

**RWJBH One Source EAP
Seminar Catalog**

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To schedule a seminar, contact Lynda Stoller at Linda.Stoller2@rwjbh.org or 848-218-3337

New Titles

NEW

Crafting Your Path to a Happier, Longer Life: The Blue Zone Lifestyle

This course explores the lifestyle habits of the world's longest-living communities. Learn how diet, social connections, and daily routines contribute to healthier, longer lives. Transform your well-being by integrating these proven principles into your everyday life.

NEW

Improving Brain Health Through Exercise

This seminar offers a review of the published research regarding the effects of exercise on brain health in healthy adults, aging adults, and those with mild cognitive impairment, the latter being a precursor to Alzheimer's disease. Participants will learn how they can incrementally increase their exercise behaviors, even in those who are "too busy to exercise."

NEW

Reset & Renew

This interactive workshop explores how the nervous system regulates stress and how you can work with it—not against it. Participants will learn foundational principles to increase self-awareness, along with conscious breathing and somatic techniques to support internal balance. This experience provides practical tools and strategies to strengthen your inner resources, enabling you to navigate life's transitions with greater ease and resilience.

NEW

The Art of Slowing Down

This seminar teaches you how to reduce stress, boost productivity, and improve overall well-being by embracing mindfulness, prioritizing tasks, and practicing the art of slowing down. Learn practical strategies to create a balanced life where you can work efficiently while maintaining your mental and physical health.

NEW

The Science of Empathy

Unlock the profound impact of empathy in healthcare with "The Science of Empathy" course. Dive deep into the neurological, cognitive, and emotional dimensions of empathy, and discover practical strategies to enhance empathetic connections with patients and colleagues. This comprehensive training is essential for healthcare professionals seeking to improve patient outcomes, build stronger teams, and maintain personal well-being.

Personal Awareness and Development

Achieving Success by Developing Emotional Intelligence

The ability to express and control our emotions is essential, and so is our ability to understand, interpret, and respond to the feelings of others. Come to this workshop and learn to develop greater self-awareness, apply four core emotional intelligence skills for achieving results, identify your emotional strengths and areas for development, and respond to difficult people by inspiring and fostering respect.

Alcoholic vs. The Alcohol-Troubled Person

The term alcoholic is widely known and defined. Business leaders understand the effects of alcoholism on their companies, and many have systems and programs to mitigate those effects. However, the Alcohol Troubled person is often overlooked, yet has similar impacts on colleagues, family members, and the company where they work. In this seminar, you'll learn the differences and similarities between the Alcoholic and the Alcohol-Troubled Person and healthy alternatives to overcome the root causes of alcohol overuse.

Anger Management

There is no such thing as an anger- or stress-free environment. A typical day includes a number of anger-provoking situations, and feeling angry is natural. This workshop will focus on the different ways we experience anger and how to manage anger effectively. We will examine our patterns for expressing or suppressing anger and will have an opportunity to practice anger management skills.

***Booked only after review of Company Policy and Procedure

Assertiveness and Communication

This seminar discusses the definitions of assertiveness and communication (good and bad) within the work environment. The audience is taking a survey regarding their assertiveness and participating in experiments on assertiveness and good communication. Finally, participants are educated in active listening, reflecting, open-ended questions, and paraphrasing skills. Through some fun and informative exercises, the audience is encouraged to utilize skills to help them communicate.

Awaken Your Authentic Self

This program teaches individuals to maintain and move through life intentionally and clearly. This workshop teaches employees the importance of keeping agreements, maintaining accountability, and the power of commitment. In addition, this workshop focuses on staying focused, positive, and motivated throughout the day, no matter what is happening around them. The seminar details how individuals can enhance their sense of self-empowerment. The topics covered are how to develop life-affirming habits, take an inventory of your values, the importance of keeping an agreement, how to increase your commitment to your values, how to add passion to your working environment, and how to cultivate positive expectations.

Better Sleep for Better Health

Sleep deprivation is a challenge that many people face every day. It taxes the immune system and is associated with a heightened risk of high blood pressure, heart disease, stroke, diabetes, obesity, and depression. Learn more about the many effects and symptoms of sleep deprivation, the best practices for improving sleep quality, the mental health habits needed to improve sleep, and specific relaxation techniques designed to create restful and calm sleep.

