



## 2026 Training and Wellness Seminars

Courses designed to empower employees, enhance skills, and foster innovation in the workplace.

# Introduction

When your employees are facing personal or professional challenges, it can impact your company's culture and overall performance. We are dedicated to providing employees and managers with valuable resources, techniques, and support.

Through our seminars and podcasts we aim to educate employees and people leaders on important health, wellness, and work-life balance issues. Our offerings cover a wide range of topics, including substance use, bullying, retirement planning, and communication skills. Additionally, we offer leadership-focused topics such as managing change, fostering inclusion, and effective delegation.



## Q & A

### Q: How and when can I schedule a seminar or podcast?

A: You can request a seminar or podcast by contacting your Client Consultant. We ask for a minimum of 15- to 20-day notice to coordinate your event. Let your Client Consultant know which seminar or podcast you want to offer, along with where and when you'd like to have it.

### Q: How long are the seminars, podcasts and videos?

A: Most seminars are 50-60 minutes in length. Podcasts vary but are typically between 5-15 minutes. Additional fees/hours may apply for training over 60 minutes and podcast customizations.

### Q: Where are the seminars held?

A: Seminars can take place on-site, be held virtually, or both. Please let your Client Consultant know which format you prefer.

### Q: Do I need to have any special equipment to hold an on-site seminar or training?

A: Yes, you will need to have a computer with Microsoft PowerPoint and the technology to project a slide show. Plan to have the presentation loaded and ready to go on the day of your seminar. If you do not have this technology, you can still schedule a seminar — just let your Client Consultant know.

### Q: Can these seminars be recorded for playback at a later time?

A: Yes, you will need to request the event be recorded. Once your event is done, you will receive a link to your recording.

### Q: How much do the seminars and podcasts cost?

A: Seminars and podcasts are subtracted from your contracted training bank of hours. After you've used your hours, the seminars and podcasts are billed fee for service. Contact your Client Consultant for information about pricing and your training bank balance.

### Q: Can we cancel a seminar?

A: Yes, but we ask for a 72-hour cancellation notice for all live events. Failure to give notice may result in a cancellation fee or deduction of the seminar hours from your available bank of hours.

### Q: What happens once the seminar is scheduled?

A: You will receive a confirmation via email, including event details, presentation materials, and an evaluation QR code.

### Q: Will I speak with the facilitator the seminar?

A: Yes, your facilitator will contact you before the seminar date to introduce themselves and discuss any outstanding details. Be sure to tell the facilitator about your workplace culture, the work your employees do, and your goals for the event.

### Q: Does the EAP have a minimum attendance requirement?

A: No, but we prefer five or more employees. \*Trainings should not be used as a direct employee coaching session, or to replace the role of HR in addressing performance and other workplace concerns.

### Q: How do I obtain the results of the training evaluations?

A: Contact your Client Consultant to request the results. These are made available upon request only.

### Q: What's the best way to ensure a successful event?

A: Here are a few steps to help make sure it's a success:

- Select a topic of interest to your employees.
- Schedule the event well in advance.
- Promote your event widely and often.
- Send a reminder message to your employees.
- Distribute seminar materials.

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## COMMUNITY

### INCLUSION & PRONOUNS

This class focuses on promoting understanding and inclusion for people of all sexual orientations and gender identities. We'll discuss the importance of using inclusive language as a cornerstone for respecting our diverse colleagues and explore the distinctions between attraction, sexual attraction, and gender. Join us to deepen your awareness and create a more inclusive environment for everyone.

### COMMUNITY AND GIVING BACK: LEAVING OUR FOOTPRINTS

#### Community and Giving Back: Leaving Our Footprints

In this training, participants will explore the profound mental, emotional, and physical benefits of giving back through service. We will address common fears and barriers to getting involved and guide you in discovering your unique purpose within your community. Few experiences in life provide the same sense of fulfillment as helping others. By the end of this session, participants will be equipped with practical resources, a renewed sense of motivation, and a clear pathway to start making a meaningful impact in their community.

### COPING WITH MASS SHOOTINGS

In this presentation, participants will learn how to navigate the emotional and psychological challenges that arise in the aftermath of mass shootings. These events, which disrupt the sense of safety for both children and adults, are unfortunately a growing reality we must all be prepared to face. Participants will gain tools to recognize the warning signs of trauma, anxiety, and distress, and learn practical coping mechanisms to manage their own well-being and support others during these uncertain times. Additionally, we will discuss how to access professional help and community resources to foster resilience in the face of tragedy.

### CULTURAL MYTHS IN MEDIA: FACT OR FICTION

In this session, participants will explore how the media shapes and constructs cultural narratives that influence our society. We will examine the powerful tools used by media—such as imagery, language, and emotional appeals—to

create myths that evoke strong reactions from the public. As the landscape of media evolves with the rise of blogs and online platforms, participants will learn how to become critical consumers of information. This session will provide the resources necessary to discern fact from fiction and develop a more informed perspective in today's media-driven world.

## DISASTER PREPAREDNESS

Disasters often strike unexpectedly, leaving many unprepared for the aftermath. In this session, we will explore the critical steps and resources needed to ensure you and your loved ones are ready for any emergency. Participants will learn how to develop a comprehensive disaster preparedness plan that includes protecting family members, pets, important documents, and their home. By the end of this session, you'll have the knowledge and tools to face disasters with greater confidence and readiness.

## FINAL ARRANGEMENTS: HONORING, REMEMBERING, AND CELEBRATING A LIFE

In this session, we will explore the grieving process and provide guidance on navigating the difficult journey of losing a loved one. Participants will learn how to initiate proactive conversations about end-of-life wishes, making funeral planning more manageable and respectful of final desires. The session will also cover caregivers' rights, important considerations when making final arrangements, managing personal grief, and available support for post-bereavement care. By the end, you'll feel more prepared to honor your loved ones and care for yourself through the process.

## FIRST RESPONDERS: FOCUS ON WELLNESS

Supporting first responders requires specialized knowledge and skills, as their high-stress, trauma-filled work can deeply impact their well-being, both on the job and at home. This discussion-based session will explore key insights into the unique challenges faced by first responders and healthcare workers, offering practical tools and strategies to address their mental, emotional, and physical wellness. Join us to learn how we can better support these vital professionals and help them maintain resilience in the face of extraordinary pressures.

## HOW SAFE ARE YOU?

In today's world, personal safety is a top priority for us and our loved ones. This interactive session will teach participants best practices to reduce the likelihood of becoming a target, while also learning how to project confidence and stay focused in dangerous situations. You will gain valuable resources to recognize unsafe environments, develop action plans for various scenarios, and collaborate effectively with law enforcement when necessary. Join us to enhance your awareness and preparedness in maintaining personal safety.

## LGBTQIA+ MENTAL HEALTH – EVERY MIND MATTERS

In this class, we'll explore the unique risk factors and forms of trauma faced by the LGBTQIA+ community. We'll dive into mental health statistics and discuss how to build resilience, offer genuine allyship, and know when and how to seek help for yourself or others. Join us to learn valuable tools for supporting mental health and foster a more inclusive, supportive environment for everyone.

## POLITICAL ANXIETY

In recent times, political divisions have created stress and anxiety in ways many of us have never experienced before. Regardless of your political affiliation, it is possible to manage this stress and prevent political discussions from turning confrontational, especially during family gatherings. In this course, participants will learn strategies to acknowledge and respect differences, identify areas of control in their lives, and engage in meaningful, respectful conversations that reduce political anxiety. Join us to explore ways to maintain peace and understanding in politically charged environments.

## POWER OF VOLUNTEERING

In this class, participants will explore how volunteering positively impacts both individuals and organizations. We will discuss the physical, intellectual, and emotional benefits of giving back to the community. Participants will gain insights into how volunteering can enhance both personal and professional growth, while also building meaningful connections. By the end of this session, you'll have the resources and motivation needed to start making a difference in your own community!

## STAYING CENTERED: MANAGING EMOTIONS DURING ELECTION SEASON

This session provides strategies for navigating the emotional demands associated with election periods. It includes sections aimed at helping individuals recognize and manage their emotions, focusing on techniques for grounding, self-compassion, and positive action.



## FAMILY AND FRIENDS

### BECOMING A PET PARENT

Thinking about adopting a furry (or feathered) friend? This seminar will guide you through the exciting journey of becoming a pet parent. From choosing the perfect pet to fit your family's lifestyle to understanding the costs of pet care, we'll cover everything you need to know before bringing a new companion home. You'll also explore the key differences between adopting from a shelter and purchasing from a pet store. Join us for an interactive session packed with tips, best practices, and resources to help you make informed decisions and prepare for a rewarding pet adoption experience.

### BEST PRACTICES FOR SUPPORTING OTHERS

In this interactive seminar, participants will explore effective techniques for offering support without stepping into the role of a counselor or therapist. You'll gain real-life strategies for actively listening and providing meaningful support to friends, family, and colleagues. Through role-playing scenarios, participants will also learn how to handle workplace dynamics in ways that resonate positively with employees. Whether you're supporting loved ones or managing a team, this session will equip you with the tools to foster stronger, more supportive relationships.

### BUILDING DEEPER CONNECTIONS NEW!

Discover practical tools to deepen personal and professional connections. This engaging session explores how intention, presence, vulnerability, and empathy can strengthen your relationships and improve your well-being. Learn to identify patterns from your past, communicate openly, and nurture meaningful connections that support both emotional and physical health.

### CAREGIVING

With nearly one in three Americans providing care for a family member, the responsibilities of caregiving can be overwhelming. This class will explore how to balance caregiving with your own well-being, offering practical self-care

strategies and ways to assess your family's needs. We'll discuss the emotional challenges caregivers face, the unique circumstances you may encounter, and share valuable resources to help ensure that you care for yourself while caring for others. Join us to find the support and tools you need to navigate this important role.

## **CHILDREN AND DIVORCE**

Divorce can be a challenging time for children, filled with confusion and emotional turmoil. In this class, we'll explore the common difficulties children face during the divorce process and how parents can provide the support they need. We'll discuss how to talk to your children about divorce, reassure them, and offer resources to help them cope with feelings of self-blame. Additionally, participants will gain tools to help children communicate their emotions and maintain a sense of continuity and stability amidst the changes. Join us for practical strategies that will help your children adjust with confidence and resilience.

## **CHILDREN AND STRESS**

Stress can affect children as young as seven, preventing them from enjoying a happy and well-balanced childhood. In this workshop, we'll explore the causes and warning signs of stress in children and identify when parents should seek additional support. Participants will learn to recognize symptoms of stress and discover practical techniques to help their children cope on a daily basis. Join us to better understand how stress impacts young minds and gain tools to create a more supportive, stress-free environment for your child.

## **DEALING WITH CHANGE FOR FAMILIES**

Change is a constant in life, but for some, it can be more challenging to embrace. This seminar provides participants with practical tools to navigate changes within the family, whether big or small. We'll explore how transitions affect our children, partners, and overall family dynamics, and share strategies for maintaining balance during times of uncertainty. In this interactive session, participants will also have the opportunity to exchange personal experiences and solutions, helping families adapt and thrive through life's changes.

## **DON'T FORGET YOUR SOCIAL LIFE!**

Juggling the demands of work and home can be overwhelming, often leaving little room for self-care, hobbies, or social activities. This seminar is designed for those who feel like they're always on the clock, reminding you that fun, relaxation, and personal fulfillment are just as important as your to-do list. You'll walk away with practical strategies to carve out time for the people and activities you love, while maintaining a healthier balance between your professional and personal life. It's time to recharge, reconnect, and reclaim your well-being.

## **ELDER CARE**

In today's world, it's increasingly common for one family member to shoulder the responsibility of caring for an elderly relative. This seminar offers practical guidance on creating a more collaborative, family-centered approach to caregiving. We'll explore how family dynamics and past relationships can influence the ability to work together effectively and provide strategies for managing sibling relationships, resolving conflicts, and fostering cooperation among family members. Join us to learn how to share caregiving responsibilities and build stronger, more supportive family connections.

## **FAMILY & FRIEND GUIDE TO PTS**

Post Traumatic Stress (PTS) can be challenging for family and friends who want to support their loved ones but may not fully understand its impact. This training provides a foundational overview of PTS, including the effects it can have on individuals and the warning signs to look for. Participants will gain insights into how to offer meaningful support, manage the emotional complexities of PTS, and navigate challenging situations that can arise. Join us to learn compassionate strategies for helping your loved ones live with PTS and create a more understanding, supportive environment.

## **FATHERHOOD: A DAY IN LIFE**

The long-term impact of an engaged and loving father is profound, as supported by extensive research and data. In this interactive seminar, we'll explore the changes fatherhood brings to daily routines, and discuss how to balance personal, professional, and family commitments. You'll learn practical strategies for establishing routines that support both your child's development and your family's unique needs. Participants will leave with valuable resources to help prepare for the rewarding journey of fatherhood, equipped to embrace both the joys and challenges that come with it.

## **FRIENDS AND FAMILY: OUR FOUNDATION IN LIFE**

This engaging session explores the essential role that friends and family play in shaping our emotional, mental, and physical well-being. Participants will uncover the profound benefits of strong social connections, identify common barriers to maintaining these relationships, and discover practical solutions to nurture them. Through reflection and

interactive activities, the session empowers participants to prioritize and strengthen their relationships, leading to a more balanced, fulfilling life.

## GRIEF, DYING AND DEATH

Talking about grief and loss can be one of life's most difficult conversations, but it's also one of the most important. In this thoughtful and compassionate seminar, we create a safe space to discuss the emotions, challenges, and healing process that come with losing a loved one. Whether you are experiencing grief for the first time or have walked this path before, this interactive session offers a chance to share personal stories, learn about healthy coping mechanisms, and access valuable resources to support your journey toward healing. Together, we'll explore how to navigate grief with openness, understanding, and resilience.

## HANDLING A FAMILY CRISIS

This class is designed to help managers navigate the complexities of supporting employees during a family crisis. Participants will learn how to manage expectations, handle emotional exchanges, and engage in sensitive conversations with empathy and professionalism. The session will also provide practical coping mechanisms for employees facing personal transitions, as well as guidance on addressing potential financial challenges. Join us to gain the tools needed to support your team through difficult times, fostering resilience and understanding in the workplace.

## HELPING OUR CHILDREN ACHIEVE THEIR DREAMS

In this seminar, participants will learn how to empower children with the tools they need to turn their dreams into reality. We'll focus on the importance of creating a supportive, non-judgmental environment where children feel confident to pursue their passions. This session will guide parents in transitioning from caregivers to coaches, providing practical strategies to help their children set and achieve their goals. Join us to discover how you can help your child take meaningful steps toward a brighter future.

## HELPING TROUBLED TEENS

This seminar provides parents with the tools and resources needed to support a teenager struggling with mental health challenges. Participants will learn how to recognize the signs and symptoms of mental illness, understand when it's time to seek professional help, and navigate the complexities of supporting a teen in distress. Additionally, we'll review the warning signs of addiction and offer immediate steps parents can take to get help for their child. This session also emphasizes self-care for parents, offering resources to maintain your own well-being during this difficult journey.

## IS HIGH SCHOOL ENOUGH? THE NEW AGE

In today's world, many believe that a college degree is the key to securing a high-paying career and achieving a middle-class lifestyle. But is it the only path to success? In this seminar, we'll explore the valuable life skills and opportunities that college provides, while also evaluating whether the financial investment is worth the return. Participants will discuss their hopes for their children's futures, gain insights into alternative career paths, and receive actionable resources to start planning for college costs early. Together, we'll create strategies to reach your savings goals and set your children on the path to success—whether through college or other promising avenues.

## KEEPING YOUR AGING LOVED ONES SAFE

To ensure that seniors and caregivers can enjoy life to the fullest, it's essential to stay informed about basic safety practices. This seminar will cover six key areas of safety protocols designed to help seniors and caregivers maintain their health and well-being as they age. Participants will gain practical tips and resources to apply immediately in their daily lives. The program is available in two parts (three areas each) or as a single comprehensive session, offering flexibility for different learning preferences.

## MANAGING FEAR AND ANXIETY IN CHILDREN

Helping children navigate fear and anxiety can feel overwhelming, but with the right tools, parents can offer the support their kids need to thrive. In this presentation, we'll explore practical strategies to help children of all ages manage their fears and anxieties. Parents will gain insight into how their own emotions can influence their children and learn how to create a supportive environment where a child's unique fears are acknowledged and addressed. Join us to discover compassionate, structured, and flexible approaches that will leave you better equipped to guide your child through life's challenges with confidence.

## MANAGING THE HOLIDAY SEASON

While the holiday season can be filled with celebrations and family gatherings, it can also bring stress, sadness, and overwhelm for many. In this seminar, we'll explore common sources of holiday stress and provide practical strategies for managing your emotions, time, relationships, and finances. You'll also gain tips for staying organized, handling holiday

demands, and reflecting on the role of traditions in your life. Join us to discover how to strike a balance and find more peace and joy during the holiday season.

## NAVIGATING DECISIONS AS A FAMILY

Family decisions can be complex, especially when they have a lasting impact on loved ones. In this interactive seminar, we'll dive into the challenges of making important family choices, from addressing concerns to minimizing potential negative effects. Participants will explore how to have meaningful conversations, build a strong support network, and empower their children to share their thoughts and feelings during times of transition. Join us to gain the tools and confidence needed to navigate family decisions with compassion, communication, and collaboration.

## PROLONGED GRIEF

The trauma of the pandemic has reshaped how we experience and process grief, with prolonged grief now officially recognized in the DSM-V. In this interactive session, participants will explore the definition of prolonged grief, its cognitive, emotional, and physical effects, and best practices for coping. You'll gain valuable insights into treatment options and resources to help support yourself and loved ones through these challenging times. Join us to better understand this complex form of grief and learn strategies to promote healing and resilience.

## RAISING DIVERSITY IN YOUR HOME

It is essential for parents and caregivers to teach children the value of diversity in today's world. In this interactive session, participants will share their own cultural traditions, explore the impact of stereotypes, and discuss how their unique experiences shape their interactions with others. Together, we'll learn how to foster a spirit of inclusiveness in our children, empowering them to respect and celebrate the cultures of all communities. Participants will leave with practical strategies and resources to raise children who embrace diversity and create positive change in the world.

## RELATIONSHIPS

Building and maintaining healthy relationships requires attention and emotional tools to keep those bonds strong. In this interactive and engaging class, participants will explore common misconceptions about relationships, the true meaning of fulfillment, the importance of communication, and what happiness really means in a relationship. Through lively discussions and practical exercises, we'll dive into the key ingredients for successful relationships and create personalized action plans to strengthen our connections while identifying areas for growth. Join us to enrich your relationships and foster lasting bonds with friends and family.

## SCREEN GUIDE

In today's digital world, many parents struggle with deciding when and how much screen time is appropriate for their children. In this interactive session, participants will explore age-appropriate apps and websites and learn how to set limits with clear expectations and guidelines. We'll also discuss the importance of having open conversations with children about why these boundaries are necessary and how to approach situations where bending the rules may be the right choice. Parents will leave equipped with the tools and resources to navigate screen time challenges while fostering healthy habits.

## STEPFAMILIES

Modern families come in all shapes and sizes, influencing how we see the world and interact with one another. The care and support that family members provide are crucial for the healthy development of children, especially when stepfamilies are formed. In this session, participants will explore the joys and challenges of stepfamilies, focusing on building shared values, offering firm and fair discipline, and finding ways to enjoy quality time together, regardless of family composition. Join us to discover practical strategies for creating harmony and connection within your blended family.

## SURVIVING AND THRIVING THROUGH DIVORCE

Divorce impacts more than just the couple—it affects children, relatives, and friends, reshaping the dynamics of everyone involved. This seminar provides practical guidance for anyone navigating the stages of divorce or separation. Participants will gain a clear understanding of the divorce process, the differences between litigation and mediation, and learn coping strategies to manage the emotional toll. Join this supportive session to gain the tools to heal, support your loved ones, and confidently move forward into the next chapter of life.

## TEEN SUICIDE PREVENTION

The popular Netflix series "13 Reasons Why" has sparked important conversations about suicide, but it also raises significant concerns within the mental health community. This seminar dives into the critical issues portrayed in the series, including the romanticization of suicide, the absence of responsible adult guidance, and the risks it poses to vulnerable teens. We'll explore the impact of media on youth mental health, how to recognize the warning signs of

depression, and the dangers of copy-cat behaviors. Join us for an essential discussion on supporting teens through open dialogue, education, and prevention strategies to help save lives.

## THE SANDWICH GENERATION

Caught between caring for aging parents and managing their own careers and families, the "Sandwich Generation" faces unique challenges. This seminar is designed to provide practical strategies and support for family caregivers who are juggling multiple responsibilities. Participants will learn how to gather essential information, communicate effectively with family members, and proactively plan for their loved ones' care, helping them remain safe and comfortable in their homes. Join us for an insightful discussion on balancing caregiving with life's other demands, while advocating for your loved ones and yourself.

