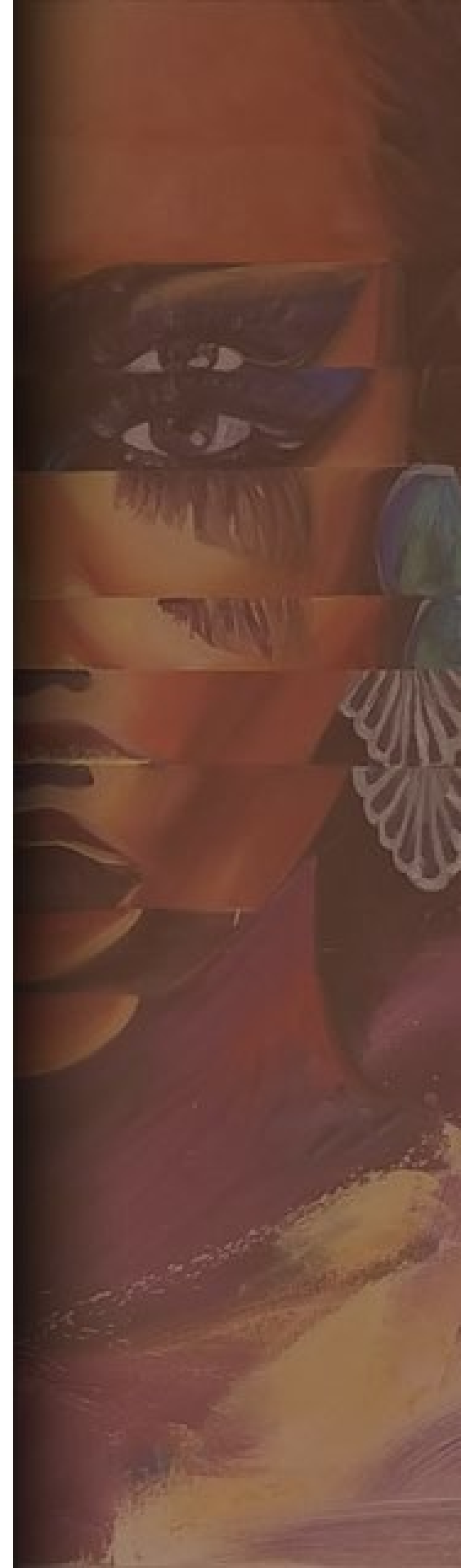
ONE CRISIS FROM "CRAZY"

# THE JDC EXPERIENCE

- **COMMUNITY.** JOY creates a safe and sacred space to reflect and heal with others.
- **TRANPARENCY.** JOY removes her mask and encourages the same.
- **SOUL SEARCHING.** JOY positions an emotional mirror for introspection and deeper self awareness.
- **ACTIONABLE STRATEGIES.** JOY gifts participants with meaningful and impactful tasks.
- **INSPIRATION.** JOY's facilitation incites action for self and others.

**FULL DAY**

JDC  
JOY D. CALLOWAY  
JDC



## WHAT OTHERS ARE SAYING

"Joy was amazing! Love the One Crisis from Crazy (Seminar)"

"This was so good and interesting! I can't stop listening."

## WHAT OTHERS ARE SAYING

"Loved Joy! Great options for my new Tool Kit!"

"This was so healing."

"Session was so inspiring and uplifting."



ONE CRISIS FROM "CRAZY"



## OBJECTIVES

- a campaign to heal and renew the minds of the emotionally overwhelmed, bewildered and discouraged

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1

To create a safe, healing space for learning and transparent sharing on the mental and emotional devastation arising from our current environment

To offer practical, proven strategies to deal with stress, anxiety, anger, depression, and grief caused by the COVID-19 pandemic and its effects on our personal and professional relationships in the United States

