

## Professional Bio

Taryn M. Abrahams, MFT, SHRM-CP

**Founder/President of Empower Behavioral Services, LLC.**

## Overview

Taryn Abrahams, a corporate behavioral specialist and human interaction expert, helps companies implement behavioral best practices to improve workplace interpersonal relations and holistically strengthen corporate culture. Leveraging her experience as a psychotherapist, Taryn's innovative suite of workshops, coaching and consulting services are designed to enhance employee morale, foster collaborative and productive workplace environments, and nurture employee loyalty and ambassadorship. With over 22 years of experience, Taryn helps individuals and teams improve emotional intelligence and soft skills needed to drive a positive impact.

## About Empower Behavioral Services, LLC

Empower Behavioral Services is a full-service consulting and training company focused on helping businesses strengthen interpersonal relations. Through the company's innovative consulting and training workshops, corporate teams, managers, and human resource executives are educated and empowered to manage and lead with confidence, determination, understanding, and finesse. Workshops cover a variety of areas, including diversity training, communications training, and unconscious bias training, with a focus on authentic employee interactions. These customized workshops and individual sessions are designed for team members, managers, and executives who need to build and optimize interpersonal workplace skills and learn strategies for conflict resolution skills, enhancing collaboration and increasing overall productivity. Whether an organization is focused on preventing harassment or improving communication, Empower Behavioral Services coaching and workshops address socio-behavioral issues and provide the education, strategy, and tools that foster collaborative work environments and/or address negative behaviors before they get out of hand.

## Education and Professional Associations

- Indiana University-Bloomington, Indiana, Bachelors in Human Development and Family Studies
- Drexel University-Philadelphia, Pennsylvania-Masters in Marriage and Family Therapy
- Sandler Institute-Edison, New Jersey- Completed Sales Training
- Memberships: Society for Human Resources Management (SCP certified)
- Associations: Board Member and Leadership Chair for New Jersey Association of Women Business Owners, Member of Morris County Chamber of Commerce, Actively involved in the HR Talent and

Committee group at the Morris County Chamber of Commerce, and a proud member of Virtual 5 O'clock Networking Group.