Building Self Esteem

The Key to Unlocking Your Strengths - Self-Esteem is vital to who we are and how others perceive us. It is one of the essential factors in maintaining satisfaction in our everyday lives, both personally and professionally. This workshop will focus on helping you to assess and maximize your strengths and enhance your self-esteem.

Choosing Happiness

Happiness is a choice we make every day. This 30-minute seminar focuses on the latest research on how participants can create greater happiness. We will examine why countries like Denmark and Norway are recognized as the "happiest countries in the world" and how we can use that information to better our lives. We will also look at the ten keys to living a happier life.

Ergonomics and Proper Body Movement

Employees are under immense stress, both mentally and physically. Many stand all day or are glued to chairs that are not always ergonomically designed, two scenarios possibly resulting in body postures that cause back and neck pain. This workshop addresses neck and back pain prevention and relief from repetitive strain injury to the fingers, wrists, and hands. This workshop reveals the power behind the mind-body connection, proper body mechanics, positioning and posture on the job, and its importance in mental wellness and morale. You will learn how to adjust your body and receive simple exercises to relieve muscle soreness and injury.

Humor in the Workplace

Laughter and positive feelings in our daily lives provide enormous physical and mental benefits. Learn to think optimistically, experience joy, relax, and have fun in your daily activities. This workshop teaches the concept of learned optimism, the importance of gratitude and reframing, stress management, and other resources for happiness and good health.

Living an Empowered Life

Experts have identified seven specific actions that will support living an empowered life. In this workshop, participants will learn to take the initiative, balance key priorities, improve interpersonal communications, and apply universal principles for achieving a highly effective and empowered life.

Mastering the Mindful Meal

Scientists are evaluating the complex role of the mind-body connection in eating behavior. It turns out that eating mindlessly may be contributing to overeating and, in turn, chronic illness as well as digestive distress such as gas, bloating, and bowel irregularities. Mindful eating plays a crucial role in helping to assess hunger and fullness and address many health issues accurately. In this segment, we will learn some simple steps to introducing mindfulness while eating.

Meditation for Beginners

Meditation aims to help increase concentration, decrease anxiety, and help people learn to have a general feeling of happiness. Learning how to meditate is a valuable skill for maintaining calm during a healthcare worker's day. There are many different practices of meditation. In this program, we begin to explore the process of meditation and examine and experience the different types of meditation. This program will focus on various practical tips for quieting the mind, explore the numerous psychological and physiological health benefits of meditation and learn how to cultivate a state of inner peace and tranquility. Finally, participants will practice breath meditation, a brief meditation, body scan meditation and guided imagery.

Optimum Wellbeing - A Self-Care Program (Advanced Mastering Self-Care)

Developing a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and more. Optimum Wellbeing is a program designed to empower employees with the latest self-care methods to develop self-care routines.

Posture Perfected

Health and Wellness Speaker Roberta Bergman shows you how to improve your posture while standing, sitting, walking, sleeping, working, and engaging in sports! Like a handwriting signature, our posture is established and reinforced from an early age. Poor posture causes back, neck, and wrist pain. Everyone can learn to improve their posture with re-education on habitual postures and by working their body correctly. An ErgoFit exercise routine and a discussion of proper ergonomic office design and equipment to improve work postures and comfort are included.

Power of Self-Awareness

Self-awareness is the condition of being more conscious of your thoughts, beliefs, emotions and actions, about truly understanding who you are and how you make decisions. This program will help you to understand yourself will enable you to attain a greater level of sensitivity to yourself and others, help you recognize and re-evaluate your emotional triggers, and provide a greater understanding of your motivations. You'll also practice self-evaluation and reflection.

Random Acts of Kindness

Kindness benefits the receiver, the giver and everyone who witnesses a thoughtful gesture. Join this deep dive into the what, why and how to brighten someone else's day and start a virtuous circle of kindness.

Staying Motivated

This program teaches participants to maintain a positive attitude no matter what happens. Participants examine those areas that block their motivation and discover ways to change their behavior and reactions to events. Participants are then empowered to explore the strengths that they bring. Some of the areas to be covered include: developing and cultivating 100% energy and commitment; how to empower yourself and others through your words; developing life-affirming habits; accountability as the glue of every organization; how to create and sustain a positive working environment; the art of positive conditioning.