## TODAY'S FAMILY: CHALLENGES AND CHANGES

No matter the family dynamic, all families face common challenges. In this course, parents will explore the evolution of family structures across different cultures and throughout history. Through interactive discussions, participants will gain valuable insights and best practices to strengthen family connections and foster engagement. You'll leave with practical ideas for family-friendly activities that everyone can enjoy, helping to build stronger bonds and lasting relationships within your family.

## TOO MUCH GAMING

Gaming addiction is a newly recognized disorder that can have a harmful impact on individuals, much like substance abuse. In this class, we'll explore the differences between healthy gaming habits and the warning signs of a gaming disorder. Participants will leave with practical resources and treatment options to help their loved ones regain control and receive the support they need. Join us to learn how to identify the symptoms and take proactive steps to address gaming addiction.

## UNDERSTANDING OUR FAMILY MEMBERS AS THEY AGE

Participants in this seminar will gain valuable insights and practical tools to support their aging family members. We will explore key areas such as managing financial and health concerns, and effective advocacy for obtaining the necessary support. Additionally, we will provide strategies and resources for maintaining personal wellness and self-care, helping you navigate the stress and responsibilities of caregiving with confidence and resilience.



## **401(K) SAVINGS FUNDAMENTALS**

This class provides participants with a fundamental understanding of retirement savings and the importance of starting early. You'll learn how to invest in a 401(k) plan and take advantage of wealth accumulation over time. In addition, participants will receive valuable resources to support long-term investment planning and ensure financial security for their retirement years. Join us to gain the tools and confidence needed to build a strong financial foundation for your future.

## **ADVANCE DIRECTIVES**

In this session, participants will gain a clear understanding of advance directives, ensuring that future wishes are respected. We'll define advance directives, explore the benefits of having them in place, and learn about living wills and durable powers of attorney for healthcare. Participants will leave equipped with strategies to communicate with older relatives about the importance of creating advance directives and resources to help ensure these critical documents are established before it's too late. Join us to gain peace of mind and prepare for the future with confidence.

## **ADVANCED TOOLS AND TECHNIQUES FOR THE FULLY FUNDED 401(K)**

This class will guide participants on how to effectively manage their 401(k) holdings to minimize future taxes, expand their financial legacy, and coordinate with IRAs. We'll explore tax advantages such as the NUA technique, stock options in company plans, and the applicability of Roth IRAs for income planning. Additionally, we'll cover opportunities like 'in-service' withdrawals and other investment tools to manage risk as you approach retirement. Join this interactive session to ensure you are making informed financial decisions that benefit both your retirement and your loved ones.

## **BASIC BANKING AND BANKING TIP**

In this class, participants will explore the various aspects of banking, from products and services to procedures, and their impact on managing your finances. You'll learn how banks contribute to the creation of money supply, the significance of maintaining a healthy cost-to-income ratio, and essential accounting concepts like assets, liabilities, debits, and credits. Additionally, we'll cover how to balance multiple accounts and understand the differences between mutual funds and CDs. Join us to gain the knowledge and tools to take control of your financial future.

## **BUILDING GOOD CREDIT AND IMPROVING YOUR CREDIT SCORE**

In this seminar, participants will explore the significant impact of consumer debt on both society and individuals today. You'll learn the importance of maintaining a good credit score and discover practical steps to improve your score, even if it's not where you want it to be. We'll also break down how the FICO system works, giving you the knowledge to understand how your financial decisions affect your credit score. Join us to gain the tools you need to start improving your credit and securing a stronger financial future.

## **CAR BUYING: NEW OR USED, BUY OR LEASE?**

Deciding whether to purchase a new car or lease a used one for the first time can be a complex financial decision. In this seminar, participants will learn how to navigate the vehicle leasing and buying market, weighing the short- and long-term impacts on their budget. You'll leave the session equipped with valuable resources and insights to make the best decision based on your personal financial situation and driving needs. Join us to gain confidence in your next vehicle purchase or lease decision.

## **COLLEGE TUITION: UNDERSTANDING FINANCIAL AID**

Navigating the college financial aid process can feel overwhelming, but it may make even high-tuition schools more affordable than you think. In this seminar, parents will gain a clear understanding of financial aid, an umbrella term that includes grants, loans, and other forms of assistance to help cover tuition costs. Participants will learn how to apply for financial aid and, most importantly, how to interpret financial aid packages in the context of their own financial situation and their child's educational future. Join us to make informed decisions and unlock the potential for financial support.

## **ELDERCARE - FINANCIAL PLANNING**

Many older relatives today depend on financial support from their families. In this seminar, participants will take part in a budgeting workshop that integrates Social Security and Medicare, while also considering the personal wants and needs of their loved ones. We'll discuss how to identify signs that an elderly relative may need additional financial assistance and explore strategies to protect them from common scams targeting seniors. Join us to gain the knowledge

and resources needed to provide financial support while safeguarding your loved ones.

## ESTATE PLANNING

\*\*\*Webinar Only

Estate planning is a crucial step in ensuring your family's financial well-being. In this seminar, participants will receive an overview of the essential documentation needed for estate planning, including wills, guardianships, and trusts. We'll break down key terms and explore the benefits and potential consequences of different estate planning options. Please note, this seminar is for informational purposes only and is not intended to provide legal advice. Join us to gain a clearer understanding of how to protect your family's financial future.

## ESTATE PLANNING - RAMIFICATIONS OF YOUR EMPLOYEE BENEFITS PACKAGE

\*\*\*Webinar Only

As employees near retirement, understanding how their earned benefits will impact their financial future is essential. In this class, we'll discuss key topics such as group life insurance, pensions, long-term care, deferred compensation, income with respect to a decedent (IRD), and even frequent flyer miles. Participants will learn about the tax and planning implications of these benefits for themselves and their families. We'll also cover lost opportunities, such as net unrealized appreciation (NUA) to reduce taxes on company stock, the use of trusts, and the differences between IRAs and 401(k)s when facing death or disability. Join us to ensure you are prepared to make the most of your post-employment benefits.

## FINANCIAL FITNESS

Small financial decisions can have a significant effect on both your immediate and future financial well-being. In this seminar, participants will learn how to effectively manage unexpected financial challenges and address ongoing cash flow and debt issues that contribute to daily stress and impulsive decisions. We'll explore the personal and family consequences of financial inaction while providing practical strategies and resources to promote fiscal responsibility and financial wellness in your everyday life. Join us to take control of your financial future with confidence.

## FINANCIAL PLANNING FOR HIGHER EDUCATION

With the cost of higher education reaching unprecedented levels, attending college can feel out of reach for many. In this session, participants will learn how to navigate the true cost of college, plan ahead, and start saving now. We'll explore the potential savings of different types of colleges and cover a range of options to help finance higher education, including 529 savings plans, loans, scholarships, and various forms of financial aid. Join us to gain practical insights and strategies to make college more affordable for you or your dependents.

## FINANCIAL WELLNESS AND MOVING FORWARD

Participants in this class will reflect on the unparalleled impact the year 2020 had on our world, and what we can collectively learn to move forward in a positive direction. Together, we will explore the steps we can take to improve our finances, health, and interpersonal relationships, and learn how these three areas are interrelated. Participants will leave this class equipped to improve their future prospects through the application of best practices and resources provided.

## HANDLING FINANCIAL STRESS

With inflation driving up the cost of living, a significant percentage of Americans—many even with six-figure incomes—are living paycheck to paycheck. In this course, participants will learn concrete steps to stabilize and support their income, control spending, and plan for financial emergencies. We'll share best practices for maximizing earning and saving opportunities, providing practical strategies you can apply to your own financial circumstances during these challenging times. Join us to gain the tools you need to take control of your finances and build a more secure future.

## HOLIDAY BUDGETING

The holiday season brings joy and celebration, but it can also lead to financial stress when you review your spending in the new year. In this class, participants will learn how to prevent post-holiday sticker shock by keeping holiday spending in check. We'll explore best practices for enjoying the season without overindulging and discuss strategies to make thoughtful financial decisions that won't lead to regret. Join us to ensure your holidays are both joyful and financially responsible.

## HOME BUYING: THE BEST INVESTMENT

In 2024's evolving economy, purchasing a home can still be a valuable long-term investment, but it requires careful planning. This seminar will guide participants through the home-buying process, highlighting key factors to consider in light of today's market conditions, such as rising mortgage rates and home price trends. We'll review important terminology and provide resources to help you make an informed decision that fits your financial goals. Join us to gain knowledge and confidence to navigate the complexities of buying a home in today's economic climate.

## HOW FINANCIAL STRESS AFFECTS THE WORKPLACE

The financial stress of the past few years continues to weigh heavily in our ever-changing economy. The long-lasting effects of the pandemic have impacted many areas of our lives, including how we perform at work. In this class, participants will identify key financial stressors and learn how to take control of their financial well-being. By focusing on practical strategies, you can improve both your financial health and your overall workplace experience. Join us to explore ways to regain financial control and reduce stress in both your personal and professional life.

## IDENTITY THEFT PROTECTION AND SELF-HELP

Identity theft has become an unfortunate reality for many Americans. In this class, participants will explore the most common types of identity theft, how and where it occurs, key warning signs to watch for, and effective ways to prevent it. By the end of the session, attendees will walk away with a comprehensive checklist of resources, preventative strategies, and clear action steps to take if they become victims of identity theft. Join us to safeguard your personal information and protect your financial future.

## IMPORTANCE OF HAVING A WILL

Ensuring that your hard-earned money and assets are distributed according to your wishes after your death is crucial. In this class, participants will gain a clear understanding of the importance of having a will, along with key estate planning terminology and alternative options. You'll learn how to weigh the pros and cons of various estate planning strategies, leaving prepared to take actionable steps to protect your legacy. Join us to gain the knowledge needed to create an estate plan that reflects your desires and provides peace of mind for your loved ones.

## INSURANCE BASICS

Insurance is a vital tool for safeguarding yourself and your loved ones against life's unexpected events. In this session, you'll gain a clear understanding of the different types of insurance available to protect you and your assets. We'll dive into risk categories, what influences your personal risk and insurance costs, and how to assess your current assets and future earnings to determine the right coverage for your needs. Join this interactive session to take control of your financial security and plan for a more protected future.

## INVESTMENT BASICS

In this class, participants will learn the key differences between saving, speculating, and investing. We'll discuss how to identify your personal investment goals, create a diverse portfolio, and define essential investment terms. Additionally, participants will leave with practical steps and resources to develop a personalized investment action plan, tailored to criteria such as age, risk tolerance, and family responsibilities. Join us to gain the knowledge and confidence needed to make informed investment decisions that align with your financial future.

## LIVING OFF YOUR PAYCHECK

In today's financially uncertain world, with inflation rising at unprecedented rates, learning how to live frugally is more important than ever. In this course, participants will receive practical advice on how to stretch their dollars and make ends meet. We'll cover goal setting and examine how your beliefs about money impact your saving and spending habits. Together, we'll explore debt reduction strategies, distinguish between wants and needs, and learn how to increase wealth while maximizing financial opportunities. Join us to gain the tools and mindset needed to thrive in an era of economic uncertainty.

## MANAGING A BUDGET FOR THE FIRST TIME

Managing your own budget for the first time is a major milestone for young adults. In this interactive session, we'll discuss the importance of budgeting, how to create a financial plan that helps you reach your goals, and key self-reflection questions to help you get started. Participants will leave with the resources and tools needed to develop their

own budget plan by analyzing their current income and expenses. Join us to gain the confidence and skills to take control of your finances as you begin this exciting new chapter.

## MANAGING YOUR MONEY IN TOUGH TIMES

In these unprecedented times, many traditional financial beliefs have become outdated. In this session, participants will learn essential steps to assess their finances, communicate effectively with family members, and set achievable financial goals. We'll review the importance of credit scores, deductions, alternative income sources, and how to save now in order to survive tough financial times and thrive in the future. Join us to gain the knowledge and strategies needed to adapt and succeed in today's ever-changing financial landscape.

## MIND OVER MONEY

This session is designed to help participants explore how their thoughts and beliefs impact their financial behaviors. In this interactive class, participants will reflect on their personal history with money and examine how financial decisions influence emotions. Together, we'll discuss healthy and unhealthy attitudes about money, as well as best practices for making rational financial decisions. Join us to gain insight into your financial mindset and learn how to develop healthier money habits for a more secure future.

## MONEY BASICS

Having a solid understanding of finances is crucial for achieving economic success. In this class, participants will learn how to choose the right bank account, understand the importance of credit scores, and explore the different types of credit available. We'll also discuss strategies for spending within your means, saving for the future, and managing bills to avoid debt and unnecessary fees. Join us to gain the foundational knowledge and tools needed to build a strong financial future.

## PERSONAL FINANCE BOOT CAMP

This comprehensive three-hour program (which can also be offered in three one-hour sessions) simplifies the often-confusing world of finances, providing clear and practical explanations for beginners. Participants will leave this seminar equipped with the knowledge and tools to reduce financial stress and confusion. Each participant will receive planning tools and resources to create personalized financial plans, enabling smarter financial decisions for a more secure future.

## PLANNING A FINANCIAL FUTURE

Being financially savvy is essential for building wealth, managing savings, making smart investments, and preparing for economic uncertainties. In this session, participants will learn how to assess their future financial needs, understand how inflation impacts buying power, create a personalized savings plan, and explore the importance of investing. This interactive session will help you evaluate your current financial state, overcome immediate roadblocks to saving, and equip you with the knowledge to strategically plan for your future and retirement.

## SECRETS TO PLANNING A SUCCESSFUL RETIREMENT NEW!

Description: Whether you're just starting your career or approaching the finish line, saving for retirement doesn't have to be a mystery. You'll learn how to supercharge your savings, explore the types of financial vehicles available to help grow your wealth, and how to avoid some of the most common retirement planning mistakes.

## SOCIAL SECURITY RETIREMENT PLANNING

Social Security is a crucial source of income for many retirement-age Americans, yet many are unaware of how to maximize their benefits. This important class will guide participants through the regulations, timelines, and best practices to implement before reaching retirement age. By the end of this session, you'll have the resources and knowledge to effectively integrate Social Security into your retirement financial planning goals. Join us to ensure you make the most of your benefits and secure your financial future.

## SPEND SMARTER, SAVE BETTER: THE ART OF FINANCIAL MINDFULNESS NEW!

Ever feel like money slips through your fingers without knowing where it goes? This session is all about taking control of your spending with intention—not deprivation. Learn how to identify impulse triggers, create a no-buy list, separate spending money, and implement a zero-sum budget that works for you. We'll break down mindful money habits that reduce stress, align with your goals, and help you celebrate small financial wins along the way. Ready to transform your mindset and make every dollar count? Let's dive in!

## TAKE CONTROL OF YOUR FINANCES

For many individuals and families, managing finances can be a challenge. If you reach the end of the month and feel like money controls every aspect of your life, this session is for you. Participants will learn essential skills to take control of their finances, communicate effectively about money, and develop a personalized plan to achieve their financial goals. Join us to gain confidence in your financial decisions and start building a path toward financial success.

## TALKING ABOUT MONEY IN UNCERTAIN TIMES NEW!

This session explores how today's financial climate impacts our emotions, relationships, and conversations. Participants will gain insight into the root causes of economic stress and learn how to approach money-related discussions with empathy, clarity, and confidence—both at work and at home.

## TAX TIPS

\*\*\*Webinar Only

In this class, participants will learn best practices for efficiently filing taxes and discover effective strategies for reducing overall taxable income. Key financial topics covered include sources of taxable income, withholdings, tax-exempt accounts, and itemized deductions. Join this session to explore tax-saving strategies you can implement right away, helping you reduce your taxable income before filing and maximizing your potential refund!

## TEACHING CHILDREN ABOUT MONEY

When it comes to learning healthy habits for saving and spending, it is never too early. This seminar will cover useful money skills for children such as making limited choices, having patience, and developing a mindset around money that will serve them into adulthood.

## TEACHING TEENS ABOUT MONEY

Surveys continue to show that many teenagers lack a basic understanding of financial concepts. This class will explore how we view and communicate our money values so we can effectively teach our children about finances. In this interactive seminar, participants will discuss parental attitudes toward allowances, working, and setting financial goals. You'll also learn strategies for helping teens create effective spending and saving plans to set them up for financial success.

## TODAY'S FINANCIAL TRENDS

In an era of unprecedented financial uncertainty and change, staying informed on financial trends and understanding which long-term financial principles still apply is more important than ever. In this session, participants will explore the impact of inflation and the rising cost of living on household budgets, protections offered by the FDIC and NCUA, and how to budget effectively to maximize spending power. Join this interactive session to create a personalized action plan that helps you adapt your financial habits and meet today's challenges with confidence.

## HEALTHY LIVING

### A BALANCED RETIREMENT LIFE

This seminar is designed to help participants ask the right questions and make informed decisions when evaluating their retirement plans. We'll cover the key issues to consider in planning for your future and guide you in developing your current road map. Participants will leave with resources to help determine when retirement may be right for them, focusing on the positive aspects of retirement while preparing for potential challenges. Join us to create a clear, actionable plan for your retirement journey.

### A NEW LOOK AT WELL-BEING

In this class, we will examine the various factors affecting our well-being, from the pandemic to the current social, political, and economic landscape. Now, more than ever, taking time for self-reflection and self-care is essential not only for our professional success but also for supporting and empowering others. Join this interactive session as we explore strategies to tackle these challenges and improve our health and well-being, even in difficult times. Together, we'll



discuss practical ways to support ourselves and those around us, enhancing both personal and collective resilience.

### ACCESSING MENTAL HEALTH SUPPORT DURING THE HOLIDAY SEASON

While the holidays often bring joy and celebration, they can also be a time of unexpected grief and stress. This class will explore the challenges the holiday season can pose to our mental well-being and how to overcome the stigma of seeking mental health support, particularly within the Black community. We will also highlight the tools and resources available through your employer, emphasizing that you have every right to access the mental health care you deserve. Advocating for your well-being is a powerful and necessary step, free of shame.

### ADAPTABILITY & RESILIENCE: THRIVING THROUGH CHANGE NEW!

In a world that doesn't stop moving, your ability to adapt matters more than ever. This session offers practical tools to help you bounce back from setbacks, manage stress, and stay focused—even when things feel out of control. You'll explore how the brain responds to change, develop daily habits that support well-being, and learn how to build resilience like a muscle. Whether you're navigating big life changes or everyday stress, you'll leave with strategies to stay grounded, flexible, and forward-focused.

### ADDICTION

In this seminar, participants will explore the definition of addiction, how it develops, and the key signs to watch for. Whether you or someone you care about is dealing with addiction, this session will provide valuable insights into the symptoms, components, and common myths surrounding the disease. Participants will leave with resources, tips, and guidance for each step of the recovery process, empowering them to support their own journey or help loved ones in need.

### ALCOHOL AND SUBSTANCE USE DISORDER

This class provides participants with an overview of alcohol and substance use disorders, helping to identify warning signs and understand the difference between substance use and dependence. We'll also explore how drugs affect the body and the social and family problems that can arise from substance use disorder. Participants will leave with

valuable resources to seek help for loved ones and address the challenges that come with substance use disorder.

## **ALL YOU NEED TO KNOW ABOUT CHOLESTEROL**

In this program, participants will explore the complex role of cholesterol in achieving overall wellness. We will examine how cholesterol affects nutrition, the different types of fats that influence good and bad cholesterol levels, and the impact these have on health. Participants will leave with valuable resources and practical strategies to make informed lifestyle and diet choices that can improve their cholesterol levels and support long-term health.

## **ALLERGIES**

Tired of being ambushed by pollen, pets, or mystery foods? In this class, we'll tackle the wild world of allergies—what causes them, the different types that make us sneeze, itch, and wheeze, and the sneaky risk factors that catch us off guard. We'll also cover treatments that work and some pro tips to keep allergies from running your life. By the end, you'll be ready to take on allergy season like a champ and finally breathe easy!

## **ALTERNATIVE MEDICINE: FACT OR FICTION**

What is often labeled as "alternative medicine" today has been practiced for thousands of years across the world. In this class, participants will gain an overview of the most commonly used alternative healing arts, including chiropractic, homeopathy, herbal and Chinese medicines, naturopathy, acupuncture, and therapeutic massage. We will explore the benefits of each practice and how these healing modalities can contribute to and enhance your overall health and wellness. Join us to discover how ancient practices can support modern well-being.

## **ALZHEIMER'S AND DEMENTIA**

This engaging and informative class offers an in-depth exploration of Alzheimer's disease and other related dementias. Participants will gain a clearer understanding of the various types of dementia, the stages of Alzheimer's, and the profound effects it has on patients and their families. The session also provides practical communication strategies for caregivers, addresses family dynamics, and highlights the importance of self-care. Attendees will leave equipped with valuable resources and actionable tips to offer compassionate care while maintaining their own well-being.

