

SUMMARY

LEARNING OUTCOMES

AUDIENCE

TIME

MANAGING STRESS AND FOSTERING RESILIENCE

Analyze self-care and resilience in the face of difficult thoughts and feelings. We will focus on tools for managing uncertainty, anxiety, and stress in a time when many people are experiencing unprecedented levels of these emotions.

Learn about the stress-response, the difference between stress and anxiety, and tools to manage difficult thoughts and emotions. The focus will be on simple, low-cost activities that support overall wellness and build resilience.

This workshop is intended for **all levels** of an organization.

1 Hour

WELLNESS WORKSHOPS

Based on the Wellness Recovery Action Plan. Certified WRAP Facilitators guide participants in wellness planning. Workshops can be modified to meet your organization's needs (ex. Burnout, compassion, fatigue, etc.)

Gain insight into planning for wellness, create written wellness plans, and learn about proven wellness techniques.

This workshop is intended for **all levels** of an organization.

Vary based on needs from a 2-3 hour workshop, to 12-16 hour training.

MINDFULNESS 101

Explore the benefits of mindfulness practice, basic mindfulness techniques, and strategies for maintaining a mindfulness practice.

Learn the benefits of building a mindfulness practice, experiment with established mindfulness techniques.

This workshop is intended for **all levels** of an organization.

1-3 Hours

MENTAL HEALTH FIRST AID ©

Developed by the National Council for Behavioral Health MHFA teaches how to identify, understand and respond to signs of mental illnesses and substance use disorders.

The training teaches the skills necessary to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

This workshop is intended for **all levels** of an organization.

One 8 hour session, or two 4 hour sessions.

TRAUMA AS AN ORGANIZATIONAL HEALTH ISSUE

Explore the pervasiveness of unresolved trauma and its impact on the mind, body, and throughout organizations. Review the basic principles of a trauma informed organization and create a plan of first steps to move forward in a trauma informed way.

Gain an understanding of the prevalence of unresolved trauma and how it impacts the workplace. Learn strategies and ideas to become trauma informed and compassionately engage employees.

This workshop is intended for management and HR professionals.

3 - 6 hours

SUICIDE AWARENESS TRAINING

Recognizing and effectively intervening with suicidal individuals. This includes identifying preventative and protective factors, risk and recognition, strategies for responding to those considering suicide, and referral skills and resources.

Increase awareness of suicide, and learn information and basic skills to respond to a person considering suicide.

This workshop is intended for **all levels** of an organization.

1 - 3 hours