The Science of Happiness

"The Science of Happiness" focuses on the latest research on how participants can create greater happiness. This course will examine why countries like Denmark and Norway are recognized as the "happiest countries in the world" and how we can use that information to better our lives. We will look at the ten keys to living a happier life. Despite what an individual inherited, the circumstances of a person's life, an individual has the power to choose to be happier. In this course, participants will learn how to create a happier, more fulfilled life using written exercises, partner work, and lectures.

The Seven Habits of Highly Effective People

Based on the wildly popular book of the same title by Stephen R. Covey, this seminar presents a holistic, integrated, principle-centered approach to solving personal and professional problems. This session reveals a step-by-step pathway for living with fairness, integrity, service, and human dignity--principles that give us the security to adapt to change and the wisdom and power to take advantage of the opportunities that change creates.

What's So Funny?

This program focuses on the importance of including more humor in our lives. Topics include: the health benefits of laughter, the blocks to humor, the strategies healthcare workers need to include more humor in their day, the psycho-chemistry of humor, the health benefits of humor, and the current studies on humor.

Yoga & Mindfulness for Mental Health and Wellbeing

This inspiring and empowering one-hour program is dedicated to your wellbeing. In this program, you will learn simple and effective Yoga and Mindfulness practices to lower stress and increase energy, peace, clarity, and mind/body wellness.

Handling Life's Challenges

Adapting to Change: Navigating Transitions in Healthcare

This program supports healthcare workers in managing the emotional and psychological impact of rapid changes in protocols, policies, and work environments. Focus on coping strategies, adapting to new workflows, and fostering a flexible mindset.

Family and Love: How to Stop Sacrificing Love while Struggling with Work/Life Balance

Studies have shown that people in thriving relationships live longer, make more money in their businesses, and get promoted more frequently. But how do you achieve a work-love balance? This session will provide tools to help you better balance your work-love and work-life.

Getting the Love and Marriage, You Want

We all have different internal struggles that get in our way regarding finding and maintaining the love we say we want. This seminar will help participants explore patterns we bring to our relationships to take power over our romantic lives. Learn how to enjoy closer, healthier, and more fulfilling relationships.

Grief Management

One of the most rewarding aspects of working in healthcare is the relationships healthcare workers develop with their patients. However, with a sense of connection comes a deep sense of loss when a patient dies. Grief Management is a program designed to provide healthcare employees with the best practices, strategies, and the latest clinical research to deal effectively with patient deaths. This program will also focus on specific coping strategies and self-care techniques utilized by those workers who have dealt with patient deaths successfully.

Managing Generational Differences

Learn to identify four generations and the characteristics of each generation. We will examine how to effectively communicate with each generation and coach and/or lead each generation. In addition, we will explore the differences in values between the four generations.

The Sandwich Generation

This seminar helps participants to understand the dilemma of being "sandwiched" between elderly parents and grown but still dependent children. Participants are given information about how big the problem has become, and who's giving the care and asked to inventory their own "sandwiched" lives. Participants are asked to follow a worksheet to pursue their happiness more actively and to get unstuck by deeply understanding their cultural values and personal beliefs.

Work/Life Balance

Regardless of what's happening worldwide, we must all take time for ourselves. This program is geared toward helping participants understand their work and family life and its impact on their work/life balance. Participants will learn about the emotional hurdles they face personally and professionally and be given techniques to understand and overcome them. Participants will be educated on how to say "no" to work and "no" to their families and why it is OK and necessary to say no. This workshop will demonstrate why we need to ask more from those around us and why we need to do so to help balance our lives.

Stress and Anxiety

A Three Part Relaxation Series

This program will allow employees to practice relaxation techniques weekly to assimilate these techniques into their daily routines better. Research shows that repetition of relaxation techniques helps to reinforce and promote their use in an individual's life. The more a person practices relaxation techniques, the greater their likelihood of utilizing them during stress. This program will offer a menu of relaxation techniques to enable employees to pick and choose those techniques that work best for their personality and individual style. The methods presented will include mindfulness meditation, progressive meditation, autogenic training, breath meditation, guided imagery, and instant techniques that can provide quick and immediate relief from stress.

Children and Anxiety

This workshop will examine the effect of times of anxiety on your children. We will explore how anxiety-producing situations affect children emotionally, mentally, and physically. We will also examine the recommended strategies for providing the best support for children.