## **AUTISM OVERVIEW**

Autism is a neurodevelopmental condition that affects approximately two percent of the population. This class offers an overview of the autism spectrum, helping participants identify potential signs and providing guidance on coping with the unique challenges of raising an autistic child. This interactive session will encourage discussion and review helpful resources to support your child and family. Join us to gain valuable insights and tools to navigate the journey of raising a child with autism.

## **BE POSITIVE**

While not everyone believes in the power of positive thinking, it has been utilized by cultures around the world for centuries. Today, science confirms that our attitude, whether positive or negative—dramatically impacts our well-being and our relationships with others. In this class, we'll explore how shifting our thought processes and perspectives can help us harness the benefits of positive thinking. Join us to discover practical strategies for transforming your mindset and improving your overall quality of life.

## **BEAT THE HEAT: PREVENTING HEAT RELATED ILLNESS**

Feeling like you're melting in the summer heat? This seminar has you covered! We'll dive into the essentials of staying cool—how to spot the signs of dehydration before you become a human raisin, tips for keeping hydrated (spoiler: it's more than just drinking water), and knowing when it's time to call for backup. By the end, you'll be ready to take on the sun like a pro, staying safe and cool even when temperatures soar.

## **BICYCLE SAFETY**

This seminar will provide all the essential information you need, from bike maintenance to staying safe on the road. Topics will cover how to choose the right bicycle for your body type and fitness goals, non-negotiable safety equipment, and the latest innovations in cycling, including electric-powered bikes. Whether you're a seasoned cyclist or just starting out, this session will help ensure safe and enjoyable rides. Safe travels!

## BODY IMAGE

In this seminar, participants will explore how society shapes our self-image and the impact it has on our well-being. This session will cover important topics such as body dysmorphia, eating disorders, and exercise addiction. Together, we'll discover tips and tools to manage self-image challenges and learn to embrace our bodies just as they are. Join us to foster a positive relationship with yourself and gain practical strategies for overcoming societal pressures.

## BREAST CANCER AWARENESS

The purpose of this seminar is to educate and empower participants about breast cancer. Participants will learn to recognize early warning signs, along with best practices for detecting breast cancer and seeking immediate medical attention when necessary. This seminar is for informational purposes only and is not intended to provide medical advice, diagnoses, or treatment recommendations.

Note: Breast self-exam demonstrations can be included in this seminar.

## CAFETERIA SHOPPING

In this class, participants will learn key strategies for maintaining a healthy diet during the workday. This interactive workshop will guide you through typical cafeteria options, helping you create a personal "shopping list" of foods that support better health. Participants will also have the opportunity to share personal tips and tricks, fostering discussions to help everyone reach their wellness goals. Join us to take control of your workday nutrition and boost your well-being!

## COLORECTAL CANCER SCREENING

Detecting colorectal cancer early is critical for successful treatment, which is why colon cancer screening plays a vital role. In this seminar, participants will learn about early warning signs, available tests, treatments, and best practices for prevention. This session will help you recognize when to seek immediate medical attention, empowering you with knowledge to protect your health. Please note: This seminar is for informational purposes only and is not intended to provide medical advice, diagnoses, or treatment recommendations.

## COMPASSION FATIGUE

Compassion fatigue—a blend of secondary traumatic stress and burnout—continues to impact those who work in emotionally demanding roles. Whether you're in healthcare, social services, education, or caregiving, the weight of supporting others can take a toll. This interactive session will help participants recognize the early signs of compassion fatigue, understand its effects, and explore evidence-based self-care strategies to restore energy, resilience, and purpose. Join us to learn how to sustain your well-being while continuing to make a difference.

## CREATING AN ANNUAL WELL-BEING PLAN

Ready to crush your well-being goals without burning out by February? In this session, we'll walk you through 12 game-changing habits that will boost your physical, mental, and emotional health all year long. You'll get to pick the ones that fit your lifestyle, and we'll even throw in some resources to help you stay on track (because we know life happens). By the end, you'll be ready to tackle your well-being plan like a pro and enjoy a healthier, happier you!

## CRYING

While many have been taught that crying is a sign of weakness, modern research reveals the emotional, mental, and social benefits of embracing our tears. In this interactive session, participants will explore how crying is portrayed in the media, across different cultures, and throughout history. You'll also have the opportunity to share your own experiences and viewpoints. Join us for a meaningful discussion about the power of vulnerability—and if you feel like it, have a good cry!

## DAY ONE - JOURNEY TO HEALTHY HABITS NEW!

Start your journey toward a healthier, more fulfilling life with this interactive workshop designed to ignite motivation, build sustainable habits, and overcome common challenges. Learn practical strategies like time management techniques, the power of small wins, and habit-stacking methods that drive lasting change. Explore how belief systems influence success and discover how to set realistic goals that align with your personal aspirations. This empowering session includes motivational insights, actionable steps, and reflective exercises to help you take control of your well-being from day one. Join us to transform your intentions into lifelong healthy habits!

## DEALING WITH MENTAL HEALTH ISSUES

Mental illness can have a significant impact on your life and the lives of those you care about. In this class, participants will learn how to identify signs of concern, have challenging but supportive conversations, and access important resources. Together, we'll discuss how to manage the stress of supporting loved ones while ensuring your own well-being. Join us to gain valuable insights and strategies for providing compassionate care to those in need.

## DEALING WITH SERIOUS SLEEP ISSUES

A sleep disorder is any disruption or disturbance of your usual sleep pattern. In this class, participants will explore the different types of sleep disorders, their causes, and the benefits of sleep studies. We'll also examine the connection between sleep, stress, and the release of cortisol. Additionally, participants will learn practical strategies to address insomnia and be provided with helpful resources to improve their sleep quality. Join us to gain a deeper understanding of sleep and how to manage sleep-related issues.

## DEPRESSION

Depression is one of the leading causes of disability worldwide, affecting over 280 million people. In this seminar, we will discuss the causes, symptoms, and impact of depression, as well as explore effective ways to seek and receive help. Although depression is reliably diagnosed, many affected individuals do not receive proper treatment. Participants will learn about the barriers to treatment and discover strategies to overcome them, paving the way for a happier, healthier life.

## DIABETES

In this seminar, participants will explore the causes, signs, and symptoms of diabetes. We'll examine the differences between various types of diabetes and discuss how to create a customized treatment plan tailored to individual needs. By the end of this session, participants will be more aware of the lifestyle and nutritional changes that can enhance their quality of life while managing diabetes. Join us to gain valuable insights and strategies for living well with diabetes.

## EATING DISORDERS

In this seminar, participants will explore the causes, signs, and symptoms of eating disorders. We'll examine the differences between various types of eating disorders and discuss how to create a personalized treatment plan. The facilitator will explain how eating disorders can impact both work and home life, as well as provide resources and guidance for seeking help. By the end of this session, participants will be equipped with the mental health support, resources, and nutritional guidance needed to manage life with an eating disorder, either for themselves or for others.

## EATING FOR HIGH ENERGY

Ready to boost your energy and feel amazing? In this lively and interactive class, you'll discover how healthy eating can fuel both your mind and body for peak performance. What you eat—and when you eat—can make a huge difference in your mental clarity, productivity at work, and overall happiness. We'll dive into the best foods to power up your day, balance blood sugar levels, and keep you feeling energized. Plus, we'll talk about how exercise and nutrition go hand in hand. Get ready to supercharge your life with the right fuel!

## EATING RIGHT FOR LIFE

If donuts for breakfast, candy bars for lunch, and making impulse decisions while eating on the run sound familiar, then this class is for you! In this engaging seminar, participants will discover the power of nutrition and learn how to make informed food choices that promote lasting, healthy habits. Expect to leave this interactive session with a clear understanding of what your body needs for optimal health and the key nutritional guidelines that will set you up for success. Join us to take control of your nutrition and feel better every day!

## EATING RIGHT ON THE RUN AND ON A BUDGET

We've all made excuses to eat "junk" or "fast" food when life gets busy, but it doesn't have to be that way! In this seminar, participants will learn realistic strategies to eat well, even with rising food costs in mind. We'll explore which items are worth paying a premium for and when it's best to opt for organic products. Together, we'll uncover practical steps to eating healthy while staying within your financial means. Join us to learn how to make smart, budget-friendly choices that support your health without sacrificing taste or quality!

## EMBRACING HAPPINESS

What does it truly mean to be happy in today's world? This seminar dives into the history and different types of happiness, offering insights into how to live a happy, fulfilling life. Participants will explore the ideas of historical figures who have shaped how we think about happiness and share their own experiences of joy. This interactive session also provides resources to continue learning about happiness, encouraging a deeper understanding of this essential aspect of well-being. Join us to discover what happiness means for you!

## EMBRACING IMPERFECTION THROUGH KINTSUGI WISDOM NEW!

\*\*\*Webinar Only

This presentation explores the ancient Japanese art of Kintsugi as a metaphor for personal growth, resilience, and the beauty of imperfection. By highlighting the power of vulnerability, the strength found in healing, and the value of shared human experiences, it encourages viewers to see their flaws and life's "cracks" as golden seams that tell a story of transformation. Rooted in cultural wisdom and emotional authenticity, this session invites reflection, connection, and a celebration of what it means to be beautifully imperfect.

## EMOTIONAL EATING

In this session, participants will define emotional eating and explore the factors that lead to it. Together, we'll delve into our personal food histories and examine the relationship between mood and cravings. Through interactive discussions, participants will reflect on their own eating behaviors and gain heightened self-awareness about their choices. This session provides valuable resources and best practices for those looking to change their emotional relationship with food, helping you make more mindful decisions that support overall well-being.

## EXERCISE 2.0: BEYOND THE BASICS

Ready to supercharge your fitness routine? In this high-energy course, we'll go beyond the basics of exercise science and dive into the core elements that will take your training to the next level. Get hands-on with real-life case studies and learn how to build a progressive training plan that maximizes every workout. Whether you're looking to push past plateaus or unlock new potential, this class will give you the tools to crush your fitness goals!

## EXERCISE AS YOU AGE

As the body ages, it's important to stay ahead of the curve and keep moving! In this seminar, we'll dive into exciting and effective ways to prevent injuries, stay strong, and maintain overall health through fitness. You'll learn how to adapt your workout routine to match your fitness level, no matter your age, and explore strategies for preventing illness and boosting wellness. Get ready to design a flexible, powerful workout regimen that keeps you feeling energized and fit at any stage of life. Let's keep your body thriving!

## EXERCISE BASICS

Ready to jump-start your fitness journey or get back on track? This high-energy course will teach you the essential principles of exercise science, helping you take the first steps toward planning your fitness regimen. Whether you're new to exercise or returning after a break, we'll dive into the key components of fitness and show you how physical activity can transform your life. You'll leave feeling empowered and motivated to take control of your health and crush your fitness goals!

## EXERCISING AT HOME

Working out at home is a convenient and budget-friendly way to stay fit. This session will guide you through the essential steps of selecting the right equipment that fits your space and budget, creating a customized fitness plan tailored to your goals, and staying motivated to keep moving forward. We'll also explore a variety of supplemental resources to enhance your workouts and keep you engaged. Whether you're just starting out or looking to optimize your home routine, you'll leave with the tools and inspiration needed to reach your fitness goals efficiently and effectively—all from the comfort of your own home.

## FEAR AND ANXIETY: MOVING FORWARD

Fear and anxiety can hold us back from being fully present and enjoying our lives. In this class, participants will dive into the similarities and differences between fear and anxiety, and how they can impact productivity and comfort. We'll explore how to harness the power of our thoughts to successfully manage these feelings. You'll also learn practical coping strategies and resources to help you move forward with confidence. Join us to transform fear and anxiety into opportunities for growth!

## FILLING THE NUTRITIONAL GAPS

In this class, participants will explore how snacking can impact their overall health and blood sugar levels, along with the benefits of mindful eating. This interactive session will discuss how effective snacking meets your body's nutrient needs, and how tools like MyPlate.gov can help identify dietary deficiencies and recommend foods to address them. We'll also dive into the role fiber plays in keeping you full, the different types of fiber, and the best food sources to help you meet your nutritional goals. Join us to snack smarter and feel healthier!

## FORGIVENESS

Holding onto grudges is common, but the consequences can affect our personal relationships, health, stress levels, and even professional success. In this course, participants will explore the art of forgiveness, the lasting effects of harboring resentment, and the empowerment that comes from letting go. Together, we'll develop the skills to accept forgiveness, ask for it when we've hurt others, and recognize the emotions that may block us from forgiving. Join us to discover the freedom and peace that comes with forgiveness!

## GETTING ORGANIZED

In this class, participants will discover the benefits of getting organized and how to take the first steps toward creating order in their lives. We'll explore how to determine your own organizational quotient, identify external factors that contribute to disorganization, and understand the consequences of living in disarray. Participants will leave with practical resources and tips to bring organization into their daily routines, including considerations like storage space and tools to help you thrive. Join us to start your journey toward a more organized and productive life!

## GETTING YOU HELP

In challenging times, we often neglect to check in on our own well-being. In this essential class, participants will learn how to evaluate their own mental health and recognize signs of anxiety, insomnia, and unhealthy habits that may arise during periods of stress. We'll discuss practical strategies for maintaining self-care and provide resources for finding external help when needed. Participants will leave with a mental health checklist and coping mechanisms for future use, ensuring they are equipped to prioritize their wellness. Join us to take the first step toward better self-care and mental health!

## GRATITUDE

In this seminar, participants will explore the latest science on gratitude and how it can help foster deeper, more meaningful relationships in all areas of life. Together, we'll examine research that empowers us to incorporate gratitude into both our personal and professional lives. This important topic shines a light on the complex relationships we navigate and teaches us how to focus on what truly matters. Participants will leave with practical tools to cultivate gratitude each day, enhancing their well-being and relationships.

## GREEN TIPS FOR THE HOME

In this seminar, participants will explore practical actions to reduce their carbon footprint while saving money. We'll cover the benefits of using organic and natural products, strategies to increase thermal efficiency, and ways to cut down on electricity usage. This session will simplify the process of leading an eco-friendly lifestyle, giving you the tools to start your journey toward going green. Join us to discover how small changes can make a big difference for the environment—and your wallet!

## GROCERY SHOPPING

In this seminar, you'll learn how to master the art of healthy grocery shopping while keeping your budget in check. We'll share tips on how to plan ahead for nutritious meals, cut costs, and whip up quick, easy dishes—all while minimizing food waste. You'll walk away with practical resources for shopping and cooking around dietary restrictions, exploring helpful meal-planning apps, and finding coupons to score the best deals. Get ready to shop smarter, cook better, and make the most of every trip to the grocery store!

## HEALTH NEWS

In today's non-stop news cycle, the flood of health and wellness information can feel overwhelming. In this interactive session, participants will gain the tools to navigate the health news landscape and make informed decisions about their well-being. Learn how to filter out harmful or inaccurate information, identify trustworthy sources, and ensure you are making the best possible choices for your health. Join us to become a more empowered and informed consumer of

health news.

## HEALTHY AGING

As more of our society reaches retirement age, the way we view aging is evolving. In this interactive class, participants will explore commonly held beliefs about aging—learning what's fact and what's myth. Together, we'll reflect on our own perceptions of aging, discuss how to shift our mindsets to appreciate the benefits of growing older, and explore ways to fully enjoy the golden years of life. This session will also provide participants with key financial, social, and health questions to help prepare for lifestyle changes as they age.

## HEALTHY KIDS

In this seminar, participants will learn essential healthy habits to instill in children to ensure they grow into healthy adults. Together, we'll explore the research behind living a healthy lifestyle, practicing preventive healthcare for kids, and the profound impact these habits have on their developing minds and bodies. This class, designed for parents, will provide valuable resources on key topics like nutrition, exercise, immunizations, and sleep, equipping you with the tools to support your children's well-being as they grow.

## HEALTHY TIPS FOR BUSINESS TRAVEL

Whether you love it or loathe it, business travel is a reality for many of us. In this session, participants will learn how to prepare for travel ahead of time, avoid unhealthy temptations on the road, and incorporate exercise, sleep, and healthy food choices into business trips. Join this interactive session to share best practices, explore common challenges, and gain practical tips to stay healthy and energized while traveling for work!

## HEART IN MOTION: THE VITAL LINK BETWEEN CARDIO FITNESS AND HEART HEALTH NEW!

Discover how cardiovascular fitness plays a crucial role in maintaining a strong, healthy heart. This class explores the science behind heart health, how cardio exercise supports your circulatory system, and practical ways to build a heart-healthy lifestyle through movement and exercise.

## HIPAA

The Health Insurance Portability and Accountability Act (HIPAA) is legislation designed to safeguard patients' personal and medical information. In this session, participants will receive an overview of HIPAA, explore patient rights, analyze the security rules, identify what constitutes protected information, and learn when information can be disclosed. We'll also cover important compliance mandates. Join this session to ensure you know your rights and can advocate for yourself in the event your privacy or protections are violated.

## HOW CAN AI HELP WITH HANDLING MENTAL HEALTH CONVERSATIONS

In today's digital age, AI is revolutionizing the way we approach mental health. This seminar, "How Can AI Help with Handling Mental Health Conversations?", explores how AI technology is transforming mental health care by providing innovative tools to enhance support during sensitive and crucial conversations. Join us to discover how AI can help create more effective, compassionate, and accessible mental health discussions in both personal and professional settings.

## HOW TO BOOST YOUR SELF-CONFIDENCE

In today's turbulent world, strong leadership demands unshakable self-confidence and the ability to tackle challenges head-on. This seminar will dive into the transformative power of self-confidence, exploring how it fuels success and resilience. Participants will discover why true strength and empowerment are forged from within and learn the key traits of highly confident leaders. Through dynamic and interactive conversations, you'll gain practical strategies to boost your own self-confidence and lead with conviction. Step into your power and unlock your potential to lead with confidence!

## HOW TO REDUCE BODY FAT WITHOUT RESTRICTIVE EATING

As our nation grapples with the obesity crisis, many turn to harmful methods like restrictive eating to reduce body fat. In this seminar, participants will learn simple, physician-recommended eating habits that promote healthy fat loss without compromising well-being. Join us to explore dietary guidelines, best practices, and effective steps for feeling full while shedding body fat in a safe and sustainable way. Take control of your health with the tools to achieve long-term success!

## HOW TO SPEAK WITH YOUR HEALTH CARE PROVIDER

This presentation provides practical guidance on enhancing communication with healthcare providers. It covers key strategies for preparing for medical appointments, including documenting symptoms, maintaining a health journal, and understanding family health history. It emphasizes the importance of clear and open communication, asking clarifying questions, and fostering a collaborative patient-provider relationship. The presentation also explores working effectively with pharmacists, tips for handling difficult medical conversations, and using audio recordings (with permission) for complex topics. Additional insights focus on early detection, preventive care, and leveraging support systems during appointments to ensure a comprehensive and supportive healthcare experience.

## INCREASING MENTAL TOUGHNESS

In this seminar, participants will reflect on the challenges of the past few years and explore how adversity can fuel personal growth. We'll dive into what it means to be mentally tough, how to find the positive in negative situations, manage ambiguity, and react with agility to change. Finally, we'll explore the concept of "grit," as defined by Dr. Angela Duckworth—passion and sustained persistence toward long-term goals. This essential skill is crucial for personal and professional success in today's fast-paced world. Join us to strengthen your resilience and cultivate the grit needed to thrive!

## INFLAMMATION, DIET AND DISEASE

Inflammation is a natural process triggered by our immune system to protect against harmful substances like bacteria, viruses, and allergens. However, chronic inflammation can lead to serious health issues. In this program, participants will explore the impact of chronic inflammation on disease and learn how to make informed health choices to reduce its harmful effects. We'll discuss foods that contribute to a pro-inflammatory diet, routine medical tests to monitor inflammation risks, and essential resources for maintaining a healthy diet and lifestyle. Join us to take control of your health and reduce inflammation-related risks.

## LEARNING ABOUT HEADACHES

Headaches often strike without warning and can be debilitating for those who suffer from them. In this class, participants will gain a comprehensive overview of different types of headaches, their underlying causes, and practical strategies to prevent and reduce them through lifestyle choices. We'll also provide guidance on when to seek medical treatment and offer resources for further information on headache management and treatment options. Join us to take control of your headaches and improve your quality of life.

## LIGHTENING YOUR LIFE WITH LAUGHTER

This enjoyable and informative workshop explores proven techniques for using laughter to reduce stress in your life. Participants will dive into the history, practices, and beliefs behind laughter therapy, discovering its many therapeutic benefits. Laughter is a powerful energizer, and this seminar reminds us of its importance in reducing daily stress and embracing life's moments with joy. Join us to learn how living with laughter can improve your well-being and help you handle whatever life brings—with a smile!

## LIVING WELL-SIMPLE STRATEGIES FOR HEALTH & BALANCE

In this class, participants will explore how to adopt a healthy lifestyle that supports their wellness goals. Clean living emphasizes removing toxins and taking a holistic approach to mind and body wellness. We'll discuss what contributes to toxins in your life and how to eliminate them for good. Topics include adopting healthier eating habits with whole, nutrient-rich foods, eliminating processed foods, and identifying toxic products to avoid in the home. Additionally, we'll explore the vitamins and supplements that can enhance your daily regimen. Join us to transform your lifestyle and embrace clean living.

