

# Ilana Tolpin Levitt, CCC, LMHC, LPC

[What's Mom Still Got To Do With It? Breathe New Life ... - Amazon.com](#)

As a career coach, HR professional and licensed mental health counselor, Ilana's speaking engagements bring a holistic and integrative approach to career development, the world of work and influence of family history. Dynamic, fun and engaging, the workshops entertain, encourage introspection and leave participants energized for future growth and potential.



## **1. WHAT'S MOM STILL GOT TO DO WITH IT? (Career Talk)**

***Breathe new life into your career by understanding your mother/daughter relationship***

3 HOUR-FULL Day/Weekend workshop

People go to the doctor for annual physical exams in order to prevent future physical issues with major organs, and the same preventative measures should be taken concerning our career goals, professional identity, and aspirations. In this workshop, participants will learn about holistic, essential ingredients to career satisfaction including alignment with interests, skills, values and personality. Highlights of Ilana's newly released book *What's Mom Still Got to do With it* will be explored, including daughter types and tips and solutions for moving forward.

### **WHAT YOU WILL LEARN:**

- Understand and unlock the mystery to the patterns and choices we make both in and out of the workplace.
- Identify core strengths, values, and places where our energy lies.
- Gain a fresh perspective and receive practical tips and relevant solutions when it comes to work challenges and unmet professional goals.
- Gain insight into our mother-daughter relationships to help enhance our personal lives and develop our professional selves, even in leisure or retirement.
- Get inspired to set new goals and make a plan to achieve them

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## **2. WHAT'S MOM (AND DAD) STILL GOT TO DO WITH IT? (professional development workshop for psychologists, social workers and mental health counselors)**

**Impact of 'inherited' family career trauma/dynamics-instilling HOPE and reducing SHAME for clients**

### **Presentation Description:**

The parent-child relationship is so primal, intense and complex, that it can drive a person to his/her line of work, dictate how he/she leads, and, influence the types of relationships they form with managers and colleagues. In this workshop, Ilana will present her model that she developed for her newly released book, "*What's Mom Still Got to Do With it?*" and explore areas that impact career choice, performance and advancement. Even though the family influence is deep and unconscious, the solution does not have to be. Mental health providers can help instill hope and confidence for success by using strengths-based tools to reinforce healthy/positive messages and challenge difficult family stories and past experiences.

### **What you will learn:**

- Gain deeper understanding and insight into patterns and choices clients make due to the profound impact parents have had on their professional lives.
- Explore 'inherited work trauma' related to money, time, role modeling, and other historical events in an experiential format.
- Acquire practical tips and relevant solutions for clients to address career indecision, work challenges, and blocks to advancement.
- Learn about easy to use strengths-based resources that can give clients HOPE including resume building worksheets, assessments, and guiding the retelling of their internal stories for interviews.

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SPA TALKS: 45-60 Minutes

## **2. MOTHERS JOURNEY-HER DAUGHTERS DESTINY (mother - daughter)** *Inherited career strengths and unexpected paths*

How much of a daughter's life design is imprinted by her mother's story? Education, choice of partners, and opportunities all seem connected to our histories. Learn why the mother-daughter relationship is more powerful and adhesive than any other in the family, and explore the conscious and unconscious connections within our stories. Begin to unpack mother's story in order to bring clarity to our own. Workshop is for adult daughters and mothers are welcome.

### **WHAT YOU WILL LEARN:**

- Explore commonalities between mothers and daughters.

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- Learn how to accept those mutual strengths and begin to resolve the differences.
  - Discover specific ways to launch your relationships, careers, and lives forward.
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### **3. PARENTING FOR CAREER SUCCESS (Parenting-Career)**

*Tips and strategies for supporting your child with her/his career success! (including what not to say)*

Parents consciously want the best for their children, but because of unconscious patterns may have trouble discerning what that is. We want our children to reach for the stars and surpass our success. Sometimes, we may also, unconsciously, want them to fulfill our unfulfilled dreams. Dynamics between parents and children can get complicated as we assert our opinions, and as our 'adult' children try to assert their independence.

#### **WHAT YOU WILL LEARN:**

- Discover the relationship between generational career patterns.
  - Find the balance between offering direction and micromanaging.
  - Learn 10 practical and essential tips to set your children on the right path.
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### **4. Say Goodbye to Workplace Drama! (career-leadership)**

*Understanding family influence on your career choice, advancement and workplace dynamics*

Why do you always seem to find the difficult bosses or co-workers, or do you think they find you? Explore workplace dynamics from a fresh perspective including the role of family dynamics and 'inherited' career trauma on workplace relationships. Learn to manage your relationship with your boss and eliminate drama in the workplace by developing emotional intelligence.