Compassion Fatigue

Like burnout or any other stress-related condition, compassion fatigue is not terminal. Still, it certainly can impact the quality of your life, and awareness is the first step to recovery. During this seminar, you'll learn the signs and symptoms of compassion fatigue and strategies to heighten your awareness and provide healthy self-care.

Creative Solutions for Dealing with Anxiety

This program will focus on alternative and creative solutions for dealing with anxiety, including Sense Memory Relaxation Methods, Art and Musical Expression, and other innovative methods of positively handling the emotional toll of anxiety.

Digital Detox: Managing Screen Time and Technology Fatigue

Explore the effects of excessive screen time and constant digital interaction on mental health. Provide strategies for balancing technology use, managing information overload, and implementing "digital breaks."

Drumming and Laughter: A Rhythmic Journey to Joy and Connection

This unique and uplifting experience combines the power of rhythm with the joy of laughter. In this workshop, you'll discover the connection between rhythm and laughter and learn how to use both to enhance your wellbeing and creativity. You'll participate in fun and engaging rhythm exercises that will help you to connect with your inner beat and build a sense of community with your fellow participants. We'll also incorporate laughter exercises designed to promote relaxation and reduce stress. Drumming is a fun and engaging way to enhance your creativity, connect with others and promote a sense of playfulness in your life. No drumming experience is necessary.

Drumming Away Stress

This unique stress management program utilizes hand drums and rhythm instruments to physically release stress, while calming guided imagery exercises help release the stress passively. Based on the research of neurologist Barry Bittman, MD, and Robert Friedman, Ph.D., who have written books on hand drumming and wellness, participants will learn a fun, community-driven strategy for letting internalized stressors go. All drums will be provided and no experience is necessary.

Financial Stress

This program will focus on teaching employees how to deal with the stressors of their financial life. Participants will explore their belief systems about their finances, determine their financial blueprint, and explore various strategies for remaining calm and centered when focusing on their finances.

Laughter Yoga

Laughter is a powerful tool to enhance your physical, mental, and emotional wellbeing. In this interactive workshop, you'll learn and experience the benefits of laughter yoga, a unique exercise that combines laughter with deep breathing and playful activities. Laughter yoga can help reduce stress, boost your immune system, improve sleep, enhance social connections, and more. No yoga mat or previous experience is required. Just come with an open mind and a willingness to laugh together. You'll leave the workshop feeling lighter, happier, and more energized. See for yourself how laughter can be the best medicine.

Learn to Lighten Up

Learn the elements to balance your day with a dose of smiles and humor. To induce belly laughs to help participants with their stressful day, participants will learn how to appropriately add humor to the normal aspects of their work day and help support both the participants and their patients in finding a brighter day.

Managing Stress Instantly

Participants will learn numerous strategies, tools and techniques for creating instant relaxation and developing an effective buffer zone between their stressors and health.

Maximizing Your Resilience and Self-Management (Advanced Stress Management)

This workshop builds upon the fundamentals seminar and focuses on more advanced stress management skills. Participants are taught how to use a daily stress diary that dissects their cognitive, emotional, behavioral, and physiological responses to stress. Different stress management strategies are discussed with sample probes from these perspectives, enabling participants to understand their reactions to different approaches and develop a personalized plan for managing stress compatible with their individuality.

Relationships and Anxiety

Anxiety puts enormous strains on personal, family, and working relationships. This workshop will examine some of the best practices for dealing successfully with our relationships during times of anxiety. We will also explore the conflict resolution techniques recommended for working through our relationship challenges.

Self-Care For Caregivers

During this workshop, we will provide practical self-care strategies and mindfulness exercises to empower caregivers to prioritize themselves, find balance, and discover the strength in self-compassion. Explore the art of self-care and embark on a path to rejuvenation to continue giving your best while taking care of yourself."

Self-Care for the Holidays: A Workshop on Reducing Holiday Stress

Although the holiday season is often equated with celebration, stress is also a significant component of the season. This interactive and empowering program focuses on helping employees decrease their stress while increasing their holiday enjoyment and wellbeing with strategies to help you gain control of and set limits on excessive demands, balance taking care of yourself while caring for others, learn relaxation tools for managing holiday stressors, and cope with loss and loneliness to put more joy and relaxation into the holiday season.