## LIVING WITH COPD

Each year, over 3 million cases of Chronic Obstructive Pulmonary Disease (COPD) are diagnosed in the U.S. In this class, participants will gain a comprehensive overview of COPD, debunk common myths, and learn the facts about this condition. We'll also explore the most advanced treatments available in modern medicine. Please note that this seminar is for informational purposes only and is not intended to provide medical advice, diagnose, or make treatment recommendations.

## LONELINESS

Loneliness has become a public health crisis, with nearly 1 in 3 Americans lacking close relationships at any given time. In

this class, participants will explore the myths surrounding loneliness, examine historical case studies, and understand the differences between loneliness and depression. Together, we'll discuss how to cope with feelings of loneliness and learn strategies to foster meaningful relationships. Join us to break the cycle of loneliness and build deeper, more fulfilling connections.

## LOVE

What the world needs now is love! One of the essential ingredients to living a successful and fulfilling life is to embrace love in all its beautiful complexity. In this class, participants will dive into the subject of love—defining, analyzing, and holistically embracing love for ourselves, others, and even our work. Join us to explore how cultivating love can enrich every aspect of your life and lead to greater happiness and success.

## LOVE PART 2 – THE COMPLEXITIES OF LOVE

In this second installment of the Love series, participants will dive deeper into the various levels of love. We'll analyze our own relationship with love and explore how it differs from unconditional love. Together, we'll discuss the relationships in our lives where unconditional love plays a central role, regardless of circumstances. The seminar will conclude with an interactive activity, allowing participants to map out individualized plans to cultivate and nurture the love in their lives.

## MANAGING FEAR AND ANXIETY

Acknowledging negative thoughts can take away their power, as our perception often affects our reactions more than the situation itself. In this class, participants will learn coping skills to address their thoughts and recognize that fears and anxieties are manageable and controllable. Together, we'll explore best practices for managing negative thoughts, mindfulness techniques, and breathing exercises. Participants will also practice self-soothing strategies to calm the mind and gain control over their mental well-being.

## MANAGING YOUR ATTENTION - BECAUSE THERE'S NEVER ENOUGH TIME<sup>NEW!</sup>

Do you sometimes feel like there simply isn't enough of you to go around? We live in a world fighting for our attention to the detriment of our wellbeing as well as our productivity. Time management strategies aren't enough to juggle all the balls that need to be juggled. No wonder you're feeling depleted.

This workshop is designed to help you manage the ebb and flow of your personal energy with strategies that help you accomplish the important stuff while replenishing your resilience.

- Learn to protect your peak focus
- Avoid cognitive penalties that deplete your mental energy
- Figure out what it takes to tame distractions
- Adopt replenishment strategies that support resilience

## MASTER YOUR MINDSET: HOW JOURNALING AND PLANNING CAN TRANSFORM YOUR LIFE<sup>NEW!</sup>

Unlock the power of self-reflection and personal growth with this engaging session on journaling and planners! Discover how these tools can boost your productivity, improve mental clarity, and enhance creativity. In this workshop, you'll learn the science behind journaling, explore different types of journals and planners, and gain the skills to create your very own personalized dot journal. Whether you're new to journaling or a seasoned pro, you'll walk away with actionable insights to start or elevate your journaling practice. Whether you prefer digital or paper, journaling can help you stay organized, reflect on your goals, and manage stress. Join us to start your journey toward a more productive and mindful life!

## MAXIMIZING YOUR BRAIN'S POTENTIAL

In this class, participants will delve into the powerful mind-body connection and discover lifelong healthy habits that can enhance brain fitness. We'll explore the latest research on neuroplasticity—the brain's incredible ability to grow, change, and adapt by forming new neural connections. By the end of this session, participants will leave equipped with valuable resources to continue developing their brains and learn how to create effective brain fitness programs at work for employees. Join us to unlock your brain's potential and foster a culture of cognitive wellness!

## MEDICAL/RECREATIONAL MARIJUANA

The legal status of marijuana in the United States has evolved significantly, with many states now legalizing its use for medicinal and recreational purposes. In this class, participants will gain a comprehensive overview of marijuana's benefits and the associated risks of its use. We'll provide resources from the American Medical Association and

supplemental information designed for adults and parents. Please note: The information presented in this seminar is for informational purposes only and should not be construed as medical advice or legal policy. Join us to stay informed and navigate the complexities of marijuana use in today's society!

## MEN AND DEPRESSION

While men are less likely to experience depression than women, they are also less likely to seek treatment when it occurs and face a higher risk of suicide. In this seminar, we will explore the causes and impacts of male depression, as well as the societal stigmas that discourage men from seeking help. Participants will learn to recognize the signs of depression, discover strategies for self-support, and understand how to assist others in need. Join us to break the stigma surrounding male mental health and foster a supportive community for all!

## MEN'S HEALTH

Men today have the power to take control of their health and lead longer, stronger lives. This dynamic class is designed to inspire action by highlighting the transformative impact of preventive health measures. We'll tackle the societal barriers that often hold men back from seeking necessary care and empower participants with vital resources and knowledge. By the end of the session, you'll walk away with a personalized action plan packed with clear, impactful steps to elevate your well-being and thrive in every aspect of your life. Join us to take charge of your health and unlock your full potential!

## MENOPAUSE

Menopause is a unique yet universal experience for women, marking a significant transition in life. In this informative program, participants will define menopause, learn what to expect, and examine its causes along with potential complications. Together, we'll discuss important tests, treatments, and remedies to consider during this phase, emphasizing the vital role of partnering with your doctor to create a personalized plan that works best for your body. Join us to empower yourself with knowledge and navigate this new chapter with confidence!

## MENTAL HEALTH

Mental health issues are more common than many realize, yet proactive treatment can significantly improve lives. In this important class, we'll focus on the facts about mental health and illness, recognize warning signs, and address the stigma that often prevents individuals from seeking help. Together, we will explore the resources available to support ourselves and our loved ones, ensuring that everyone knows how to access help when it's needed. Join us to empower yourself and others on the journey toward mental wellness!

## MINDFUL CONNECTION TO FOOD

Discover the power of mindful eating! This session will teach you how to fully engage with the food you eat, from savoring each bite to understanding the benefits of a conscious connection with your meals. Learn practical tips to help you become more aware while eating, allowing you to foster a healthier, more intentional relationship with food. Join us and transform the way you eat, one mindful bite at a time!

## MINDFUL MEDITATION

Unlock the transformative power of mindful meditation to reduce stress, enhance focus, and improve overall well-being. In this interactive session, you'll discover practical techniques, including breath awareness and loving-kindness meditation, complemented by guided exercises that make it easy to integrate mindfulness into your daily life. Whether you're new to meditation or looking to deepen your practice, you'll leave with valuable tools to cultivate inner peace and clarity, empowering you to navigate life's challenges with grace.

## MOVE WELL, LIVE WELL: EVERYDAY STRATEGIES FOR MUSCULOSKELETAL HEALTH NEW!

Muscle and joint pain are more common than most people realize—and they're not just part of getting older. In this engaging, practical session, we'll explore what causes common musculoskeletal issues like back pain, arthritis, and repetitive strain injuries—and more importantly, what you can do about them. You'll leave with easy-to-follow strategies for posture, stretching, movement, and injury prevention that fit into even the busiest day. Whether you're managing existing discomfort or just want to feel better in your body, this training is designed to help you stay strong, mobile, and pain-free—at work and beyond.

## NAVIGATE LIFE TRANSITIONS

Life transitions, whether moving, getting married, experiencing loss, or going through a divorce—often come unexpectedly and can be challenging to navigate. In this insightful session, participants will learn how to prepare for change and effectively manage their emotions during these pivotal moments. Join our interactive course as we reflect on best practices and strategies to ease transitions and engage in self-reflection to stay motivated and inspired through challenging times. Equip yourself with the tools to embrace change and thrive in every chapter of your life!

## NAVIGATING POLITICAL STRESS NEW!

Political stress is the emotional toll we feel in response to political events and uncertainty—not because of our beliefs, but because of how our nervous system reacts. This session explores the science behind stress, how constant exposure to political and financial uncertainty affects our brains and bodies, and offers practical, science-based tools—like breathwork, reframing, and social connection—to help us stay grounded and resilient.

## NOURISH YOUR HEART: A GUIDE TO HEART-HEALTHY EATING NEW!

Your heart works hard every day, learn how to fuel it right! In this class, we'll explore heart-healthy eating habits, the best foods for cardiovascular health, and how to build delicious, balanced meals. From meal planning hacks to portion control tips, you'll gain the knowledge and confidence to make heart-friendly choices that fit your lifestyle.

## NUTRITION NAVIGATOR

Understanding nutritional labels and planning meals for the week ahead are vital steps toward making healthier choices. In this seminar, participants will discover the significance of breakfast, learn tips for healthy snacking, and explore nutritious options when dining out—all while maintaining balanced blood sugar levels. Join us for an interactive session that contextualizes popular diets and provides valuable resources to help you find the balance and variety needed to stay healthy and focused.

Equip yourself with the knowledge to make informed dietary choices and enhance your overall well-being!

## ONE LIFE: EMPOWERING YOUR JOURNEY TO TRUE BALANCE (60 MINUTES) NEW!

Alignment is the key to harmonizing your priorities, values, and goals across all areas of life, from work to personal time and relationships. By embracing synergy instead of rigid boundaries, you can cultivate well-being, enhance productivity, and live a more balanced, fulfilling life. This session will guide individuals on how to live a more balanced, purposeful, and empowered life by aligning their actions and priorities with their core values.

## ONE LIFE: EMPOWERING YOUR JOURNEY TO TRUE BALANCE: DEEP DIVE (90 MINUTES) NEW!

In this 90-minute session, participants will take a deeper dive into the concept of alignment. The session will begin with a quick review of the Alignment offering, followed by a deeper exploration of the work needed across all pillars of success. We will examine each component in detail, challenging ourselves with thought-provoking questions. By the end, participants will leave with a clear action plan to implement the insights gained, empowering them to create true balance in their lives.

## OPENING-UP ABOUT MENTAL HEALTH

While we've made great strides in opening up conversations around mental health, there's still work to be done. This class focuses on the challenges that remain and the stigmas we must continue to break. We'll dive into how mental health impacts other societal issues and explore the ripple effect of mental health outreach. Join us as we push the conversation forward, tackling the barriers that still hold us back and working toward a more open, supportive dialogue.

## OPIOID ADDICTION EMPLOYEE

Opioid abuse and dependence have escalated into a national epidemic, with millions of Americans engaging in the non-medical use of prescription painkillers each month. In this essential training, participants will learn what opioids are, recognize the signs and symptoms of opioid abuse and dependency, and explore available treatment options for those struggling to recover from addiction. Join this interactive session to uncover vital resources and support groups that can aid friends, colleagues, or loved ones in need of additional help. Equip yourself with the knowledge to make a difference in the fight against opioid addiction!

## OVERCOMING BURNOUT

Burnout is a growing concern in the workplace, with employees who frequently experience it being more likely to call out sick, seek new job opportunities, and show decreased confidence and productivity. In this essential class, participants will learn to identify the signs of burnout in themselves and others, along with understanding the personal and professional consequences it can bring. Join this interactive session to share and hear effective self-care strategies that can help restore balance to your life and discover valuable resources to overcome burnout for yourself and your colleagues. Empower yourself to reclaim your energy and enthusiasm at work!

## OVEREATING VS. BINGE EATING

While occasional overeating is a normal part of life, using food as a coping mechanism for negative emotions or anxiety can lead to serious health issues. In this seminar, we'll differentiate between general overeating and Binge Eating Disorder (BED), a significant eating disorder characterized by frequently consuming large amounts of food while feeling a loss of control. Participants will learn to identify the symptoms of BED in friends, family members, and themselves. We'll also provide essential resources for accessing treatment options, discussing health concerns, and exploring support avenues such as counseling, group therapy, and alternative therapies. Join us to empower yourself and others on the journey to recovery!

## PATIENT SAFETY

When the time comes for us or our loved ones to enter the healthcare system, being well-informed about our medical rights is crucial for ensuring safety and receiving the best treatment possible. In this essential class, participants will raise awareness about how to advocate effectively for quality care and identify the most common health risks patients face in hospitals or under a physician's supervision. Join this timely session to gain valuable resources and tools that will empower you to navigate the healthcare system and secure the safest experience possible for you and your loved ones!

## PHYSICAL FITNESS AND HEALTH IN THE BLACK COMMUNITY

Regular physical fitness is a vital component of a healthy lifestyle, with scientific research demonstrating its role in reducing the risk of chronic diseases. However, many individuals, particularly in the Black community, face unique barriers to engaging in regular exercise, including limited access to fitness opportunities and socio-economic challenges. In this empowering session, participants will learn strategies to overcome these obstacles, develop personalized fitness plans, monitor their progress, and recover effectively after physical activity. Attendees will receive valuable resources and tools to kickstart their fitness journeys and promote healthier lifestyles within their communities!

## PLAN, PREP, AND PROSPER: EATING WELL MADE EASY NEW!

Say goodbye to last-minute takeout and hello to stress-free, healthy eating and savings on grocery bills with meal planning and prepping! In this interactive session, you'll learn how to take control of your meals, save time, and eat healthier all week long. We'll dive into the differences between meal prepping and planning, and how you can customize your approach to fit your nutritional goals. Whether you're looking to save time, eat cleaner, or reduce food waste, this session will give you the tools and tips you need to make meal prepping fun, easy, and tailored to your needs!

## PREVENTING BURNOUT

Burnout is the result of prolonged emotional, mental, and physical exhaustion caused by ongoing stress—but it doesn't have to be inevitable. New research shows that with self-care, healthy boundaries, and effective time management, we can prevent burnout before it takes hold. In this interactive session, you'll gain practical strategies to protect your well-being, build confidence in seeking help when needed, and engage in real-life role-playing scenarios to practice these skills. Take charge of your energy and learn how to prevent burnout for good!

## PROMOTE FAMILY HEALTH

Family members must work together to achieve their best physical health. In this interactive session, we'll explore the vital importance of maintaining health records, mastering first aid best practices, and creating an effective family emergency plan. Additionally, we'll discuss ways to keep active as a family while promoting healthy eating habits. Prioritize the physical and emotional well-being of your family by implementing the strategies and resources provided in this session. Join us to strengthen your family's health and resilience together!

## PSYCHOLOGY OF EXERCISE

Your mindset can make all the difference in your workout! In this session, we'll explore how approaching exercise with the right mental focus can significantly enhance your results. You'll learn how to incorporate mindfulness, breathing techniques, and meditation into your routine to boost your mental strength, energy, and focus—helping you not only crush your workouts but also tackle your day with greater clarity and motivation.

## PTS: VETERANS & MILITARY SELF-HELP

In this interactive session designed specifically for Veterans and Military service members, we'll delve into the feelings and experiences that contribute to Post-Traumatic Stress (PTS) in our lives. Participants will have the opportunity to reflect on emotions such as distress, anger, and guilt, while learning how to acknowledge, adapt, and ultimately overcome these challenges through support and self-care. Essential resources and actionable steps will be provided to ensure participants receive the care, dignity, and services they deserve for their sacrifices and commitment to others. Join us to foster healing and resilience together!

## RECLAIMING YOUR HEALTH: THE GUIDE TO RECOVERY

Reclaiming your health after a life-threatening disease, addiction, or other setbacks can feel daunting and discouraging. In this uplifting session, you will learn how to choose hope, incorporate medical research into your recovery plan, and enhance your overall quality of life. Participants will receive valuable resources and actionable steps to explore alternative therapies and supplemental activities that can help you achieve your health goals. Join us to empower yourself on your journey to wellness and rediscover the strength within!

## REDUCING AND MANAGING PAIN

If you're suffering from chronic or intermittent short-term pain, this class may offer effective solutions for managing and reducing your overall pain levels. Participants will receive a comprehensive overview of pain, including the most common causes and the significant impact it can have on daily life. We'll provide valuable resources to help manage and alleviate pain, exploring alternative remedies and innovative treatments. Join us to take proactive steps toward improving your quality of life and reclaiming your well-being!

## RELAXATION 101

In our fast-paced world, relaxation techniques offer a sanctuary of calmness that can profoundly improve our well-being. In this gentle, introductory meditation workshop, participants will be guided through soothing imagery and mindful breathing exercises designed to help alleviate stress and promote inner peace. Discover how these practices can enhance your productivity during the day and invite restful sleep at night. As we conclude our session, you'll receive nurturing tips and best practices to weave mindfulness, yoga, and other serene strategies into your daily life, fostering a sense of tranquility and clarity of purpose. Join us on this journey to embrace relaxation and cultivate a harmonious balance within.

## RESILIENCY, PART ONE

Resiliency is not just an innate trait; it can be learned and developed through the thoughts, beliefs, and behaviors we adopt during challenging times. While we all encounter personal and professional obstacles, our resilience defines our ability to bounce back and move forward despite adversity. In this transformative two-part class, participants will explore effective strategies to enhance their resilience and learn how to seamlessly integrate these best practices into their daily lives. Join us to cultivate the strength and mindset needed to thrive through life's challenges!

## RESILIENCY, PART TWO

Resiliency is about managing your life effectively each day so that you are equipped to tackle life's challenges and bounce back swiftly. In the second part of this class, we will identify the major daily challenges we face and explore how to respond positively through effective goal-setting strategies. Join this interactive session as we delve into key areas such as relationships, parenting, finances, and health, while creating personalized action plans to achieve our resilience goals. Together, we will empower ourselves to thrive and navigate life's complexities with confidence and clarity!

## SELF-CARE IN THE FACE OF ADVERSITY

In this enlightening session, participants will explore the historical context of trauma and racism, gaining insight into how these experiences can shape our lives. You will learn to identify symptoms of trauma, prevent triggers related to racism, and discover strategies for perseverance. Together, we will delve into the various sources and types of trauma

that may arise in challenging circumstances. By the end of this interactive class, you will be equipped with essential tools to establish healthy boundaries and maintain optimal self-care in the face of adversity. Join us to empower yourself and foster resilience in a supportive environment!

## SELF-CARE RIGHT NOW

Self-care is essential for maintaining your own health and empowering those around you as you navigate change. In this insightful class, we will focus on key elements of self-care that you can control, including nutrition, sleep management, and physical activity levels. Through this interactive session, we will explore the vital role that stress management plays in our physical and emotional well-being. Additionally, we'll discuss the importance of effective communication and setting healthy boundaries, all aimed at helping you lead a happier, more fulfilling life. Join us to unlock the transformative power of self-care!

## SETTING BOUNDARIES

In today's always-on world, setting clear and respectful boundaries is key to avoiding burnout and staying productive. In this engaging class, you'll learn best practices for effectively communicating boundaries at work while preparing for potential conflicts with colleagues or employers. Through interactive discussions, you'll also master the art of delegation, manage others' expectations, and stay consistent in maintaining the balance between your personal and professional life that you deserve.

## SLEEP BASICS

Sleep is often the overlooked cornerstone of a healthy lifestyle. In this enlightening seminar, participants will explore the physical and mental benefits of a good night's sleep and discover how to establish daily habits that promote a restorative sleep environment. We'll also delve into effective relaxation techniques to address insomnia and improve overall sleep quality. By the end of this session, you will leave equipped with valuable resources and actionable strategies to enhance your sleep and elevate your quality of life. Join us to unlock the secrets of restorative rest!

## STAYING FOCUSED DURING TIMES OF CHANGE

In a world that has undergone so many changes in recent years, staying focused and present is more challenging than ever. In this insightful class, participants will explore the value of mindfulness and concentration during times of change. Together, we will examine how distractions impact our brains, understand the importance of emotional regulation, and discover best practices and resources to enhance our focus. By the end of this session, you'll be equipped to cultivate mindfulness and become the best version of yourself amidst life's uncertainties. Join us to unlock the power of presence!

## STAYING STRONG AND RESILIENT

Resiliency is the ability to withstand and quickly recover from difficulties—an essential trait for navigating both personal and professional challenges. How we respond to hardships is closely linked to our level of resilience, and in this empowering session, we will share effective strategies to stay strong and maintain a positive outlook. Participants will leave feeling empowered and equipped to face future challenges with reduced stress, armed with the tools to bounce back faster and stronger from setbacks. Join us to cultivate resilience and thrive in the face of adversity!

## STRESS REDUCTION TOOL BAG

Stress is the number one cause of chronic illness in the United States, and a significant number of Americans report feeling stressed at work. In this interactive session, we'll delve into the latest research from stress experts to understand the benefits of a certain amount of stress while learning how to minimize our overall stress levels. Participants will acquire practical tools for effective stress management, engage in mindful communication, and leave equipped with valuable resources to maintain healthy stress levels. Join us to transform your approach to stress and foster a more balanced work environment!

