

# Mental Wellness

SUPPORTING MENTAL WELLNESS  
IN THE WORKPLACE

BETH PFITZENMAIER & MARIANNE SOIFER



About  
**Beth Pfitzenmaier**  
Lead Counselor &  
Training Director

As a Lead Counselor and Training Director in the Substance Abuse Intensive Outpatient Program at Southlight, Beth Pfitzenmaier values authenticity, courage, vulnerability, growth and connection. Her licensing as a Clinical Addiction Specialist allows her to help adults in early recovery and transform their lives and relationships, and learn skills that move them towards independence, stability and flexibility. Since its humble beginnings in 1970, SouthLight's mission and vision, as one of the areas largest nonprofit providers, has been to provide innovative care for individuals and families through outpatient and community-based programs.



About  
**Marianne Soifer**  
HR Advisor

With over 15 years of leadership experience in the service industry, Marianne Soifer, SHRM-CP has effectively motivated teams while demonstrating proficiency in networking, recruiting, hiring, onboarding, and employee relations. Her commitment to ensuring compliance, nurturing talent, and building meaningful relationships extends beyond mere business success to prioritize the mental well-being of individuals. Recognizing the pivotal role of a healthy and supportive work environment in fostering positive mental health, Marianne directs her efforts toward creating workplaces where employees not only thrive professionally but also personally.

## DATE

March 21, 2024

## TIME

8 - 8:30AM Registration  
8:30 - 10AM Discussion

*\*Light breakfast + refreshments provided*

## LOCATION

**Raleigh Country Club**

located at 400 Donald Ross Dr.  
near downtown Raleigh

## TOPICS

- *Bringing Awareness to Mental Wellness*
- *Resources and Support for Employees and Employers*
- *Employee Assistance Programs*
- *Compliance Strategies and Best Practices*
- *Intervention and Prevention*

To RSVP, scan QR code or email [events@jones-insurance.com](mailto:events@jones-insurance.com)