Staying Positive During Times of Anxiety

This program will look at reframing stressful situations and exploring the positive outcomes, including self-discovery, deepening personal and family relationships, exploring creativity, practicing Learned Optimism, developing positive habits and appreciating aspects of life we may take for granted.

Stress Management

This seminar will provide an overview of what stress is, what life stressors are, skills of self-evaluation, and methods for managing stress. Participants will be taught a method of accurately assessing their major and minor day-to-day stress and will learn to induce their own relaxation.

Professional Skills

Communication Fundamentals

This course focuses on the process and purpose of good communication styles and strategies. In addition, we will examine the barriers to effective communication, best practices for listening better, and how to frame your messages.

Conflict Resolution

This seminar explores the fact that conflict in our lives is a regular occurrence. Unproductive conflict is identified as creating unmanageable anger and decreased productivity in the workplace. The audience is then educated about the roots of conflict and invited into an experiment to address basic needs for belonging—power, freedom, and fun. The audience members will then discover their style of responding to conflict and learn the resolution skills that lead to the productive management of conflict.

Developing Outstanding Listening Skills™

Most people do not listen with the intent to understand. They listen with the intent to reply. Listening skills are an essential component of being an effective communicator. Learning to listen effectively will increase your ability to focus, understand, remember, and respond effectively. This workshop will help employees develop stronger skills in communicating mindfully, skillfully, and consciously. We will focus on the ten primary skills required to be an outstanding listener. In addition, we will explore the strengths and challenges you have as a communicator to improve your overall communication skillsets. We will examine your blind spots, those areas that you may not be aware of that may be affecting your ability to communicate effectively. Also, increasing your self-awareness can improve your ability to communicate with others. Learning these vital tools will enhance your ability to communicate more skillfully with fellow employees, managers, and clients.

Enhancing Your Emotion Recognition to Become a Great Communicator (Advanced Emotional Intelligence)

This workshop builds upon the Communication Fundamentals seminar, focusing on describing emotional intelligence and its benefits in improving communication skills at work and home. The seminar outlines specific steps participants can take to increase their emotional intelligence and encourages practice and application strategies.

How to Be A Terrific Mentor

Mentors can help develop the career of a mentee. In this seminar, you'll learn the types of mentoring relationships, the roles of a mentor and a mentee, the advantages, disadvantages, and pitfalls of mentoring, and the expected outcomes for successful mentoring partnerships.

Improving Customer Service Skills

This program is designed for the experienced customer service worker to review communication skills and professional practices to increase service effectiveness. Some topics covered include the seven principles of effective customer service, how to make an excellent first impression, how to defuse a volatile situation, developing customer trust through empathy, the four types of personalities, the importance of active listening, and encouraging cultural sensitivity with customers.

Learn to Increase Your Sensitivity

Focuses on the quality of sensitivity necessary when dealing with patients and staff. Areas covered include how to increase your empathy, the value of emotional intelligence, learning to think like a patient, the boundaries of sensitivity, and what to do with your emotions when dealing with patients.

Promoting Accountability

Whether managing a large staff in multiple locations or just a few people in a single office, you know that everyone's contribution makes a difference. Once everyone is present and working toward a common goal – when everyone is accountable – can an organization function effectively? How do you ensure that everyone pulls their weight? Join this workshop and learn what beliefs, values, and skills you need to create and maintain a cohesive, enthusiastic group of employees who want to come to work and do their best.

Time Management

Learning to manage time well is critical to being a successful employee in any organization. The demands of multitasking in today's workplaces make the development of successful time management techniques necessary. Some of the topics covered in the module include setting realistic goals, evaluating how you spend your time, creating a master list, planning and organizing your day, learning to say "no," the importance of time shifting, successful methodologies for managing time; how to stay focused no matter what is going on; how to conquer procrastination.

Leadership

Birth Order and Leadership

This course delves into the psychological impact of birth order on personality traits and leadership tendencies, offering valuable insights for personal and professional growth. Understand your strengths and challenges to become a more effective and self-aware leader.

Bullying in the Workplace

Bullying in the Workplace is a seminar designed to identify the behaviors and attitudes of co-workers that represent bullying and harassment. In addition, information is provided on how to best confront a co-worker with their unacceptable behavior by giving constructive, empathic feedback. How to de-escalate a confrontation is also described and exemplified.