## STRESS REDUCTION TOOLKIT 2.0

In our fast-paced world, one constant remains: the pressure never lets up! From tension at home to relentless deadlines at work, the struggle against stress can feel like an ongoing battle. In this powerful and informative seminar, participants will discover essential strategies to reduce physical tension, manage automatic negative thoughts, and enhance self-care practices. By implementing these techniques, you'll transform your day into a more productive, enjoyable, and less stressful experience. Join us to conquer stress and reclaim your peace of mind!

## SUGAR RUSH NEW!

Exploration of sugar—its benefits, its pitfalls, and the surprising ways it impacts our health and energy. From natural sugars to hidden sweeteners, we'll break down the science, debunk common myths, and provide practical tips to make informed choices. Get ready for an engaging session that's both enlightening and sweet!

## SUN PROTECTION

While we all know the importance of wearing sunscreen and limiting sun exposure, many overlook the long-term damage that the sun can inflict on our bodies. This comprehensive seminar delves into key topics such as sunburn, effective sun protection tips, heat rash, and the critical role of hydration in hot weather. Participants will leave equipped with valuable resources and knowledge to make informed decisions about sun safety and protect themselves from the risks associated with UV exposure. Join us to empower your sun safety journey and ensure a healthier, more radiant future!

## TECHNOLOGY AND EXERCISE

Dive into the rapidly expanding world of technology in the fitness industry and discover how to harness the immense influx of information and innovation to your advantage. From cutting-edge exercise routines and equipment to recommended apps and wearable tech, understanding what's available can significantly enhance your journey toward achieving your fitness goals. Participants will leave this dynamic session equipped with the tools and resources needed to safely and effectively move their bodies while regaining their focus. Join us to revolutionize your fitness experience and unlock your potential!

## THE ART OF FENG SHUI

Feng Shui, an ancient Chinese art, focuses on balancing energy to promote health, happiness, and prosperity. In this enlightening class, you'll discover the principles behind this popular practice, including the tools used to create a calming and harmonious flow in your environment. We'll explore the impact of clutter, the significance of color, and the five elements associated with Feng Shui. Join this interactive session to gain best practices and valuable resources that will empower you to enhance the energy and flow in your workplace, creating a more uplifting and productive atmosphere!

## THE ART OF MEANINGFUL CHOICES NEW!

Explore how intentional sacrifice, smart prioritization, and realistic expectations can help you grow personally and professionally. This session provides tools like the Eisenhower Matrix and MoSCoW Method to help you focus on what truly matters and make choices that align with your long-term goals. Learn to navigate fear, protect your well-being, and build a support system that keeps you grounded while pursuing what's most important.

## THE CONNECTION BETWEEN EXERCISE AND MENTAL HEALTH

Daily exercise is a proven way to enhance both our physical and mental well-being. In this informative class, participants will explore the myriad benefits of regular exercise, including its positive effects on our immune system, its role in reducing the risk of disease, and its ability to lower stress levels. Discover how to embark on a healthy journey towards improved mental health and learn effective strategies to stay motivated and achieve your fitness goals. Join us to empower yourself with the knowledge and inspiration needed to embrace the transformative power of exercise!

## THE GUT-BRAIN CONNECTIONS

Prebiotics, probiotics, and postbiotics, oh my! More and more people are talking about the importance of gut health for mental health, but what does it all mean? The goal of this class is to understand the new research still being done about the gut-brain axis, the impact that gut-health can have on your body and mind, and what you can do about it. (Webinar only)

## THE IMPORTANCE OF UNPLUGGING

For today's remote workers, the boundaries between the start and end of the workday have become increasingly blurred. While technology enables constant connectivity, it often leads to longer hours at the computer and diminishes the unique benefits of working from home. In this essential session, we will discuss the serious risks associated with being perpetually attached to our devices and the critical importance of unplugging. Together, we'll explore effective best practices for disconnecting from work to rediscover and reconnect with your life. Join us to reclaim your time and enhance your well-being in the remote work environment!

## THE TRUTH ABOUT DIETING

Research shows that traditional diets often fail for long-term weight loss, leaving many Americans searching for effective, sustainable weight management strategies. In this interactive session, you'll discover when, what, and how to eat to maintain a healthy weight through safe and effective practices. Participants will leave equipped with sample meal plans, healthy snack options, exercise tips, hydration strategies, and practical guidance to help you change your habits today! Join us to embark on a journey toward a healthier lifestyle that lasts a lifetime!

## THRIVING IN UNCERTAIN TIMES

If you're tired of hearing the phrase "unprecedented times," you're not alone! In today's unpredictable world, constant uncertainty brings unique challenges, both at work and at home. With stress and anxiety on the rise, leaders need the right tools to stay grounded and make informed decisions. In this class, we'll tackle the emotional toll of living through these so-called "unprecedented times," offering strategies to manage stress, build resilience, and maintain well-being. By the end of the session, you'll feel more prepared to communicate about sensitive issues, focus on self-care, and strengthen your ability to thrive in the face of ongoing uncertainty.

## THRIVING THROUGH LIFE'S CHALLENGES - 30 MINUTE WEBINAR NEW!

This seminar empowers you with resilience, stress management, hope, and self-compassion to turn obstacles into growth opportunities. Learn practical strategies like the 90-second rule, micro-wins, and mindful breathing to transform stress, reframe challenges, and cultivate kindness for yourself and others. Walk away with actionable tools to navigate life's ups and downs with confidence and strength.

## TOOLS FOR TODAY

In the wake of the past few years, prioritizing our mental and physical health has never been more crucial in the pursuit of true happiness. In this empowering class, participants will explore best practices proven to enhance overall well-being. You're encouraged to share your personal tools for achieving fulfillment through mindfulness, healthy eating, effective sleep routines, socialization, and prioritizing self-care. Join us to cultivate a supportive community focused on wellness and discover new strategies to enrich your life and boost your happiness!

## UNDERSTANDING BURNOUT – CAUSES AND SOLUTIONS NEW!

This interactive and upbeat training dives into the serious topic of burnout with a fresh, relatable approach. Participants will explore what burnout really is (and what it isn't), recognize the warning signs, and understand the personal and workplace consequences of chronic stress. Through engaging activities, polls, visuals, and self-assessments, attendees will learn how to break the burnout cycle, build resilience, and create a personal action plan. With practical strategies, fun visuals, and a touch of humor, this session empowers individuals to take back control of their well-being—while also learning how to support others along the way.

## UNDERSTANDING FOOD LABELS

Tired of feeling lost when reading food labels? This session is your ultimate guide to cutting through the confusion and making smarter, healthier choices! We'll show you how to decode nutritional facts, spot the key info that supports your health goals, and break down the buzzwords, claims, and marketing tricks on food packaging. Plus, you'll get the inside scoop on what those food dating stamps really mean and why checking the ingredient list is a game-changer. Leave this session feeling empowered and ready to shop with confidence, knowing exactly what's going into your cart!

## UNDERSTANDING POSTPARTUM DEPRESSION NEW!

This presentation explores postpartum depression (PPD), its symptoms, causes, and treatment options, emphasizing the importance of awareness and support for affected mothers.

## UNDERSTANDING TESTICULAR CANCER: AN OVERVIEW

In this seminar, we will provide a comprehensive overview of testicular cancer, including its types, signs, and symptoms. We'll explore controllable and uncontrollable risk factors, the steps involved in the diagnosis process, and available treatment options. Additionally, we will delve into the emotional aspects of coping with a cancer diagnosis, offering insights and support for navigating the journey ahead.

## UNDERSTANDING YOUR IMMUNE SYSTEM

The immune system is a complex and intricate network that plays a vital role in healing our bodies and alerting us to injury or infection. In this informative seminar, participants will discover how the immune system functions and learn effective strategies to optimize its performance while keeping the lymphatic system flowing smoothly. Attendees will leave equipped with valuable resources to reduce chronic inflammation, mitigate the impact of viruses, and understand the crucial roles that nutrition, exercise, sleep, and stress management play in supporting a healthy immune system. Join us to empower yourself with knowledge and tools for better health!

## WHAT IS ANGER?

Anger is a powerful emotional state that can range from mild irritation to intense fury and rage. While we all experience anger at times, this seminar invites participants to engage in self-reflection and analyze how past experiences with anger impact our lives today. Join this interactive session to explore best practices for managing anger effectively and prevent feelings of resentment, paving the way for a happier and less stressful lifestyle. Discover how to transform anger into a constructive force that empowers you!

## WHAT IS PROACTIVE HEALTH? NEW!

This engaging session explores the shift from reactive to proactive healthcare, empowering individuals to take charge of their well-being. Participants will learn the pillars of proactive health, including prevention, healthy lifestyle choices, and the use of technology. The presentation highlights the role of primary care, personalized health plans, and the benefits of early intervention across physical, mental, financial, and environmental well-being. Practical strategies and real-world tools are shared to help attendees create sustainable habits and improve overall quality of life.

## WHY CANCER SCREENINGS MATTER

In this webinar, we'll take a comprehensive look at cancer, including what it is, the risk factors, and the various treatment options available. The primary goal is to help you better understand cancer in general and empower you to be proactive about your health. We will delve into the importance of early detection through regular screenings, how different types of screenings work, and who should be getting them. By the end of this session, you'll be equipped with the knowledge to take control of your health and make informed decisions about cancer prevention and treatment.

## WOMEN AND DEPRESSION

Depression is one of the leading causes of disability, affecting over 280 million people worldwide, with women representing a larger proportion of those diagnosed. In this enlightening class, participants will delve into the causes, symptoms, and profound impact of depression, exploring effective ways to seek and receive help. While depression can be reliably diagnosed, many individuals do not receive the proper treatment they need. Together, we will identify the barriers to treatment and discuss actionable strategies to overcome them, empowering participants to lead happier, healthier lives. Join us in breaking the stigma and finding a path to recovery!

## WOMEN'S HEALTH

Although women are more likely to seek preventive medical care than men, many may not be fully aware of the risks associated with heart disease—the leading cause of death for women—and strokes. In this essential class, participants will discover the proactive steps women should take at every age to reduce medical risks. You'll leave equipped with valuable resources to identify symptoms of breast cancer, osteoporosis, and menopause, along with seven key fitness steps to enhance your overall health. Join us to empower yourself with the knowledge and tools for a healthier future!

## WORKDAY WORKOUTS

Like any meaningful change, incorporating exercise into your daily routine requires achievable habits and clear fitness goals. In this engaging class, participants will uncover the importance of fitness and explore practical strategies to seamlessly weave it into their everyday lives. This interactive session will cover essential nutritional tips, effective goal-setting techniques, mindset shifts, and simple methods to add fitness to your workday. Whether you aim to boost your energy or enhance your overall health, you'll leave with the tools and inspiration needed to make fitness a natural and enjoyable part of your daily routine!

## YOGA 101

With a rich history spanning over 5,000 years, yoga is an ancient discipline that harmoniously blends physical postures, breathing techniques, and the mind-body connection. This introductory class will provide a comprehensive overview of

yoga's history and highlight the benefits of some of the most popular yoga styles practiced in the United States today. Participants can choose to attend the session with or without a guided yoga class led by a trained professional. Join us to explore the transformative power of yoga and discover how it can enhance your well-being!

## YOU CAN BE SMOKE FREE!

The effects of quitting smoking are both immediate and long-lasting, making today the perfect time to create a personal action plan for becoming a non-smoker. In this transformative class, participants will explore the facts about the dangers of smoking and discover the numerous benefits of quitting. Join this life-changing session to learn what life as a non-smoker feels like, how to minimize the side effects of quitting, and access essential resources to help you quit smoking for good. Empower yourself to break free from smoking and embrace a healthier, smoke-free future!

## YOUR HEALTHY HEART

Heart disease is the leading cause of death for both men and women, with a heart attack occurring every 40 seconds in the United States. In this vital session, participants will explore crucial facts and risk factors that can enhance their quality of life, longevity, and overall health. This informative class will equip you with essential resources, highlight symptoms to watch for to recognize strokes or heart attacks, and provide key dietary and nutritional guidance to implement immediately to reduce your risk of heart disease. Join us to take proactive steps toward a healthier heart and a longer, more fulfilling life!



## PARENTING

### AUTHORITATIVE PARENTING

In this insightful class, participants will explore authoritative parenting techniques that empower parents to take control during critical moments in their children's lives. Together, we will delve into the effectiveness of this parenting style and learn how to foster a deeper connection with our children. This interactive session will address real-life scenarios,

covering essential topics such as effective communication techniques, appropriate discipline methods, and active listening skills. Tailored for parents of children up to 12 years old, this class equips you with practical strategies to navigate the challenges of parenting and cultivate a supportive environment for your child's growth.

## CARING FOR TEENAGERS NEW!

This presentation offers a comprehensive guide for parents to better understand and support their teenagers in today's fast-paced, digitally-driven world. It covers key topics like how to meet teens where they are, foster strong relationships with caring adults, and navigate the complexities of social media and viral trends. The presentation emphasizes the importance of communication, mental health, and the role of technology in maintaining healthy connections. With insights into their world, parents can refocus on what truly matters for their teens' mental and emotional well-being, including sleep, nutrition, and family time.

## CO-PARENTING

Parenting can be a challenging responsibility, especially during the emotional upheaval of separation or divorce. The good news is that with thoughtful planning and a clear understanding, you can continue to parent effectively. In this empowering class, participants will explore the unique challenges of co-parenting and discover proven strategies for success. Learn how to prioritize your children's well-being while fostering a cooperative parenting relationship with your ex-partner. Join us to gain valuable insights and practical tools that will help you navigate this transition smoothly and focus on what truly matters—your children's happiness and stability.

## COMMUNICATING WITH YOUNG CHILDREN

In this insightful class, participants will discover best practices for communicating with young children, essential for fostering their socio-emotional development. Together, we will explore what to expect at various developmental stages and how effective communication shapes their growth. Attendees will leave equipped with practical skills to become effective listeners, recognize the impact of body language, and utilize humor to enhance communication with their children. Join us to build stronger connections and support your child's emotional well-being through the power of effective communication!

## FIRST-TIME PARENTING

Becoming a parent for the first time is a journey filled with excitement, overwhelm, exhilaration, and exhaustion. While every first-time parent will have a unique experience, this class aims to equip you with the tools and knowledge to navigate this transformative period confidently. Participants will discover best practices and effective coping mechanisms for managing the challenges of parenting, including sleepless nights, the need for additional support, and more. Join us to prepare for the beautiful adventure of parenthood and ensure you're ready for what lies ahead!

## INTERNET INFORMATION FOR PARENTS

In today's increasingly online world, children and teenagers face significant risks, including cyberbullying and potential encounters with sexual predators. This essential class is designed for parents to learn how to empower their children with best practices for staying safe online and recognizing suspicious activities to monitor. Join this interactive discussion to gain valuable resources and strategies that will help ensure your children can enjoy the benefits of the internet and social networks while navigating the digital landscape safely. Equip yourself with the knowledge to foster a secure online experience for your family!

## MATERNAL MENTAL HEALTH NEW!

Motherhood is often described as one of life's most rewarding experiences—but it can also be one of the most emotionally complex. This training explores the mental health challenges mothers may face during pregnancy and postpartum, shedding light on the difference between common emotional shifts and diagnosable conditions such as postpartum depression, anxiety, and other perinatal mood disorders. Participants will learn to recognize signs and symptoms, understand risk factors, and explore the impact of hormonal changes, sleep deprivation, isolation, and shifting identities. The session also provides practical tools for offering support, whether as a family member, friend, coworker, or healthcare professional—and emphasizes the importance of reducing stigma and promoting maternal well-being.

## NAVIGATING THE TEEN YEARS

Parenting teens can feel like navigating a rollercoaster, but with the right tools, you can make it a smoother ride. In this seminar, we'll cover essential topics for parents who are currently guiding or soon-to-guide their kids through their teens. We'll dive into understanding the gap between what matters to you and what's important to your teen, addressing risky

behaviors, conflict management, and the dos and don'ts of parenting during this phase. You'll leave with a toolkit of best practices to help you confidently handle the ups and downs of the teen years.

## **PARENTING YOUR TEEN: AT RISK BEHAVIOR**

Being a supportive parent to a teenager today comes with unprecedented challenges, along with new opportunities to engage and empower our soon-to-be adults. In this insightful session, participants will explore the risky behaviors that teens are currently engaging in, while also recognizing the progress they've made compared to previous generations. Together, we'll review essential facts about at-risk behavior and create a safe space for parents to share their fears and struggles. Attendees will leave equipped with valuable resources for further support and practical strategies to identify at-risk behaviors in their teenage children. Join us to foster open communication and strengthen your connection with your teen!

## **PARENTING YOUR TEEN: CAREER AND LIFE GOALS**

Initiating discussions about career exploration and discovering personal values, interests, and skills is essential during our teenage years. In this empowering session, parents will gain the tools needed to engage in meaningful conversations about career and life goals with their teens, aligning these aspirations with their passions and transferable skills. The goal of this course is to enable parents to play a vital role in helping their children feel prepared and confident as they pursue a career path that truly resonates with them. Join us to foster an environment of support and inspiration for your teen's future!

## **PARENTING YOUR TEEN: COMMUNICATING**

In today's fast-paced world of social media and technology, it often feels like parents and teenagers are speaking different languages. In this essential seminar, parents will be equipped with the skills to create a comfortable and open environment that fosters effective communication. Participants will learn best practices for establishing ground rules for positive interactions, common pitfalls to avoid, and strategies for opening the lines of communication. Join us to strengthen your connection with your teen and navigate the complexities of modern communication together!

## **PARENTING YOUR TEEN: FINANCES**

This seminar is designed to equip parents with the essential skills to help teenagers understand the importance of financial literacy as a lifelong asset. As a parent, the values you hold regarding money and finances significantly influence how your teen perceives and navigates their financial future. Participants will explore how to set meaningful financial goals, shop on a budget, and empower teenagers to develop autonomy with their money. Join us to lay the groundwork for your teen's financial success and cultivate a healthy relationship with money!

## **PARENTING YOUR TEEN: FRIENDS AND FAMILY**

This class is designed to help parents of teens recognize the key distinctions between teen/family relationships and teen/friend relationships. Together, we will explore common communication breakdowns, the rewards of fostering strong connections, and the critical importance of open dialogue. Participants will gain valuable insights into best practices and expert advice for navigating the unique dynamics of families with teens. Join us to enhance your understanding and strengthen the bonds within your family!

## **PARENTING YOUR TEEN: GIVING BACK**

Research shows that individuals who offer love, care, and support to others enjoy better mental and physical health, experiencing less chronic pain, lower levels of depression, and an enhanced sense of well-being compared to those who are less altruistic. The goal of this seminar is to empower parents to foster a spirit of giving back in their teens. Join us to explore effective strategies for encouraging altruism and learn how instilling these values can lead to a more fulfilling and connected life for your teen. Together, let's inspire the next generation to make a positive impact in their communities!

## **PARENTING YOUR TEEN: MANAGING CONFLICT AND PROBLEM-SOLVING**

Conflict between parents and teenagers is a natural part of growing up. In this insightful seminar, parents will explore effective strategies to help their teens resolve conflicts and establish clear guidelines for acceptable behavior. The goal is to empower your teen to evolve into a mature young adult capable of making sound decisions independently, allowing them to manage their lives with confidence and autonomy. Join us to learn how to foster open communication and develop conflict resolution skills that will benefit both you and your teenager!

## PARENTING YOUR TEEN: RELATIONSHIPS

Adolescence is a pivotal time when peer relationships deepen, teacher and work interactions become more significant, and parental relationships often face challenges. In this informative module, we will define the different types of relationships your teen may encounter and review effective strategies for fostering healthy connections. Additionally, participants will explore conflict resolution techniques that can be shared with their teens to help navigate interpersonal dynamics. Join us to equip yourself and your teen with the tools needed to build and maintain positive relationships during this transformative stage of life!

## PARENTING YOUR TEEN: SIBLING RIVALRY

Sibling rivalry can be a common challenge in many households, creating tension and conflict among children. In this insightful seminar, we will explore effective strategies to reduce rivalry between siblings and address the competition for parental attention. Participants will learn how certain habits may inadvertently encourage rivalry and discover practical techniques to foster a more harmonious family environment. Join us to gain valuable insights and tools to promote cooperation, understanding, and positive relationships among your children!

## PARENTING YOUR TEEN: SOCIAL ISSUES

To understand teen social issues, you have to learn what your teen is experiencing and the issues that they face. We will review best practices for tackling issues like: alcohol and drugs. You will leave with some important takeaways and resources to deal for your teen. To effectively understand teen social issues, it's essential to learn about the experiences and challenges your teen faces. In this informative seminar, we will review best practices for tackling pressing issues such as alcohol and drug use. Participants will leave equipped with important takeaways and valuable resources to help support their teens through these critical challenges. Join us to gain insights into your teen's world and foster open communication about the social issues they encounter!

