

Topic
A Life Worth Living (subject matter is suicide)
Alcohol: The Good and the Bad
Bullying: An Imbalance of Power
Change, Stress and the Workplace
Character Strengths
Communication Made Easy
Compassion Fatigue
Conflict Resolution
Dangers of Vaping: It's All a Smoke Screen
De-escalating Difficult People
Destined for Purpose (subject matter is depression)
Diversity and Inclusion
Finding My Happiness
Finding My Positive Thoughts in a Negative World
Five Love Languages of Healthy Relationships
Four Lenses
Greif and Loss
Happiness and Self Confidence: A Key to Stress Free Living
Healthy Thinking is Choice
How did it get this way? (subject matter is domestic violence)
How to Deal with Difficult People
Implicit Bias
Maximizing EAP
Mental Health 101
Mental Health First Aid Training
Motivating interviewing
Navigating Life's Complexities
New Normal: A Way of Living and Thriving
PTSD: First Responders
Resiliency and Self-Care
Self-awareness & Me
Sexual Harassment
Social Media: What I need to Know
Stop What If-ing (Worry Control)
Stress and Anxiety

Stress, Anxiety and COVID-19
Substance Abuse 101
Time Management: More than a To-Do List
Tis The Season For Distressing
Transgenerational Trauma

Leadership Trainings for Supervisors

1. Character Strengths (Performance Enhancers)
2. Communication Made Easy (Styles of Communication & ways to use them)
3. Handling Fear of Success (How to know leadership vulnerabilities)
4. What Is Organizational Culture (Three aspects to culture: Artifacts, Beliefs, Assumptions)
5. Gung-Ho (Type of Workers) Enhancing your leadership skills (Squirrel, Beaver, Goose)
6. Healthy Thinking (Positive Self-regard)
7. Happiness and Self-Confidence (Knowing happiness as a tool)
8. Maintaining A Positive Mind Set (A can do attitude)
9. Emotional Intelligence (Soft Skills)