

Elaine Belson LCSW

Embrace Your Humanity!

Speaker
Mindset Coach
Psychotherapist
US Army Veteran



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"Everything Elaine said was profound and thought provoking... She is a brilliant and compassionate person, and a pleasure to listen to."

**Chinook Bromlie,
Communications Coordinator**

"Elaine's advice on how to look after your mindset and learn to love yourself first was exceptional and communicated well to all levels of my listeners."

Claire Martin, Podcast Host

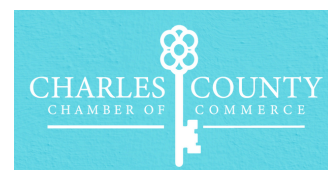
"Elaine's delivery was engaging and knowledgeable, making complex topics feel approachable."

Momma FoxFire, Podcast Host

Biography

Elaine Belson, is a mindset coach, speaker and psychotherapist with more than 30 years of experience, including the U.S. Army - which she joined at the age of 42. She hosts a YouTube channel called "Ask the Therapist with Elaine Belson," where she answers your mental health questions in under a minute. Belson also has a knack for speaking in soundbites and has over 40 "mantras" that enlighten and inspire.

Belson has clinical, military, political and teaching experience and has worked in a variety of settings including private practice, community agencies, colleges, hospitals and combat zones.



Signature Talks

EMBRACE YOUR HUMANITY!

Harness your innate abilities to build self-confidence, improve your relationships and achieve success. Human beings have feelings for the same reason they experience pain and hunger. They are a survival instinct – information of a need or threat you're overlooking. By identifying all your feelings (needs), their origins and what's in your control, you achieve balance and make good decisions.

DITCH YOUR INNER BULLY!

Overcome imposter syndrome, people pleasing, and perfectionism to lead with confidence. Gain insights you won't hear anywhere else, based on 30 years of clinical experience. Stop being hard on yourself even if past efforts have failed. Set boundaries and assert yourself without "looking for permission." Stop using people as mirrors for a sense of self.

COMMUNICATION: IT'S MORE COMPLICATED THAN YOU THINK!

If it wasn't, you would have figured it out by now. Good communication is like learning a new language. That's why I developed 16 Principles of Communication everyone should know. Useful for work settings, mental health professionals and relationships.

OTHER TOPICS:

Teamwork, Assertiveness Training, Work-Life Balance, Leadership, Psychology in the Workplace, Anxiety, Parenting and more...



Human Factors in Business

Shortly after 9-11-2001, I visited a large corporation affected by the attack. When I arrived, I learned the company was also going through a merger. What was supposed to be a one-day visit turned into a week, meeting with employees anxious about losing their jobs and middle management literally feeling caught in the middle. What struck me is how little the company took into account the impact their decisions were having on their employees. I went to the book store for some guidance. The business section was full of books about financial success. I found only one small paperback, called *The Change Monster*, that talked about human factors in business.

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