## PARENTING YOUR TEEN: SUCCESS IN SCHOOL

In this empowering seminar, parents will discover the key healthy habits that contribute to school success and learn how to support their teens in navigating academic challenges and teacher relationships. Participants will gain insights into encouraging organization and recognizing when their teen may be over-involved or under-involved in their studies. Additionally, we will discuss effective discipline strategies and practical ways to help teens manage peer pressure. Join us to equip yourself with the tools needed to guide your teen toward a successful and balanced academic journey!

## PARENTING YOUR TEEN: TEENS AND SPORTS

In today's world, teens are surrounded by numerous entertainment options—such as video games, television, and various media devices—that can foster inactivity. While participation in organized sports can be a fantastic solution, it's essential to recognize when a good thing can become too much. In this informative class, we will discuss the importance of helping our teens find balance and perspective in their chosen activities, particularly in light of rising obesity rates in the U.S. Join us to explore strategies for encouraging a well-rounded lifestyle that promotes both physical activity and personal fulfillment!

## PARENTING YOUR TEEN: TEST ANXIETY

Test anxiety is a common challenge for many teens, often hindering their ability to demonstrate their true academic capabilities. In this insightful seminar, parents will learn how to distinguish between typical test jitters and more severe test anxiety in their teens. Participants will be equipped with effective tools and strategies to help their teens manage anxiety through proactive exercises and techniques. Join us to empower your teen with the confidence and skills they need to excel in their academic pursuits!

## PARENTING YOUR TEEN: TIPS FOR PARENTS OF TEENAGE DRIVERS

In this essential seminar, we will review important statistics on teen driving, explore the major causes of accidents, and discuss effective prevention strategies. Parents will gain insights into determining their teen's driving readiness and learn proven techniques for managing and guiding their teen through this significant milestone of independence. Join us to empower yourself with the knowledge and tools to ensure a safer driving experience for your teen while fostering their confidence on the road!

## PARENTING YOUR TEEN: UNDERSTANDING IMPORTANT HEALTH ISSUES

This candid seminar will empower parents to understand the physical changes that boys and girls experience during

puberty and how to navigate these transitions effectively. Participants will learn strategies to cope with the emotional and physical changes their teens face, while also supporting their overall mental and physical health. Join us for an open discussion that will equip you with the insights and tools needed to foster a healthy dialogue with your teen during this critical period of growth!

## **PARENTING YOUR TODDLER: COMMUNICATE, MOTIVATE AND BUILD CONFIDENCE**

The toddler stage is one of the most challenging yet rewarding phases of a child's development. During this time, toddlers experience rapid changes in physical coordination, learn to communicate with complete sentences, and navigate the whirlwind of fast-changing emotions and growth spurts. As they grow up in the blink of an eye, it's essential for parents to be equipped with the right tools and strategies. Join this interactive session to gain support, share experiences, and discover best practices to not only survive but thrive while raising your toddler!

## **PREPARING FOR COLLEGE**

Sending a child off to college is a significant family milestone that can profoundly alter household dynamics. This program aims to equip parents, siblings, and significant others with the tools needed to navigate this transition successfully. Tailored for families with high school or college-age children, this session will provide coping mechanisms and valuable resources to help everyone adapt to this exciting yet challenging time. Join us to explore strategies for fostering open communication, managing emotions, and embracing this new chapter in your family's journey!

## **RESILIENCY FOR THE WORKING PARENT**

Resiliency in parenting is crucial not only for the well-being of parents but also for nurturing a healthy parent-child relationship. How parents respond to stressors can significantly impact their family dynamics, often more so than the stressor itself. In this insightful class, participants will receive valuable resources to prevent burnout, develop resiliency skills, and maintain a positive balance in both personal and professional lives. Join us to explore effective strategies for managing stress levels, ensuring that you can fully enjoy your time with loved ones while fostering a supportive and thriving family environment!

## **SINGLE PARENTING**

The United States has the highest rate of children living in single-parent households, presenting unique challenges for those raising children alone. This workshop offers a supportive space for single parents to share personal stories of resilience and discuss the obstacles they face. Join us as we explore best practices and proven strategies to nurture and support your children while empowering yourself to carve out the personal time necessary for fulfillment and balance. Together, we'll build a community of strength and understanding, equipping you with the tools to thrive in your parenting journey!

## **VAPING - WHAT PARENTS NEED TO KNOW**

While cigarette smoking rates have dramatically declined, e-cigarettes and vaping have emerged as a public health crisis, particularly among teenagers and young adults. Many mistakenly believe that vaping is a safer alternative to smoking, yet there is still limited research on the long-term health impacts. In this informative class, parents will learn about the dangers of vaping, effective communication strategies for discussing this issue with their children, and valuable resources and best practices for quitting vaping. Join us to empower yourself with the knowledge needed to safeguard your teen's health and well-being!

## **WORK**

### **ACCOUNTABILITY**

Accountability is about owning your actions and ensuring ethical behavior in your interactions with others. In this presentation, you'll learn how embracing accountability can enhance trust and transparency in the workplace. We'll discuss the benefits, as well as the challenges, of maintaining accountability and explore strategies for fostering a culture of shared responsibility. Through meaningful conversation, this seminar will equip you with tools to minimize communication breakdowns and encourage open, honest dialogue.



## ASSERTIVE COMMUNICATION

Effective communication is a powerful tool, and in this engaging class, participants will explore the vital skills and strategies that distinguish effective communication from poor communication. Together, we'll dive into the concept of assertive communication, examining a dynamic communication model that highlights the purpose, focus, and process behind it. Participants will walk away armed with valuable resources, practical tips, and essential skills to overcome obstacles, ensuring they can convey their thoughts clearly and persuasively in any interaction. Let's transform the way we communicate!

## BEING TRAUMA INFORMED

Trauma isn't just a chapter from the past; it's the lasting imprint that shapes our minds, bodies, and behaviors. In this enlightening session, participants will delve into the complexities of trauma, learning to recognize its signs and understand its effects. We'll explore how to create a supportive environment that empowers our employees and colleagues to seek the resources they need and deserve. While the impact of trauma may not always be visible, it's crucial that we cultivate a workplace culture of empathy and safety, allowing everyone to feel comfortable sharing their experiences. Together, we can foster resilience and move forward as a united team.

## BENEFITING FROM ERGONOMICS

Ergonomics is all about aligning our bodies with our work environments to promote health and efficiency. In this dynamic program, participants will explore the significant impact that poor ergonomics can have on both individual workers and the overall workplace. We'll identify common risk factors that lead to various injuries and discuss practical solutions to create safer, more comfortable workspaces. Attendees will have the chance to analyze a typical office setup, pinpoint issues, and brainstorm effective solutions, as well as address common challenges in factory settings. Join us to transform your workspace into a haven of productivity and well-being!

## BUILDING A TEAM BRAND

In this interactive class, participants will dive into the essentials of great teamwork and discover how to leverage the unique strengths of each team member. We'll identify common barriers that prevent teams from reaching their full potential and explore strategies to enhance individual contributions for collective success. Join us for an energizing

session that promises to transform your approach to collaboration and unlock new levels of creativity and effectiveness within your team.

## BUILDING YOUR PERSONAL BRAND

In this empowering session, you'll discover the art of developing your "Personal Brand" and learn how to break through the barriers that stand between you and your goals. Participants will dive deep into identifying their personal values and leverage the creative power of a vision board to articulate their mission, vision, strengths, and skills. Together, we'll collaborate on a hands-on activity to create your unique "Personal Brand," helping you shine brightly in both your personal and professional endeavors. Get ready to embark on a transformative journey that will elevate your self-awareness and set you on the path to success!

## BULLYING AND VIOLENCE IN THE WORKPLACE

In this crucial class, participants will uncover the underlying workplace issues fueling the rise of bullying and violence. From the pressures of downsizing to the challenges faced by the sandwich generation and financial strains, these factors can contribute to a toxic environment that harms productivity and morale. Together, we'll identify the warning signs of bullying and violence and discuss proactive strategies for both employees and employers. Equip yourself with the tools to foster a safer, more supportive workplace where everyone can thrive!

## BUSINESS ETIQUETTE

In today's fast-paced business world, good manners and etiquette are essential for building strong relationships and a stellar reputation. This interactive session will guide participants through the fundamentals of etiquette, grounded in common sense and thoughtfulness. Discover how treating everyone with courtesy and respect can transform your professional interactions. From navigating social events and crafting impactful emails to effective networking and exercising discretion, you'll learn the best practices that can elevate your business presence and foster productive connections. Join us to refine your etiquette skills and unlock new opportunities for success!

## CALL CENTER CHALLENGES AND ISSUES

Working in a call center is a rollercoaster ride of experiences—it's interesting, enjoyable, challenging, and yes, often stressful! In today's tough economic climate, many of us are feeling the heat, and customer service representatives face unique pressures that can elevate stress levels even further. In this insightful seminar, we'll delve into the nuances of call center stress, helping you understand its root causes and effects. You'll walk away with practical strategies and effective tools to navigate and manage stress successfully, allowing you to not only survive but thrive in your high-pressure environment. Join us to transform stress into a steppingstone for success!

## CAREER DEVELOPMENT STRATEGIES

Ready to take your career to the next level? Join our dynamic and interactive seminar designed to help you construct an effective career development plan! Together, we'll dive deep into the essentials of self-awareness, explore a wide range of career options, and assess your current job skills. Discover what truly ignites your passion and learn how to weave those passions into a tailored career action plan that's uniquely yours. You'll leave equipped with actionable strategies for implementation, empowering you to navigate your career journey with confidence and purpose!

## CAREER TRANSITIONS

Change is a constant in our professional lives, whether it's due to downsizing, mergers, or relocations. Embracing these transitions takes not just courage, but a solid plan! Join us for this insightful seminar where we'll explore every facet of career shifts, from self-evaluation to effective networking and discovering new opportunities. You'll gain invaluable tools and strategies to navigate your next career move with confidence and positivity. Let's transform challenges into steppingstones and empower you to create a bright and fulfilling future!

## CHANGE MANAGEMENT FOR LEADERS

In today's fast-paced environment, effective change management is crucial for any organization. In this dynamic training, leaders will be equipped with essential tools to navigate the change process while understanding the significance of their roles as change champions. We'll break down each element of change management and how it directly relates to your leadership responsibilities. Participants are encouraged to share their own experiences, fostering a collaborative environment where we can learn from one another. Together, let's unlock the potential of change and lead our teams toward success!

## COACHING

Coaching is not just a process; it's a powerful relationship that transforms lives! In this interactive seminar, participants will discover how to become effective coaches, equipped with the tools and techniques to inspire and guide others. Whether you're looking to enhance professional skills or help someone achieve their goals, your coaching can make a world of difference. Join us to unlock the coach within you and start making a positive impact on those around you!

## COLLABORATIVE COMMUNICATION

Unlock the power of effective communication in this dynamic and interactive class! Whether you're a parent, partner, colleague, or leader, mastering the art of communication can transform your relationships and enhance your daily interactions. Discover the vital difference between truly listening and just hearing and practice essential skills to navigate challenging conversations with ease. Join us for engaging role-play scenarios, share best practices, and leave with valuable resources that will elevate your communication skills to new heights!

## COLLABORATIVE CUSTOMER SERVICE

Join us in this insightful seminar designed to tackle the challenges of delivering outstanding customer service through effective communication! We'll dive into the art of professional customer interactions, focusing on the essential skills of effective communication and active listening that pave the way for positive experiences. Participants will walk away, equipped with practical tools for managing stress in the fast-paced world of customer service, along with actionable plans and final reflections to enhance their service delivery. Let's elevate our customer interactions together!

## COMMUNICATING CHANGE TO EMPLOYEES

Is your staff feeling overwhelmed by change? This energizing program will delve into the various types of organizational changes and equip you with the tools to navigate them with confidence! We'll outline how to craft an effective communication plan and highlight the vital role of positivity and proactivity in overcoming resistance. Participants will leave this session empowered with strategies to communicate change with empathy, sharpen their active listening skills, and adapt flexibly to new circumstances. Together, let's transform the way we approach change!

## COMMUNICATING DURING TIMES OF CHANGE

In today's fast-paced world, we're constantly bombarded with alerts about major events that ignite immediate conversations. In this insightful class, participants will be empowered to communicate effectively and respectfully about these pressing topics.

We'll explore strategies for sharing personal views while recognizing and valuing the diverse perspectives of others. Together, we'll develop thoughtful responses that foster understanding and collaboration in the workplace. Join us to enhance your communication skills and create a more respectful dialogue around current events!

## COMMUNICATING IN A TECH WORLD

In today's fast-paced business environment, face-to-face communication isn't always an option. Instead, we rely on conference calls, texts, and email threads, making it crucial to understand the appropriate use of each channel. This dynamic class will equip you with the skills to communicate effectively and professionally in the digital landscape, no matter where your colleagues are located. Learn how to navigate various communication platforms with confidence and clarity, ensuring your messages resonate and foster collaboration across the globe. Join us and transform the way you connect with your team in the modern workplace!

## COMMUNICATION FOR MANAGERS

Mastering the art of communication is essential for managers who aspire to be impactful leaders. Whether it's leveraging the principles of the 'One-Minute Manager' model or implementing continuous feedback best practices, effective communication can transform your leadership style. In this interactive class, participants will not only learn the theories behind effective communication but also practice real-life scenarios to enhance their skills. Join us to discover how to engage with employees in a way that fosters a positive and productive workplace environment for everyone. Empower yourself with the tools to lead with clarity, confidence, and compassion!

## COMMUNICATION SKILLS FOR THE WORKPLACE

Communication isn't just a skill—it's a superpower that every employee can harness to thrive in their role and advocate for their career goals. In this empowering class, participants will explore how to enhance their professional communication skills, breaking down the typical barriers that hinder clarity and progression. Through practical exercises,

you'll learn the best practices for framing conversations effectively and discover actionable strategies for what to do before, during, and after each interaction to ensure success. Join us to elevate your communication game and pave the way for your professional growth!

## COMMUTING

In today's fast-paced work environment, commuting can often feel like a challenge rather than a necessity. In this insightful class, participants will dive into all aspects of modern commuting, from navigating ticket purchasing to mastering the ins and outs of travel to and from the station. We'll share invaluable tips for making the most of your commuting time—transforming it from a burden into an opportunity for productivity or relaxation. You'll leave with a personalized plan that not only addresses the emotional toll of commuting but also aligns your travel routine with your family's priorities. Join us and discover how to turn your daily commute into a balanced and enriching experience!

## COMPASSIONATE LEADERSHIP

In this transformative training, participants will delve deep into the art of leading with compassion. Join us for an interactive session that highlights the incredible benefits of fostering a culture of empathy within your team. Discover how genuine care and understanding can elevate workplace dynamics, enhance feedback, and promote professional growth. Participants will leave inspired, equipped with the tools to create a more connected and productive environment where everyone thrives. Experience firsthand how leading with compassion not only boosts morale but also drives exceptional results!

## COMPONENTS FOR GREAT COMMUNICATION

Communication isn't just a skill; it's the foundation of personal and professional triumph! In this dynamic class, participants will unlock the secrets to becoming exceptional communicators. From making unforgettable first impressions to mastering various communication styles and delivering constructive feedback, we'll cover it all! This step-by-step workshop is designed to elevate your communication game, ensuring you shine in every interaction—whether at work or in everyday life. Remember, every great success story begins with effective communication. Let's embark on this journey together and transform your communication skills into your greatest asset!

## CONCENTRATION

Ever find yourself driving to work and suddenly realizing you can't recall the trip? You're not alone! In this eye-opening class, participants will dive into the fascinating reasons behind our struggles with concentration and discover powerful techniques to sharpen their focus. We'll explore the transformative benefits of meditation and provide you with actionable strategies to enhance your mental clarity. Join us for this interactive session and walk away with practical tools and resources to elevate your self-improvement journey. Let's reclaim your focus and make every moment count!

## CONFLICT MANAGEMENT FOR EMPLOYEES

In this dynamic class, participants will dive deep into their personal roles in conflict—because understanding your part is the crucial first step to mastering conflict management! Together, we'll embark on a journey of self-discovery, exploring how to adapt and thrive in diverse environments while effectively "playing nice in the sandbox" with everyone around you. Discover how to enhance your productivity and unlock future career opportunities by transforming conflict into collaboration. Participants will leave armed with invaluable resources and best practices, ensuring they're ready to tackle any workplace conflict with confidence and grace!

## CONFLICT MANAGEMENT FOR MANAGERS

In this essential class, managers will discover the vital role they play in resolving conflicts within their teams. Did you know that a staggering 60-80% of workplace conflicts stem from strained relationships between employees and their leaders? Join us to learn how to identify and resolve conflicts amicably, transforming potential disputes into opportunities for growth and collaboration. Equip yourself with the skills to enhance both individual and team productivity, fostering a more harmonious and effective work environment.

## CREATING A GREAT PLACE TO WORK IN TEN EASY STEPS

Ready to transform your workplace into a haven of positivity and productivity? This energizing seminar will guide participants through ten essential steps to cultivate a fantastic work environment because who doesn't want to love coming to work? By the end of this interactive session, you'll have a clear vision of what a healthy workplace looks like and the actionable steps to get there. Get ready to engage, share your experiences, and exchange best practices with fellow participants as we work together to create the workplace of our dreams!

## CREATING POSITIVE WORK ENVIRONMENTS

Want to unlock the secret to a thriving workplace? Join us for this dynamic seminar where we'll explore the essential elements of creating a positive work environment! Participants will dive into building trust, fostering open communication, setting clear expectations, and unleashing creative ideas for recognition and rewards. Together, we'll discover how to find meaning in our work and transform our workspaces into vibrant communities that employees genuinely enjoy. Don't miss this opportunity to equip yourself with the tools to revolutionize your workplace into a supportive and thriving environment!

## CREATIVE PROBLEM-SOLVING AND DECISION MAKING

Every challenge presents an opportunity for a solution! In this interactive seminar, we'll dive into best practices and proven techniques for tackling problems efficiently and effectively. Participants are encouraged to actively engage by sharing real-life challenges they're facing, allowing us to apply these techniques directly to their situations. Join us for a collaborative experience that empowers you to navigate obstacles with confidence and creativity. Let's turn problems into possibilities together!

## CRITICAL THINKING

Think critically, think creatively! In this dynamic class, participants will discover how to enhance their problem-solving skills and broaden their perspectives by mastering the art of asking the right questions. We'll delve into the origins of critical thinking concepts and explore how to apply these insights in both our professional and personal lives. Get ready to challenge your assumptions, ignite your curiosity, and transform the way you approach problems. Join us for an enlightening journey that empowers you to see the world through a more analytical lens!

## CROSS CULTURAL SENSITIVITY IN THE WORKPLACE

In today's diverse work environment, fostering a dynamic and inclusive atmosphere is essential for success. This in-depth course invites participants to reflect on their workplace practices and examine the unconscious biases and microaggressions that can arise. We'll tackle these important topics head-on, providing proactive strategies to prevent such situations and promote cross-cultural sensitivity. Join us as we discuss the critical role of fostering inclusion and learn how to effectively address aggressions when they occur. Together, we can create a workplace where everyone feels valued and empowered!

## CURIOSITY

Curiosity isn't just a trait—it's a superpower! In today's fast-paced and ever-changing world, cultivating curiosity is essential for personal and professional growth. This class invites participants to explore how curiosity fuels motivation and opens doors to new opportunities. Together, we'll dive into the different types of curiosity, discover how asking the right questions can lead to deeper learning, and uncover the transformative impact curiosity can have on our lives. Get ready to embrace your inner explorer and elevate your journey!

## CUSTOMER EXPECTATIONS

Navigating customer expectations is the key to unlocking successful business relationships! Every customer comes with their own set of expectations, and understanding these is essential to delivering on your promises and measuring satisfaction. In this interactive class, participants will discover the art of listening to customers and asking the right questions to uncover what they truly desire from your products or services. Join us to learn how to not just meet but exceed customer needs, turning expectations into lasting partnerships!

## DARE TO BE BOLD

In today's fast-paced and ever-evolving landscape, fortune truly favors the bold! This dynamic seminar invites participants to break free from limitations and craft actionable plans to achieve their aspirations. Get ready for an energizing class where you'll identify the barriers that hold you back and discover what empowers you to leap forward. Join us to share insights, learn from one another, and set your sights on the next steps in your personal and professional journey. Let's make your goals a reality!

## DE-ESCALATION FOR MANAGERS

Effective de-escalation requires intentional actions, clear communication, and confident body language to defuse potentially high-stress situations. In this session, we'll explore what these strategies look like in practice, offering actionable steps managers and teams can take to spot early warning signs and address issues before they escalate. You'll leave with practical tools to navigate challenging situations and foster a more collaborative, solution-focused environment.