***Booked only after review of Company Policy and Procedure

Civility in the Workplace

When the foundation of our corporate culture is deeply rooted in civility, it builds a more positive, inclusive, and productive climate. During Civility in the Workplace, participants will learn how to identify uncivil behavior in the workplace, create, model, and enforce a new standard of conduct, and ultimately promote respect and dignity among their teams.

Conflict Resolution Skills for Healthcare Leaders

This seminar provides leaders with practical skills to handle conflicts within their teams calmly and constructively, promoting a harmonious work environment and improving team dynamics.

Constructive Feedback and Discipline Skills for Managers and Supervisors

Learn ways to bring about positive change in your staff without incurring resentment or destroying relationships. This workshop will help you to identify the different types of problem employees, discover the causes behind their challenging behavior, and deal with each employee carefully and compassionately. You will learn to correct problems with clear standards and realistic action plans.

Creating a Culture of Trust

This presentation delves into the essential elements of trust, from enhancing communication and teamwork to fostering leadership credibility and accountability. Gain practical strategies to cultivate a trustworthy environment that drives engagement, collaboration, and organizational success.

Creating A Positive Workplace

This workshop supports teams develop positive team norms and effective team-building strategies and promote a unified work culture. This program will emphasize the significance of working in a positive environment, improving communication skills, conflict management techniques, and the tools needed to create a more harmonious, productive, and positively charged workplace.

Crucial Conversations: Communication Skills for Leadership

Leaders are thrust into a variety of communication situations every day, formal, informal, public and private. High stakes and emotionally charged characterize Crucial Conversations, with disagreement between participants. These conversations are delicate and require special communication skills. During this seminar, you'll learn to recognize, face and handle crucial conversations effectively.

De-Escalating Conflict in the Workplace

This program will focus on teaching strategies, tools and techniques for de-escalating conflict in the workplace, including essential communication skills, communicating with respect and sensitivity, how to manage your emotions during conflict, the importance of cultivating good listening skills, and techniques to reduce the stress associated with conflict.

EAP Overview and Stress Management

During this session, participants will learn what One Source EAP is and why and how you would use this free and confidential mental health benefit. We'll also provide an overview of what stress is, life stressors, self-evaluation skills, and methods for managing stress. Participants will be taught a method of accurately assessing their own major and minor day-to-day stressors and will learn a technique for inducing their own relaxation.

Effective Leadership Skills

While there are plenty of different ways to lead a business, some essential pillars of effective leadership skills can help define your style. This seminar focuses on teams and team building because you rely on your team to achieve success for your organization. Without buy-in from your team, meeting your goals can be significantly harder. Participants will perform numerous exercises to create and inspire a powerful group synergy, interaction and cooperation that unite a group into a successful social and economic entity. This hands-on, interactive experience will help you achieve a team dynamic to carry back to your everyday work environment.

Harassment in the Workplace

This program will provide employees and management with information on sexual harassment, racial discrimination, cultural discrimination, and gender discrimination. Some of the topics to be discussed

include the legal definition of harassment, causes of harassment and disrespect, understanding the personal impact of harassment and discrimination, why most harassment and disrespect are unintentional, how to create a more harmonious workplace, learning hands-on tools for dealing effectively with disrespectful comments and behavior; recognizing and celebrating similarities and differences; how to communicate boundaries; how to speak and listen to others with respect.

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How to Deal with Challenging Situations For Leaders (Advanced Conflict Management)

This program will examine various situations with difficult people and focus on strategies for dealing with employees who may be causing problems in a working environment. We will discuss why some people are difficult and discuss strategies leaders can use to mitigate difficult people and situations. Some topics included are the six types of difficult employees; what makes someone difficult; tips for dealing with difficult co-workers; finding the positive – valuing different perspectives, the importance of identifying different learning styles; motivating difficult team members; destructiveness of de-motivation. Learn ways to confidently stand up to others and resist the urge to attack back.

Leadership Training & Burnout Prevention

Learn the essential pillars of effective leadership skills to help define your style and motivate your team. Participants will perform numerous exercises to create and inspire a powerful group synergy, interaction and cooperation that unite a group into a successful social and economic entity. You'll also learn to identify and combat burnout before its negative effects spill over into every area of life—including your home, work, and social life.

