



## Chantelle L. Bittings

Licensed Clinical Professional Counselor

Chantelle Bittings, LCPC is a graduate of the University of Illinois in Champaign-Urbana with a Bachelor's degree in psychology. She obtained her Master's degree in Counseling Psychology from the Illinois School of Professional Psychology in 2001 and is a Licensed Clinical Professional Counselor in the State of Illinois. She is also a National Certified Counselor. In her practice, she provides individual and family therapy and empowers others to make effective changes in their lives.



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Chantelle Bittings is available to present the following workshops:

### Making Self Care A Priority

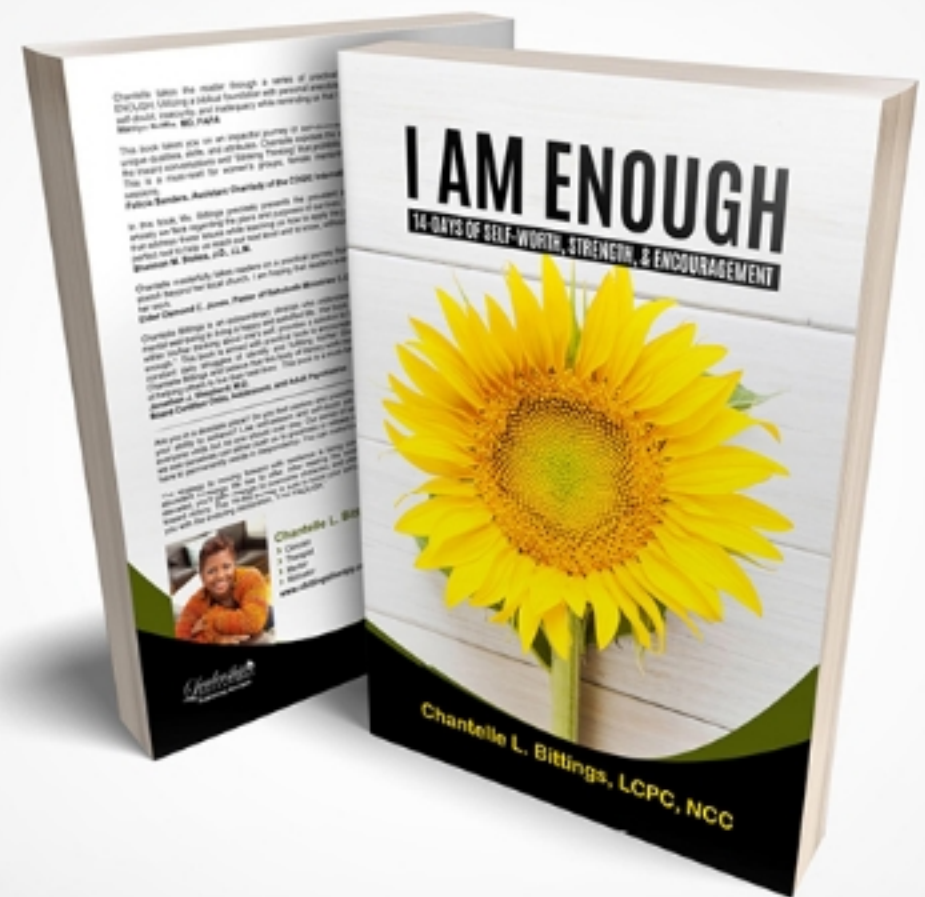
This workshop will focus on the necessity and benefits of self care in your daily schedule. Participants will identify the potential dangers of neglecting self care and identify new methods of self care to promote wellness.

### Stress Management

This workshop will help participants to identify daily stressors. Participants will understand the difference between normal/healthy stressors and abnormal/unhealthy stressors. Participants will also learn stress relief techniques.

### I Am Enough

This workshop will help participants to combat negative self-talk and challenge their defeatism. Participants will be encouraged to understand and improve their self-worth and value. Participants will identify barriers and provide solutions to propel themselves to optimal growth.



She is the author of I AM ENOUGH- 14 DAYS of self-worth, strength and encouragement.

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