## DEALING WITH A CHALLENGING BOSS

Dealing with a challenging leader can leave employees feeling overwhelmed, leading them to consider quitting, transferring, or worrying about job security, which can spike stress levels. In this empowering session, we'll tackle the art of professionally addressing difficult supervisors and explore proactive strategies to take control of your work environment. Together, participants will share their experiences, brainstorm solutions, and equip themselves with effective coping mechanisms to navigate these challenges. Join us for an interactive discussion that transforms stress into strength!

## DEALING WITH CHALLENGING PEOPLE

Let's face it: challenging individuals can turn even the most enjoyable moments into a test of patience! In this dynamic session, participants will discover effective strategies for managing interactions with difficult people, including tips on how to limit or even eliminate these encounters from your life. We'll dive into real-life scenarios and share personal experiences in a supportive, interactive environment. Join us for an enlightening discussion that transforms challenges into opportunities for growth!

## DEALING WITH THE ELEPHANT IN THE ROOM

Welcome to "Dealing with the Elephant in the Room," a dynamic seminar designed to equip participants with the skills to tackle those tough conversations that often go unspoken. In this interactive session, you'll learn how to pinpoint uncomfortable issues and discover effective techniques for having honest discussions with tact, empathy, and clarity. Perfect for anyone looking to boost productivity and enhance relationships, this seminar will empower you to proactively address misunderstandings and cultivate a positive organizational culture. Let's embrace the challenge and turn those elephants into steppingstones for success!

## DEIB: NAVIGATING THE DIFFICULT CONVERSATION

Engaging in uncomfortable conversations, particularly around race and gender, can be challenging but essential for fostering inclusivity. These discussions often stem from complex historical, social, and psychological factors. In this session, we'll equip participants with practical tools, resources, and key questions to confidently initiate and navigate these important conversations, promoting deeper understanding and progress in diversity, equity, inclusion, and belonging.

## DELEGATION

Join us for an interactive session where we'll unravel the art of delegation! Participants will dive into what delegation truly means, when it's most beneficial, and the common barriers that can hold us back. Discover how mastering this skill can transform your workplace into a hub of productivity and empowerment for everyone involved. With hands-on activities, including a delegation pyramid to guide the process, you'll engage in lively discussions that emphasize the importance of regular and clear communication. Get ready to elevate your leadership skills and create a more dynamic work environment!

## DISABILITY INCLUSION IN THE WORKPLACE

Did you know that nearly 1 in 4 adults in the United States lives with a disability? In this essential seminar, we'll explore the significance of fostering an inclusive work environment that values every individual. Join us as we delve into the Americans with Disabilities Act, uncovering best practices for raising awareness and promoting inclusivity among all community members. Participants will engage in facilitated discussions that spark ideas and strategies to cultivate a workplace where everyone feels valued and supported. Together, let's create a culture of acceptance and empowerment!

## DISCIPLINE

Join us for a dynamic, one-hour class on "The Power of Discipline," where we'll dive into how discipline shapes every aspect of life—from personal growth and professional success to academic achievement and health. Through practical techniques and real-life stories, this session will show you how to make discipline work for you. Expect interactive activities, engaging group discussions, and a Q&A to exchange tips and experiences. By the end, you'll walk away with actionable tools and the motivation to weave discipline into your daily life, boosting your productivity, resilience, and overall well-being.

## DIVERSITY IN THE WORKPLACE

Diversity isn't just a buzzword, it's a vital process that cultivates an environment where everyone can thrive, contributing to organizational success without bias or disadvantage. In this impactful seminar, participants will engage in honest

conversations about the harmful effects of demeaning behaviors within the workplace and how these actions can undermine team cohesion. We'll create a safe space for self-reflection, encouraging participants to reeducate themselves and explore actionable steps toward fostering a truly inclusive and productive environment. Join us in our mission to celebrate diversity and empower every voice in your organization!

## DOMESTIC VIOLENCE

In the United States, more than 1 in 3 women and 1 in 4 men will encounter domestic abuse or violence at some point in their lives. This powerful seminar is designed to shatter the myths and dismantle the stigmas surrounding domestic violence by equipping participants with essential knowledge. We'll delve into what truly constitutes domestic violence, highlight key warning signs and symptoms, and uncover the characteristics of an abuser. Participants will walk away with practical strategies to support themselves or others in seeking help, along with access to crucial resources. Join us in this vital conversation and take the first step toward empowerment and change!

## DUAL-CAREER RELATIONSHIPS

In today's fast-paced world, dual-career relationships—where both partners are pursuing their professional dreams—have become the standard. This seminar is designed to help participants explore the unique dynamics that come with juggling careers and a healthy relationship. Together, we'll dive into the essential ingredients for nurturing a loving partnership while managing the demands of work and family life. Participants will have the opportunity to share personal experiences, discuss effective strategies for work-life balance, and learn how to be supportive partners to one another. Join us for this interactive session and discover how to thrive together in your dual-career journey!

## DYNAMICS OF CHANGE MANAGEMENT

Change is an inevitable part of life, and while it can be stressful, managing it effectively is key to our overall well-being in this ever-evolving world. In this seminar, participants will discover powerful strategies for coping with change, both in the workplace and in personal life. While we can't always control the circumstances, we can certainly control how we respond! Join us to explore core concepts of stress, along with the emotional and physical responses that accompany change. You'll learn practical stress management techniques that empower you to navigate transitions with confidence and resilience. Let's turn the challenges of change into opportunities for growth together!

## EFFECTIVE INTERVIEWING SKILLS FOR INTERVIEWERS

Join us for an interactive seminar where you'll dive into the essential skills needed to conduct successful interviews and create a systematic hiring process that delivers results! Participants will gain insight into employment laws and regulations while honing their active listening skills to identify the best candidates. Through role-playing scenarios, you'll practice evaluating and comparing candidates, helping you determine the perfect fit for your organization's needs. Together, we'll navigate the hiring landscape to empower you with the tools and techniques to make informed hiring decisions that elevate your team!

## EFFECTIVE ONE-ON-ONE CONVERSATIONS

Unlock the power of meaningful communication in this interactive seminar designed to enhance your one-on-one conversation skills! Participants will explore the key goals of specific discussions, learn how to frame conversations effectively, and practice the art of active listening and thoughtful responses. Through engaging role-play scenarios, you'll receive valuable feedback and gain confidence in your ability to navigate personal interactions with empathy and clarity, ensuring you leave equipped with the tools to foster impactful conversations that strengthen relationships and drive results!

## EFFECTIVE PERFORMANCE APPRAISALS

Delivering a performance appraisal can be just as daunting for managers as it is for employees, but it doesn't have to be! These crucial meetings should focus on not only documenting and evaluating an employee's performance but also fostering an open dialogue about expectations and setting growth goals. In this engaging seminar, participants will explore the true purpose of performance appraisals, learn how to prepare efficiently for these discussions, and master the art of providing constructive feedback that encourages development and enhances team performance. Get ready to transform performance appraisals into powerful opportunities for growth and connection!

## EFFECTIVE PRESENTATION AND PUBLIC SPEAKING SKILLS

Delivering a performance appraisal can be just as daunting for managers as it is for employees, but it doesn't have to be! These crucial meetings should focus on not only documenting and evaluating an employee's performance but also

fostering an open dialogue about expectations and setting growth goals. In this engaging seminar, participants will explore the true purpose of performance appraisals, learn how to prepare efficiently for these discussions, and master the art of providing constructive feedback that encourages development and enhances team performance. Get ready to transform performance appraisals into powerful opportunities for growth and connection!

## EFFECTIVE PRESENTATION SKILLS FOR LEADERS

A great leader not only influences but also inspires their team, and anyone can become a more effective speaker! In this dynamic class, we'll explore the proven techniques of history's most prolific orators and discover how the power of words can enable individuals to achieve the seemingly impossible. Join this interactive session and walk away with invaluable resources and best practices that will help you inspire and engage others in your future speeches. Let's unleash your inner orator and elevate your communication skills to new heights!

## EMOTIONAL INTELLIGENCE

Mastering our emotions is a lifelong journey essential for personal fulfillment and professional success. In this engaging class, participants will explore various types of emotions, delve into how neuroscience influences our reactions to triggers, and examine the profound impact our feelings have on our daily lives. Those who are emotionally intelligent tend to be empathetic, positive, productive, and goal-oriented—qualities that many of us aspire to embody. If you're looking to enhance your emotional intelligence and cultivate these traits, this is the perfect class for you!

## EMPATHY

What does it truly mean to show empathy? In this session, we'll explore the full spectrum of empathy, how to recognize it, and how to practice it in meaningful ways. We'll also discuss the differences between empathy and sympathy, while addressing common barriers to showing compassion. You'll learn practical techniques to increase your empathetic awareness, with real-life examples from both work and home settings. Join us to deepen your understanding of empathy and discover ways to incorporate it into your daily interactions.

## EQ MAKING IT WORK FOR YOU

This interactive seminar takes a deeper dive into the fascinating realm of emotional intelligence. Focusing on the nature of emotions and how mastering them can positively influence our everyday interactions, this in-depth class is designed to enhance your understanding of emotional dynamics. While it's recommended to have attended the Emotional Intelligence class beforehand, it is not a prerequisite for participation. Join us as we unlock the power of emotional awareness and control!

## ETHICS AND VALUES

In our rapidly evolving world, it's essential to reflect on the question: "What are the core values and ethics that define our business landscape?" This engaging workshop delves into the philosophical dimensions of ethics and values, offering hands-on, practical insights that participants can apply to both their personal and professional lives. Together, we'll explore ways to embody these ethics and values through our actions and interactions with colleagues, friends, and family, fostering a culture of integrity and respect.

## EVERYTHING YOU NEED TO KNOW ABOUT LINKEDIN

In this seminar, participants will discover the power of LinkedIn as a vital tool for professional networking, growth, and uncovering future opportunities. This course offers step-by-step guidance on creating a LinkedIn account and navigating the platform effectively to align with your interests. Participants will explore various LinkedIn services and account options, learn how to leverage networking opportunities, and master the art of self-promotion to successfully market themselves on this dynamic platform.

## FOSTERING CURIOSITY FOR GROWTH NEW!

In today's fast-paced work environment, curiosity is a powerful tool that drives innovation, enhances teamwork, and promotes a culture of continuous learning. "Fostering Curiosity for Growth" is designed to equip professionals with the mindset and strategies needed to cultivate curiosity in their everyday roles. Participants will explore the significant impact curiosity has on problem-solving, creativity, and adaptability through case studies, interactive workshops, and leadership insights. By addressing common barriers and embracing a curious mindset, attendees will leave with practical approaches to inspire curiosity within their teams and contribute to a more dynamic and innovative workplace. This class offers engaging activities and thought-provoking discussions, encouraging participants to bring curiosity to the forefront of their work and unlock new possibilities for personal and professional growth.

## FOSTERING INCLUSION IN THE WORKPLACE

Inclusive work environments are essential for fostering positivity and productivity. In this seminar, we will explore how both employees and managers can contribute to creating a more inclusive workplace. Participants will learn to identify activities, attitudes, and assumptions that may inadvertently exclude or marginalize colleagues. Together, we'll brainstorm innovative ideas and engaging activities that promote a culture of welcome and inclusion, enriching not only our work environments but also our personal lives.

## FRESH START

Ready to hit the reset button and create the life you've always dreamed of? In this energetic and inspiring class, we'll guide you through the process of building your own personal mission statement—a powerful tool to give you fresh clarity and purpose. Whether you're at the start of a new journey or looking to reimagine your path, we'll dive into how to turn feelings of both disappointment and excitement into fuel for your next chapter. This is your chance to take control and design the future you want, no matter where you are in life. Join us and kickstart your fresh start with confidence and positivity!

## GETTING MANAGERS ENGAGED

Did you know that less than a third of employees feel engaged at work, and managers account for 70% of the reason why? It's time to change that! In this class, you'll learn practical strategies to become an engaged and inspiring manager who motivates their team. We'll dive into why employee engagement matters, how to kick-start the process, and the critical role trust plays in building a positive, productive workplace. Join us to discover how you can transform your leadership style and create a thriving, engaged team.

## HANDLING AND MANAGING CHAOS

Chaos often impacts our personal and professional lives, leading to significant anxiety for many. In this class, participants will engage in learning effective strategies for managing chaos and preventing it from overwhelming our emotional well-being. Together, we'll explore our preconceived notions about chaos and shift our perspectives, embracing it as a part of our daily lives. Participants will be equipped with practical tools and resources to navigate chaos with confidence and resilience.

## HANDLING DEATH IN THE WORKPLACE

Everyone experiences grief and loss differently, influenced by various factors, making it crucial to foster a safe and supportive environment that respects individual coping mechanisms without judgment during these highly emotional times. In this class, participants will develop skills for engaging in professional and empathetic interactions with coworkers while learning how to navigate potentially uncomfortable conversations. By mastering these skills, participants will strengthen relationships and create a more compassionate workplace atmosphere.

## HEALTH AND WELL-BEING IN THE WORKPLACE

Take charge of your health and well-being by mastering simple yet powerful relaxation techniques designed to melt away stress and supercharge your productivity. In this dynamic session, you'll delve into the science of ergonomics, uncovering effective ways to prevent common workplace injuries such as carpal tunnel, eyestrain, and back pain. Together, we'll explore strategies for maintaining a healthy work-life balance, setting priorities, and fueling your body with nutritious foods and regular exercise. Get ready to feel energized and empowered to thrive in every aspect of your life!

## HOW TO BE AN INCLUSIVE LEADER

In this seminar, participants will explore the essential components of fostering an inclusive environment and why this is more critical than ever. In today's challenging landscape, leaders must be equipped to meet the moment with the skills necessary to ensure that all voices are heard in the workplace. This class will provide valuable resources on addressing implicit bias, understanding the importance of psychological safety, and implementing best practices to create a truly inclusive work environment. Join us to empower your leadership and cultivate a culture where everyone feels valued and respected!

## HOW TO CREATE THE SECRET SAUCE - THE PERFECT TEAM

Recognizing an individual's strengths and accurately predicting how they will interact with others is a crucial yet often

overlooked skill for successful leaders aiming to assemble high-functioning teams. In this interactive class, participants will define the essential components of effective teamwork needed to thrive in today's modern workplace. We'll explore how to identify complementary team members to achieve goals and discuss strategies for navigating situations when things don't go as planned. Join us for a lively discussion on how you can become a great teammate and empower those around you to shine!

## HOW TO CULTIVATE COMPASSION AND EMPATHY IN THE WORKPLACE

Demonstrating human compassion is essential for respecting others, fostering psychological safety, and creating healthy, high-performing teams. This training offers a moment to embrace the incredible opportunity we have every day to make a positive difference in the lives of others simply by showing up, tuning in, and practicing compassion. Together, let's explore how we can be the change we wish to see in the world and how this compassionate approach can significantly enhance the success of your business in the process.

## HOW TO DELIVER AMAZING ONLINE PRESENTATIONS

People often form judgments about a speaker's charisma in just five seconds. This class aims to equip participants with essential skills for effectively facilitating online presentations for colleagues and customers. Attendees will walk away with best practices for online workplace etiquette, as well as specific action steps to make video meetings engaging, professional, and productive. Join us to transform your virtual communication and captivate your audience from the very start!

## HOW TO EXECUTE IN BUSINESS

Having a vision is only part of the equation for business success. Leaders often find themselves sidetracked by a lack of awareness regarding the crucial steps needed to execute their strategic plans effectively. In this class, participants will concentrate on the essential organizational decisions, communication skills, and motivational best practices required to ensure that their business strategy is executed efficiently and aligned with their budget. Join us to transform your vision into reality and drive your organization toward success!

## HOW TO LEAD IN THE AGE OF AI NEW!

The future is now — and it's powered by AI. This session equips leaders with the mindset, tools, and ethical compass needed to thrive in a tech-transformed workplace. Learn how to lead with confidence, boost team performance using generative AI, and build a culture of experimentation — without losing the human touch. Perfect for leaders ready to lean in, not lag behind.

## HOW TO TAKE THE EDGE Off GIVING FEEDBACK

In this course, participants will discover the art of delivering constructive feedback effectively. We'll dive into our common challenges by giving feedback and explore the reasons behind our hesitations, all while highlighting the empowering benefits of targeted feedback that focuses on value-free judgments. This interactive session will allow participants to practice their skills through role-playing exercises, ensuring they leave equipped with best practices for fostering a positive team environment and helping their colleagues shine.

## IMPOSTER SYNDROME

Ever wondered, "Am I good enough?" Imposter syndrome, a common experience of self-doubt and feeling like a fraud, holds many of us back from reaching our full potential. In this class, we'll explore practical techniques to overcome the mental and emotional barriers that keep you from owning your achievements. We highly recommend pairing this session with our "Thinking Traps" program for a deeper dive into tackling self-limiting beliefs. Join us to break free from imposter syndrome and step confidently into your true capabilities!

## INTERACTING WITH ILL COWORKERS

Navigating the presence of an employee who is seriously ill can present unique challenges for the entire workplace. In this seminar, participants will learn how to foster a warm and inclusive environment that minimizes stress for colleagues while ensuring that the ill employee feels supported during their difficult time. We'll collaboratively discuss the best ways to assist an ailing co-worker, whether they choose to continue working, need time to recuperate, or are transitioning back into the workplace. Join us to explore compassionate strategies that promote a supportive culture for everyone involved.

## INTRO TO NEURODIVERSITY

This class provides an open and authentic discussion about the diverse ways our brains function. Participants will define

neurodiversity, distinguish it from neurotypicality, and explore the various types of neurodivergent minds. Understanding neurodiversity is crucial for everyone, and together we'll delve into how we can come together to celebrate the unique contributions that neurodiversity brings to our workplaces, homes, communities, and lives. Join us to foster a deeper appreciation for the richness of diverse perspectives and experiences!

## INTRODUCTION TO SOCIAL MEDIA MARKETING

In this engaging class, participants will receive an overview of the most popular social media platforms that can elevate your business and enhance your social media marketing strategy. We'll explore the pros and cons of marketing on platforms like Facebook, Twitter, LinkedIn, Instagram, Pinterest, Snapchat, Google, and Hootsuite. This session serves as an excellent first step toward developing a comprehensive social media marketing plan for your organization, empowering you to make informed decisions and effectively connect with your audience!

## KINDNESS

"No act of kindness, no matter how small, is ever wasted." In this uplifting seminar, participants will be equipped with self-reflective tools to define kindness in their own lives. We'll delve into the significance of embodying empathy and emotional intelligence as essential traits for everyone, exploring how kindness—those simple acts of goodwill—can transform our workplaces, homes, and communities. Join us to discover how even the smallest gestures can create ripples of positivity and connection!

## LEADERSHIP

Leadership is a vital skill for success in today's fast-paced work environment. In this interactive workshop, we'll dive into the essential skills you need to elevate your leadership game, including techniques for motivating employees and honing effective communication strategies. Participants will explore the five key components of an emotionally intelligent leader through engaging discussions and role-playing exercises. Join us to unlock your potential as a leader and inspire those around you!

## LEADERSHIP FOR WOMEN

In this empowering class designed specifically for women, participants will delve into the unique challenges and needs faced by women in leadership roles today, starting with an exploration of historical trends in female leadership. This session will offer a supportive environment for self-assessment, allowing you to create a personalized action plan tailored to your current and future goals. You'll also gain access to valuable resources for continued success. Join this interactive experience to share your own journey as a female leader, inspire one another, and leave feeling stronger and more equipped to navigate the workplace!

## LEADING IN TIMES OF CRISIS

In times of crisis, specific leadership traits shine as particularly effective. In this engaging class, you'll explore how some of history's great leaders harnessed their skills to communicate, adapt, and unite people during unprecedented world events. Participants will walk away with practical strategies and tools designed to help you calm, inspire, and motivate those who look to you for guidance when it matters most. Join us to discover how you can lead with confidence and clarity in challenging times!

## LIFE IN TODAY'S UNCERTAIN TIMES

The uncertainty of our world presents numerous challenges both in the workplace and at home, leading to heightened stress and anxiety levels. Today's leaders must be equipped with the right tools to navigate these complexities and make informed decisions. In this enlightening class, participants will delve into the current societal dynamics and explore how to manage the unique range of emotions we face. By the end of the course, you'll be prepared to communicate effectively with colleagues about sensitive issues, prioritize self-care, and enhance your resilience to rise to the occasion when it counts most.

## LISTENING SKILLS

Listening is more than just hearing words—it's about understanding their meaning. As one of the most essential skills in both personal and professional relationships, your ability to listen effectively can greatly impact your success. Join this interactive session to discover the art of active listening, learn techniques to enhance your listening IQ, and improve the quality of your interactions. Whether at work or in your personal life, honing your listening skills will help you communicate with greater clarity and connection.

## MAINTAINING A HEALTH-CONSCIOUS WORKPLACE

Maintaining a health-conscious workplace provides a framework for fostering discussions and engagement around creating a healthier and more productive workplace environment. It emphasizes practical resources, organizational policies, and supportive programs available to employees. Designed to be interactive rather than purely instructional, the content encourages participants to reflect on their workplace culture and explore strategies for well-being.