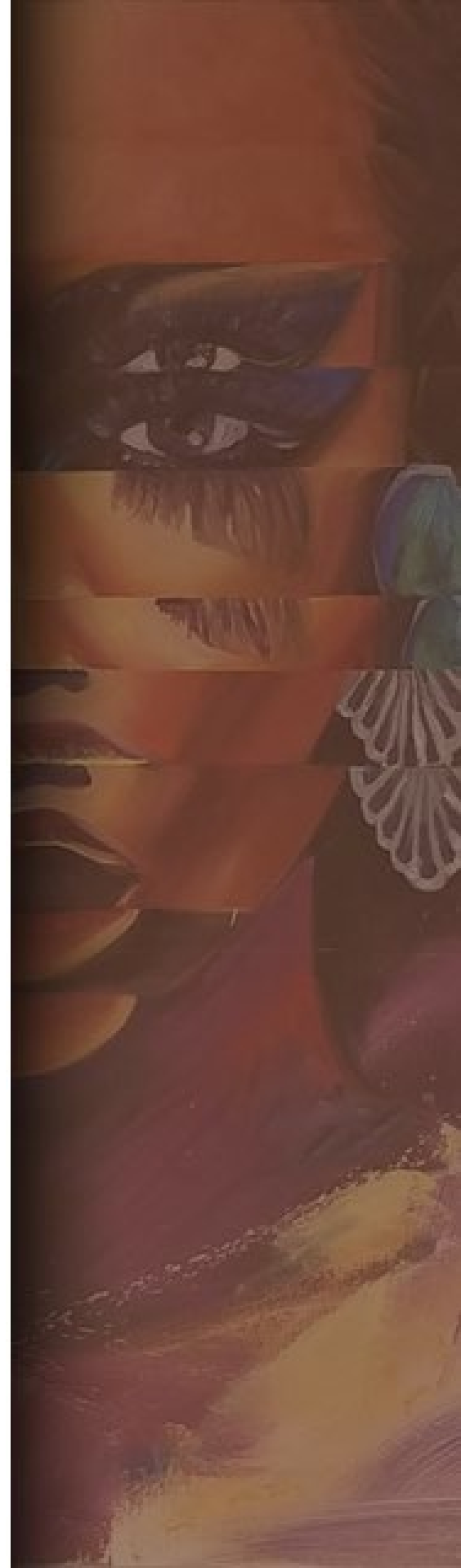
To inspire and equip individuals to transcend the current crisis and use the crisis to create a more meaningful personal/professional life

ONE CRISIS FROM "CRAZY"

## OBJECTIVES

- a campaign to heal and renew the minds of the emotionally overwhelmed, bewildered and discouraged

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**1** To create a safe, healing space for learning and transparent sharing on the mental and emotional devastation arising from our current environment

**2** To offer practical, proven strategies for dealing with the stress, anxiety, anger, depression, and grief brought on by the COVID-19 pandemic and current state of race relations in the United States

ONE CRISIS FROM "CRAZY"

## OBJECTIVES

- a campaign to heal and renew the minds of the emotionally overwhelmed, bewildered and discouraged

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**1** To create a safe, healing space for learning and transparent sharing on the mental and emotional devastation arising from our current environment

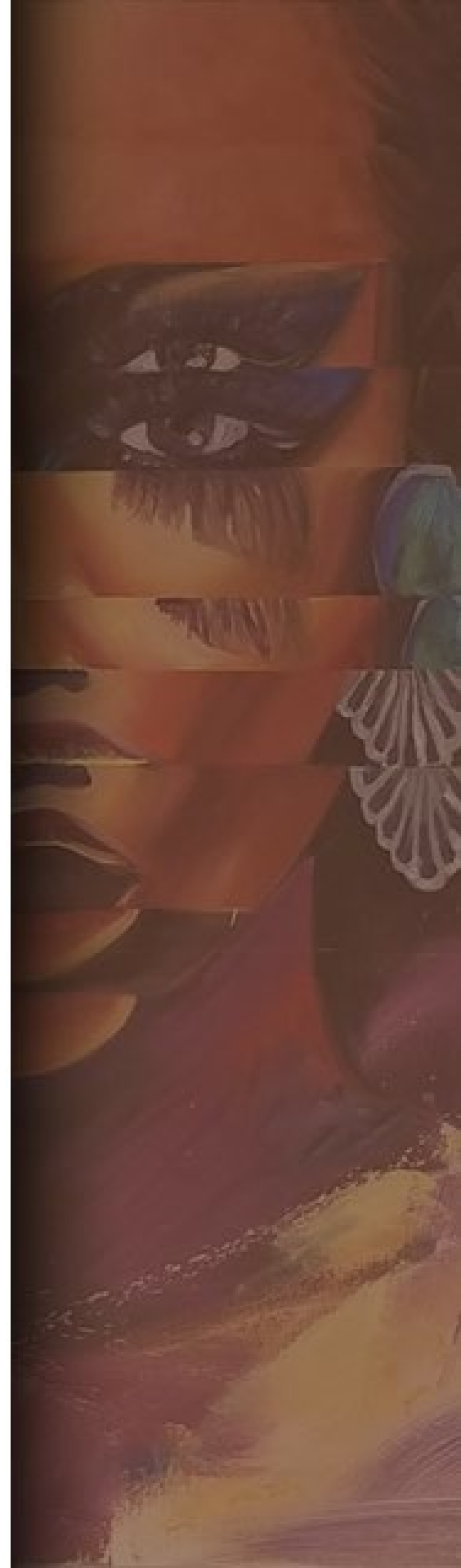
**2** To offer practical, proven strategies for dealing with the stress, anxiety, anger, depression, and grief brought on by the COVID-19 pandemic and current state of race relations in the United States