Making the Transition from Staff Member to Supervisor

Congratulations on being a new supervisor or manager! Now for some tough work: smoothly transitioning from staff member to supervisor requires new skills in your new role. You'll be managing your work and also supervising the work of others. Workshop topics include letting go of your former position, defining your behavioral style, giving and receiving feedback, and effectively motivating others.

Navigating Chaos

This workshop will assist you in learning to manage your priorities and make decisions. You will learn techniques for identifying the sources and impact of workplace chaos, determining how chaos affects your wellbeing, maintaining your focus, and making decisions under pressure. You may not be able to stop or control the many factors in your life that contribute to the chaos, but you can learn to manage how you respond to them.

Psychological Safety: Creating a Safe Space for Open Dialogue

Leaders will learn how to build an environment where staff feel comfortable expressing concerns, asking questions, and admitting mistakes without fear of negative consequences.

Signs & Symptoms of Substance Abuse

This program trains management to identify the signs and symptoms of Alcohol Misuse and Drug Abuse in the workplace. Managers are educated about these substances' psychological and psychical effects, oriented to treatment alternatives through the Employee Assistance Program and other agencies, and informed of the procedure for testing and progressive disciplinary action.

Strategies for Developing Effective Presentation Skills

This program provides participants with an opportunity to experience how to speak in a public setting. Some of the topics included are: how to create a powerful and effective presentation; how to cultivate presence; how to plan, write and deliver an effective speech; the relationship of body and language to speaking in public; the five most effective ways to persuade an audience; ten tips for successful public speaking; how to conquer public speaking fears.

Team Building

Rising to the occasion and "doing one more thing" is what teams do. We must strengthen our teams, who have been through so much change. This seminar will cover key points such as recognizing the difference between helpful and hindering behaviors and what those behaviors do to team functioning.

The Power of Compliments

Compliments have very powerful benefits for both the giver and the receiver. Giving or receiving a compliment can turn around someone's day, positively impacting the workplace, home and community. This 30-minute seminar will show you how genuine compliments work to improve your leadership skills and how to get started.

Skills For A Healthier Workplace

Creative Thinking in the Workplace

This program aims to jumpstart the imagination by exploring participants' creative selves. The exercises are intended to become tools for a lifetime of creative expression. Activities include group brainstorming, thinkingg unconventionally, using the imagination as a springboard for the creative mind, cultivating a playful attitude, andlearning how to get out of "boxed thinking."

Cultural Diversity in the Workplace

Employees from different cultural backgrounds bring a wealth of creativity, insights, and skills to their jobs. This class will explore the issues surrounding workforce diversity, cultural differences, and management sensitivity. We'll also bring you up to speed on the unwritten rules of communicating, interviewing, mentoring, and coaching within a culturally diverse workplace.

Diversity, Inclusion, and Team-building

This program focuses on understanding the process of developing and sustaining an inclusive, diverse team. We will look at the importance of team sensitivity, understand the filters that affect team relationships, and examine how inclusion positively affects team productivity. We will explore and discuss real-world situations. We will focus on the steps necessary to develop a tolerant and inclusive team. We will also examine the qualities of an ineffective and effective team.

Kindness Now!

This workshop explores the power of kindness in work settings, highlighting its impact on stress reduction, mental well-being, and workplace culture. Participants will learn how kindness boosts employee engagement and fosters a more supportive work environment. With practical strategies on modeling kindness, creating a safe space, and practicing self-kindness, this session empowers healthcare leaders and employees to cultivate a culture of compassion and connection.

Managing Cultural Differences

This course explores the benefits of embracing diversity, offering practical tools to navigate and leverage cultural differences within teams. Learn how to foster a culturally sensitive environment that promotes respect, collaboration, and innovation.

Mindful Communication for Teams

This workshop emphasizes effective and compassionate communication within teams. Topics include active listening, giving and receiving feedback, handling conflicts, and empathetic communication with patients and families.

Practicing Emotional Intelligence

The ability to express and control our own emotions is important and so is our ability to understand, interpret and respond to the emotions of others. Come to this workshop and learn to develop greater self-awareness, apply core emotional intelligence skills for achieving results, identify your emotional strengths and areas for development, and respond to difficult people by inspiring and fostering respect.