*\*Critical workshop for leaders to manage difficult interpersonal and team dynamics.*

#### **WHAT YOU WILL LEARN:**

- Find out what causes workplace drama.
  - Uproot and explore the underlying patterns that follow you in the workplace.
  - Explore roles of trust, decision making and over or underestimating your value.
  - Gain tips and solutions to improve workplace relationships.
  - Learn about emotional intelligence and mindfulness for survival and advancement.
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### **5. THE WARRIOR WITHIN (career-leadership)**

*Exploring your inner leader*

Want to reach the next level of your career? Sometimes people can feel held back or like an imposter at work. Many of us have lacked role models growing up, and oftentimes don't currently have a mentor to look to for support. This talk will explore the impact of 'inherited'

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family dynamics on leadership. There is a warrior (woman) in all of us. We will explore new ways to fully embody our strengths and find the tools and resources needed to move forward in our careers. Its easy to blame your organization or boss for lack of advancement but also critical to explore your own internal barriers and identity tools to overcome them.

- *Extended program will explore leadership styles, challenges and strategies associated with daughter types from book What's Mom Still Got To Do With it?*

#### **WHAT YOU WILL LEARN:**

- Learn how to develop inner strength and courage.
- Recognize your own natural leadership attributes.
- Find out how embrace weaknesses as flip side of a strength.
- Discover new ways to communicate and become known to the decision makers.
- Determine how to find a role model and mentor.
- Learn how emotional intelligence; (self-awareness, awareness of others, empathy, social skills and regulation) can bring your career to the next level.

For more information visit:

#### **Social Media:**

[Ilana Tolpin Levitt \(@whatsmomthebook\) | Twitter](#)

<https://www.linkedin.com/in/ilanatolpinlevitt>

Facebook: Pages What's Mom Still Got to Do With it?

#### **Websites:**

[www.ilanalevitt.com](http://www.ilanalevitt.com),

[www.whatsmomthebook.com](http://www.whatsmomthebook.com)

#### **Book:**

What's Mom Still Got to do With it? Breathe New Life into your career by understanding your mother-daughter relationship

ISBN # 9780998410609

#### **Articles:**

Mother--Daughter Workshop, An Interactive Encounter, Group Psychotherapy Journal Volume 2, No 3 1998 Leah Tolpin and Ilana Tolpin Levitt

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### **Biography:**

Ilana Tolpin Levitt M.A., M.Ed. is a clinical career counselor and human resources executive who delights in helping people find meaning in their work. With humor, practicality, and a warm, intuitive approach, Ilana helps clients simplify and navigate their career growth and transitions. She has a private practice in the New York metro area and is an entertaining, motivational speaker on career and professional development. She is also the Senior Director of Employee Development and Organizational Effectiveness for The New School in New York City. Her HR experience, combined with her counseling, brings a holistic and comprehensive perspective to leadership, workplace dynamics, career satisfaction and fulfillment.

Ilana's focus with many clients is a deep exploration of the psychological roots that impact career development and workplace dysfunction. Ilana has been running mother-daughter relationship workshops with her mother, who was a psychoanalyst, for over a decade. Her newly released book, *"What's Mom Still Got to Do With It?"* integrates her extensive knowledge and experience about mother-daughter relationships with her expertise in career development.

She holds a BA in Psychology from Binghamton University, a MEd in Counseling Psychology and MA in Organizational Psychology from Columbia University's Teachers College and is a Certified Career Counselor with the National Career Development Association (NCDA). She is a licensed mental health counselor in NY (LMHC) and Licensed Professional Counselor in New Jersey (LPC). She is the 2013 recipient of the Outstanding Career Practitioner Award from the NCDA.

**Ilana has delivered keynotes and numerous workshops for:**

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[A World-Class Cultural & Community Center, 92nd St. New York](#)  
[New York Open Center - Explore. Fulfill. Transform.](#)  
[SUNY Career Development Association](#)  
[School of Management - Binghamton University](#)  
[Career Services | St. John's University](#)  
[New Jersey Counseling Association](#)  
[Middle Atlantic Career Counseling Association](#)  
[National Association of Professional Organizers](#)  
[The Jewish Federation in the Heart of New Jersey](#)

**Here's what people are saying...**

*"Love Her, encouraged interaction, exchange of ideas, and provided materials and resources. Ilana is a very dynamic speaker. She keeps your attention..."*

*"Ilana is a natural communicator and educator. Very informative and interesting."*

*"Ilana was fantastic. She was very engaging and credible."*

*"Ilana is a very skilled and dynamic presenter, as well as pioneering the connection between career choice and the psychodynamics of our relationship with our parents (esp Mom)."*

*"Ilana's session was wonderful!! She used every moment of our time together to share great information, have us work with the topic, and had really good activities and examples that brought the ideas to life for us."*

*"Very good information to help struggling job seekers get out of a negative rut...I could have listened to Ilana for hours. She is so knowledgeable and an excellent speaker."*

*"Gifted presenter. Ilana's messages are always informative and practical. Ilana is a wealth of knowledge."*

**To book Ilana for a workshop, contact [ilanatolpinlevitt@gmail.com](mailto:ilanatolpinlevitt@gmail.com)  
Or call: (212) 679-0292 or (908) 812-2245**

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