**3** To heighten awareness around mental and emotional health and wellness and to disrupt the stigma associated with participating in mental healthcare programs and services

ONE CRISIS FROM "CRAZY"

## OBJECTIVES

- a campaign to heal and renew the minds of the emotionally overwhelmed, bewildered and discouraged



**1** To create a safe, healing space for learning and transparent sharing on the mental and emotional devastation arising from our current environment

**2** To offer practical, proven strategies for dealing with the stress, anxiety, anger, depression, and grief brought on by the COVID-19 pandemic and current state of race relations in the United States

**3** To heighten awareness around mental and emotional health and wellness and to disrupt the stigma associated with participating in mental healthcare programs and services

**4** To inspire and equip "One Crisis" participants to transcend the current climate and take full advantage of the crisis to create awareness, growth, and personal/professional advancement

ONE CRISIS FROM "CRAZY"

## OBJECTIVES

- a campaign to heal and renew the minds of the emotionally overwhelmed, bewildered and discouraged

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ONE CRISIS FROM "CRAZY"



# ATTENDEE IMPACT



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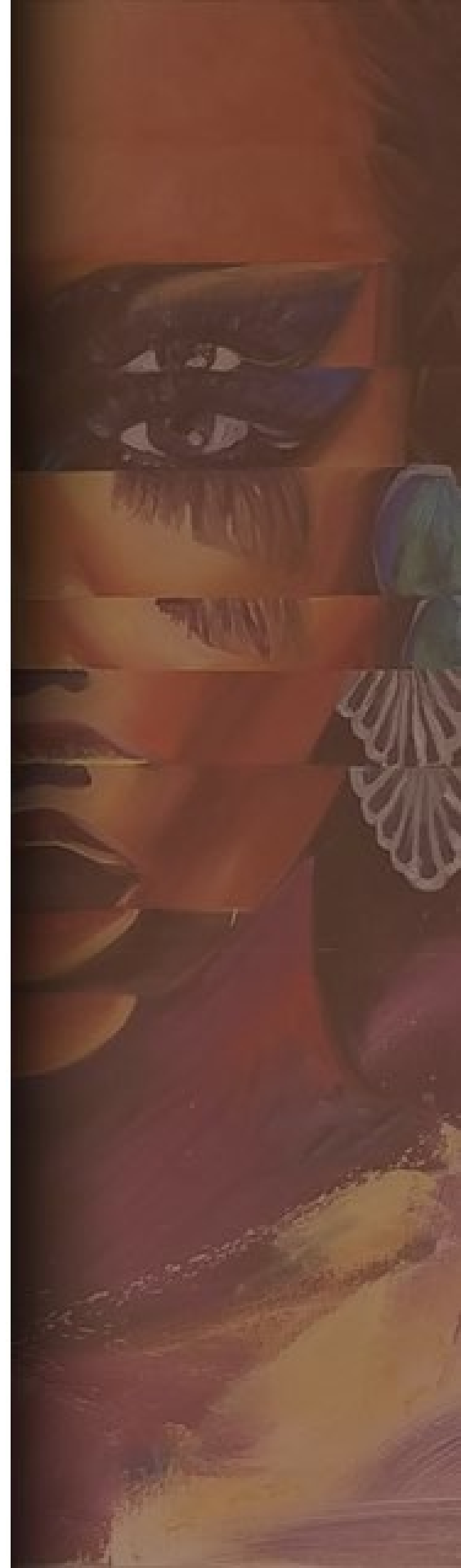
1

Understand the true impact of everyday events on our emotional health and wellness

ONE CRISIS FROM "CRAZY"

# ATTENDEE IMPACT

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ONE CRISIS FROM "CRAZY"

**1** Understand the true impact of everyday events on our emotional health and wellness

**2** Create and implement the customized health and wellness plan introduced in the experience

# ATTENDEE IMPACT

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JDC





ONE CRISIS FROM "CRAZY"

**1** Understand the true impact of everyday events on our emotional health and wellness

**2** Create and implement the customized health and wellness plan introduced in the experience

**3** Learn to master your emotions in the midst of a whirlwind of pain and confusion

# ATTENDEE IMPACT

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