## MAINTAINING A SAFE WORK ENVIRONMENT

Ensuring employee safety should be the top priority for any organization, and it starts with strong leadership. Clear communication regarding workplace risks, standard operating procedures, unacceptable behaviors, and the consequences of these behaviors is essential for all staff. In this session, participants will learn how to effectively handle disruptive situations and document incidents to uphold safety standards. Additionally, the seminar will cover resources and best practices specifically tailored for workplaces that serve the public and interact with clients and customers, ensuring a safe and secure environment for everyone involved.

## MAINTAINING RESPECT & CIVILITY IN THE WORKPLACE

Maintaining Respect & Civility in the Workplace is a straightforward, practical session that highlights the importance of treating one another with dignity, fairness, and professionalism. Participants will explore what a respectful workplace looks like, reflect on their own behaviors, and learn how to respond to incivility when it occurs. Through real examples and guided discussion, this session encourages personal responsibility, open communication, and proactive strategies for managing conflict. Attendees will walk away with actionable steps to help create a more positive, inclusive, and productive work environment.

## MAKING MEETINGS EFFECTIVE

Time is our most valuable commodity, and maximizing meeting efficiency is key to a productive workplace. In this seminar, participants will explore essential questions to consider when planning a meeting, strategies to make meetings shorter and more impactful, and effective ways to follow up on action items generated during discussions. This session is perfect for both meeting organizers and attendees, providing best practices that can be implemented to enhance team productivity and ensure that every meeting counts.

## MAKING THE MOST OF A MULTI-GENERATIONAL WORKFORCE

For the first time in history, our workforce is a vibrant tapestry woven from five distinct generations, each contributing unique perspectives and strengths. In this engaging class, participants will delve into the historical contexts that have shaped each generation, uncovering the characteristics that define them. Join us for an interactive workshop where we'll explore inter-generational dynamics and discover effective strategies for fostering a cohesive and productive workforce that celebrates the richness of diverse experiences!

## MANAGER'S GUIDE TO BURNOUT

Burnout has become a pressing concern, impacting a significant number of today's employees to such an extent that the World Health Organization now classifies it as an occupational phenomenon. If left unaddressed, burnout can severely diminish work performance and jeopardize employees' overall mental and physical health. In this enlightening presentation, managers will gain a comprehensive understanding of burnout, learn to recognize its warning signs in their teams, and discover proactive strategies to provide essential resources and support to foster a healthier workplace environment.

## MANAGER'S GUIDE TO CHECK-IN CONVERSATIONS

Regular check-ins between managers and employees can serve as a vital resource for team support. In this session, managers will gain valuable insights into fostering meaningful conversations with their employees. We will discuss the critical role managers play in supporting their teams, particularly concerning mental health concerns, and outline appropriate questions to assess employees' well-being. Participants will leave this training equipped to identify when to refer employees to other organizational resources, encourage outside support, and ensure effective follow-up, ultimately enhancing the support network within the workplace.

## MANAGER'S GUIDE TO SELF-CARE

There's a common misconception that the best managers always prioritize everyone else's needs above their own. However, self-care is essential for leaders to operate at their best and empower those around them. In this class,

participants will explore the importance of self-care and the necessary mindset shift to prioritize their own well-being. Together, we'll embrace the idea that leaders have the right to unplug and recharge, allowing them to become the best version of themselves and serve as effective role models for others.

## MANAGERS GUIDE TO PROMOTING FAMILY HEALTH

Employees are more inclined to commit to their organization when they sense that their managers genuinely value them as individuals and invest in the well-being of their families. In this session, managers will discover effective strategies for promoting healthy lifestyles among their employees and their loved ones. Participants will receive valuable resources that they can easily implement within their own teams, covering essential topics such as health insurance, emergency planning, healthy eating, and prioritizing family physical and emotional health.

## MANAGING PREGNANT EMPLOYEES

Managing pregnant employees involves carefully balancing the health and wellness needs of the individual while ensuring compliance with the Americans with Disabilities Act and providing reasonable accommodations. Join this interactive discussion that focuses on supporting your entire team throughout the pregnancy journey, including maternity leave and the return to the workplace. Pregnancy and childcare are both unique and universal experiences, and this session will equip you with the resources to provide the necessary accommodations and support that your employees deserve.

## MANAGING PRIORITIES TO MAXIMIZE YOUR DAY

In today's dynamic and fast-paced business environment, honing your planning and prioritizing skills is essential for success. Juggling competing priorities, tight deadlines, meetings, and constant interruptions can easily derail your professional growth, hinder team performance, and contribute to stress and burnout. In this engaging session, participants will acquire practical skills, tools, and techniques designed to maximize effectiveness and boost productivity. Join us for this interactive experience where you'll engage in self-analysis exercises that you can apply to your daily routine immediately for instant results.

## MANAGING SOCIAL CONNECTIONS

Navigating social media connections is crucial for maintaining a professional work environment and establishing clear boundaries among direct reports, employees, and supervisors. In today's competitive landscape, savvy internet users can uncover sensitive corporate strategies that might unintentionally surface through social media interactions. Employees may unknowingly expose themselves to risks of wrongful termination, while organizations could face potential liabilities for harassment or other legal repercussions stemming from inappropriate communication. In this session, participants will learn effective strategies to safeguard their reputations and ensure that their organizations foster a productive and respectful workplace.

## MANAGING STRONG EMOTIONS: FOR EMPLOYEES

In this interactive session, participants will have the opportunity to share their personal experiences with situations that triggered strong emotional reactions and discuss effective strategies for navigating these scenarios. Recognizing that we all have unique emotional triggers, this class emphasizes the importance of managing and controlling our responses for our well-being and future career advancement. Participants will leave equipped with cutting-edge techniques and strategies to maintain a professional demeanor, discover positive outlets for self-soothing, and effectively deescalate their emotions in the future.

## MANAGING STRONG EMOTIONS: FOR MANAGERS

For leaders, maintaining a professional workplace is essential, especially in preventing strong emotional outbursts from employees in front of customers or colleagues. In this session, managers will learn to recognize the signs of potential outbursts, provide support to employees in crisis, and effectively deescalate tense situations. Participants will leave equipped with valuable resources to manage their own emotions, utilizing state-of-the-art techniques and strategies to maintain a professional demeanor and discover positive outlets for self-soothing.

## MANAGING TELEWORKERS: FOR MANAGERS

Managing teleworkers offers a unique opportunity to empower employees through flexible and innovative systems, but it also presents specific challenges for managers, especially with the rise of hybrid and remote workforces globally. In this session, we will address the traditional reservations that managers may have regarding work-from-home employees and explore the realities of today's workplace. Together, we'll identify the characteristics of effective telemanagers and successful teleworkers, unlocking the potential benefits for your organization's productivity and culture.

## MANAGING TRAUMA IN THE WORKPLACE

In this training, participants will explore the signs and symptoms of traumatic experiences and Post-Traumatic Stress Disorder (PTSD). We will delve into the history of PTSD, define what qualifies as a traumatic event, and learn effective interventions for supporting someone experiencing a flashback or trigger. Participants will leave equipped with strategies for coping with trauma stressors and insights on practicing self-care after experiencing a traumatic event.

## MANAGING YOUR BOSS

Whether your boss is brilliant but easily distracted or a procrastinator who makes meeting deadlines a challenge, the key to success is learning how to manage up. This seminar provides practical tools to assess both your own and your boss's skills and work habits. Participants will leave with a game plan and effective communication strategies to improve collaboration, create a more productive environment, and make work more meaningful.

## MENTAL HEALTH IMPACTS

The events of the past few years have significantly impacted the mental health of employees across all industries, leading many to feel that their employers have fallen short in addressing their needs. In this class, participants will concentrate on empowering employees to seek mental health support while working to dismantle stigmas and barriers. Join us for an engaging discussion where you will gather valuable resources and learn best practices to create a personalized action plan aimed at fostering a healthier culture within your organization.

## MENTAL HEALTH: A GUIDE FOR MANAGERS AND LEADERS

Creating a workplace that actively supports positive mental health is essential yet often overlooked in empowering employees. In this seminar, participants will delve into the concept of mental health, learning to recognize the signs and symptoms of mental illness in their colleagues. We'll discuss the vital role leaders play in fostering a supportive environment. Participants will leave equipped with practical tools and techniques to initiate and manage difficult conversations, determine when intervention is necessary, and identify the right partners within their organization for additional support.

## MENTALLY HEALTHY CULTURE: A FOCUS ON WORKPLACE WELLBEING

Creating a positive, mentally healthy workplace is a team effort, and in today's fast-changing world, it's more important than ever! In this high-energy class, we'll dive into the essentials of fostering a thriving work environment where everyone feels supported. From tackling the rise in mental health challenges to offering actionable solutions, this session will equip managers and employees with tools to boost well-being, resilience, and a positive vibe throughout the workplace. Get ready to ignite a healthier, happier culture!

## MENTORING

Mentoring is a powerful, mutually beneficial relationship focused on sharing knowledge and life wisdom between individuals. In this session, participants will explore the numerous advantages of becoming a mentor and how to identify the right mentor to achieve personal and professional goals. We will discuss the key traits that make a great mentor, outline guidelines for a successful mentorship, and provide tips on how to approach someone to become your mentor. Additionally, we'll cover how to establish a mentoring program within your organization to foster growth and development for all involved.

## MOTIVATE, RECOGNIZE AND ENERGIZE EMPLOYEES

Get ready for a high-energy seminar that will empower you with a toolkit of techniques to motivate both employees and managers! We'll dive into the powerful connections between motivation, recognition, and productivity, exploring how self-care, positive psychology, resiliency, and even laughter can drive engagement. Participants will walk away with invaluable strategies to show employees just how special and important they are to your organization, fostering a culture of appreciation and boosting morale across the board. Join us for an interactive experience that promises to inspire and uplift!

## MOTIVATION: BRINGING OUT THE BEST

Unleash your drive and discover the power of motivation in this engaging class! Participants will dive into the science behind motivation and explore how it influences our everyday lives. Through interactive discussions, we'll share inspiring stories of motivation leading to innovation, learn to embrace childlike thinking, and find out how to nurture a

growth mindset. Whether you're an employee looking to elevate your motivation or a manager seeking to inspire your team, the resources and tools in this course will be invaluable. Join us and ignite your passion for action!

## MOTIVATIONAL INTERVIEWING

Unlock the power of change with motivational interviewing in this dynamic class! Participants will delve into the history and principles of this collaborative conversational approach designed to enhance motivation and commitment. You'll learn effective questioning techniques and methods to facilitate meaningful change, whether you're aiming to lose weight, quit smoking, improve your sleep quality, or tackle gambling addictions. This session is perfect for anyone ready to take charge of their goals and make lasting transformations. Join us and discover how motivational interviewing can be the catalyst for your personal growth!

## NEW YEARS' RESOLUTIONS

Kick off the New Year with purpose in this engaging class dedicated to the age-old tradition of New Year's resolutions! Did you know that nearly 75% of Americans make resolutions each year? In this informative session, you'll discover effective guidelines for crafting resolutions that truly matter to you and are achievable. Participants will have the chance to share their own resolutions, tap into the support of their peers, and explore valuable online resources. Together, we'll create a roadmap to help you stay on track and make your resolutions stick all year long! Join us for a fun and supportive journey into making 2024 your best year yet!

## NONVERBAL COMMUNICATION

Unlock the power of nonverbal communication in this engaging class designed to enhance your interpersonal skills! Mastering the art of conveying emotions without words is essential for effective interactions in both personal and professional settings. Participants will dive into the world of body language, exploring what different movements communicate and how to pick up on nonverbal cues from others. Join us for an interactive session where you'll have the opportunity to share your interpretations of nonverbal signals and learn to be more self-aware of your own body language during daily conversations. Get ready to elevate your communication game and connect more meaningfully with those around you!

## OPIOID ADDICTION- MANAGER VERSION

Opioid abuse and dependence have reached alarming levels, affecting millions of Americans who misuse prescription painkillers each month. In this crucial training, participants will gain a comprehensive understanding of what opioids are, how to recognize the signs and symptoms of abuse and dependency, and explore the treatment options available for those seeking recovery. Additionally, this session will equip managers with essential steps to take if they suspect an employee is struggling with an opioid problem, along with outlining the responsibilities of employers in these challenging situations. Join us to empower yourself with the knowledge and tools to address this pressing issue effectively.

## OVERCOMING WORK FATIGUE

Remote work has become the new normal for countless employees worldwide, offering flexibility and convenience while also introducing unexpected challenges that contribute to remote work fatigue. In this engaging session, participants will share their personal experiences and coping strategies to tackle issues like video call fatigue, social isolation, and the pressure of being constantly available through modern technology. Together, we will explore effective resources and best practices to establish boundaries, foster social connections, and alleviate work fatigue, all while embracing the freedoms that remote work provides. Join us for a supportive discussion that aims to enhance your remote work experience!

## PERFECTIONISM

Perfectionism can be a tough habit to break, but it's time to take a closer look at the hidden dangers of striving for "perfection." In this motivational session, we'll explore why the pursuit of perfection can hold you back and discuss the importance of letting go of this behavior. You'll leave with practical strategies and actionable tips to overcome perfectionism and embrace progress over perfection.

## PERFORMANCE MANAGEMENT

An effective performance management process is crucial for ensuring that employees receive the training, support, and feedback they need to excel in their roles. In this session, we will explore the integral role managers play in this process, sharing best practices and tips for successful implementation. Participants will leave equipped with the tools to provide

coaching and developmental opportunities for their teams, ultimately increasing the chances that employees will achieve results that align with the organization's mission and objectives. Join us for this opportunity to enhance your performance management skills and drive success within your team!

## POWER OF PARTNERSHIP - USING AI TRAINING NEW!

Discover how to work smarter — and more creatively — by partnering with today's most powerful AI tools. This seminar explores real-world applications, emerging trends, and common challenges while offering hands-on strategies to use AI ethically and effectively. Whether you're new to AI or ready to level up, you'll walk away with tools to boost productivity, sharpen decision-making, and future-proof your skills.

## PRACTICAL PRODUCTIVITY

In this seminar, we will delve into how current events are influencing productivity, while also acknowledging the benefits and challenges of constant connectivity. Together, we'll discuss the impact that evolving technology has had on our work lives and explore strategies for enhancing productivity through the use of email, smartphones, and other devices. Participants will leave equipped with practical tools to leverage their technology effectively, enabling them to work smarter, not harder. Join us to discover how to navigate the digital landscape and boost your productivity in today's fast-paced environment!

## PREPARING FOR INTERVIEWS

Interviews are your chance to shine and demonstrate why you're the best fit for the role! In this engaging class, participants will gain the essential tools and techniques to create a standout first impression and land their dream job. Join us for an interactive session where we'll reflect on our personal values and skills, prepare for interviews, and craft ideal responses to those tricky questions. By the end, you'll be ready to walk into your next interview with confidence and leave a positive, lasting impression!

## PREVENTING SEXUAL HARASSMENT

Creating a respectful and safe workplace is crucial, and that starts with understanding and addressing sexual harassment. In this seminar, participants will delve into the definition and history of sexual harassment while identifying the various forms it can take. Join us for an interactive discussion aimed at tackling this sensitive topic head-on, where we'll explore examples of bullying behavior and share best practices for standing up against harassment in a professional manner. Together, we can foster an environment where everyone feels safe and respected!

## PREVENTING SEXUAL HARASSMENT IN CA

It's essential for employers to cultivate a workplace that prioritizes respect and safety, free from any form of sexual harassment. In this seminar, participants will engage in discussions about the definition and historical context of sexual harassment, as well as learn to recognize its various forms. Join us for this interactive session designed to address this complex issue, where we'll provide examples of bullying behavior and share best practices for addressing sexual harassment in a professional and appropriate manner.

NOTE: This class fulfills California's mandated training requirements for supervisors, which must be completed every two years for compliance.

## PREVENTING SEXUAL HARASSMENT IN NY

It's crucial for employers to create a respectful and safe work environment that has a zero-tolerance policy for sexual harassment in any form. In this seminar, participants will explore the definition and historical context of sexual harassment, along with identifying its various forms. Join us for an interactive session aimed at addressing this complex issue, where we will provide examples of bullying behavior and share best practices for appropriately and professionally confronting sexual harassment.

NOTE: This class meets the annual training requirements mandated by the State of New York for compliance.

## PROCRASTINATION

Procrastination, the art of putting off tasks—can spiral into a cycle of guilt, stress, and endless excuses. In this engaging session, participants will delve into their own experiences with procrastination, uncovering the underlying causes that fuel this habit. Join us for an interactive discussion where you'll explore effective strategies to break free from this cycle, develop personalized action plans to combat procrastination, and propel yourself toward productive progress!

## PROFESSIONAL USE OF TEXTING

In today's tech-savvy world, texting has become second nature, allowing us to communicate instantly from almost anywhere. However, using texting appropriately in the workplace is crucial to maintaining professionalism. This seminar is designed to equip both employees and managers with the tools and guidelines to navigate texting in a professional manner. Join us to learn best practices, etiquette, and tips for effective communication that keeps your workplace interactions respectful and effective!

## PROFESSIONAL WRITING AND EMAIL ETIQUETTE

In today's fast-paced business environment, grabbing your recipient's attention while delivering essential information in emails and written documents is crucial. This session will teach you how to craft compelling subject lines, adhere to formatting etiquette, include important content, convey emotion effectively, and use CCs and BCCs wisely. Join us for this interactive experience, and you'll leave with the tools and best practices to enhance your writing skills and achieve success in your professional communication!

## PRONOUNS IN THE WORKPLACE

In this class, we'll explore the power of language and why using the correct pronouns is essential for fostering a safe and inclusive workplace for everyone. You'll learn key terms from the queer vocabulary and how to thoughtfully integrate them into your daily interactions. We'll also cover what to do if you make a mistake when addressing someone. Join us to build a more respectful and welcoming workplace by embracing inclusive language.

## PSYCHOLOGICAL WELLNESS IN THE WORKPLACE

In this session, participants will explore the vital benefits of psychological safety for every member of their organization. Key topics will include strategies to cultivate an authentically safe space where your team can thrive and how to support colleagues grappling with mental health challenges. The pandemic has significantly affected many individuals' mental health, yet the stigma surrounding mental illness often leads to silence and isolation. This session aims to equip participants with the tools to engage in meaningful conversations that foster support and understanding among colleagues during challenging times.

## PTS IN THE WORKPLACE

In this seminar, participants will gain insight into Posttraumatic Stress (PTS) and its effects in the workplace. PTS is a human condition that extends beyond veterans, affecting many employees who may be currently struggling or have faced traumatic experiences in the past. Attendees will learn essential techniques for providing support to colleagues in immediate need and explore strategies to break down the stigma surrounding PTS. By the end of the session, participants will be better equipped to be a compassionate resource for their coworkers and contribute to a more understanding and supportive work environment.

## QUALITY IMPROVEMENT

Quality Improvement (QI) is a structured, formal approach to analyzing practice performance and driving enhancements. It's the responsibility of all leaders to empower their organizations, teams, or departments to reach their fullest potential. Continuous improvement is essential for reflecting on, refining, and adapting current practices to implement necessary changes effectively. In this session, participants will explore valuable resources and be introduced to tools such as fishbone diagrams, process mapping, and change management techniques to facilitate meaningful improvements in their work environments.

## RECOGNIZING THE TROUBLED EMPLOYEE

As a leader, recognizing signs of distress within your team and possessing the skills to support and guide them towards meaningful resources is crucial. In this seminar, participants will learn to identify when an employee is struggling with various issues that may affect their work performance. We'll discuss the detrimental effects of overlooking these challenges on both individuals and the organization as a whole. Join this interactive session to equip yourself with key strategies and best practices that empower your employees to seek support, enhance their productivity, and thrive in their work environment.

## RENEWING YOUR HUMAN RESOURCES

This energizing session highlights the significance of daily self-motivation and self-care as participants evaluate their current work environments. Attendees will have the chance to reflect on their thoughts and feelings about their

workplace, exploring ways to reinvest in themselves and rediscover the joy of collaborating with their organization and colleagues. By the end of this class, participants will be empowered to advocate for promotions or new responsibilities they're excited about, support their colleagues, and confidently speak up to stand out in their professional journey!

## RESILIENCE BUILDERS: WORKPLACE MENTAL HEALTH ADVOCACY

"Effective Mental Health Responder Training" is an in-depth 5-part program designed to equip participants with the tools and skills needed to create a mentally healthy, inclusive work environment. This training focuses on understanding the nuances of mental health in the workplace, from identifying common conditions to addressing the challenges they present in professional settings. At the core is the SCALES Action Plan, a step-by-step guide to mental health support that emphasizes safety, connection, affirmation, tailored responses, and empowerment for long-term well-being.

Through interactive scenarios, reflection exercises, and group discussions, participants will enhance their skills in empathy, active listening, and risk assessment, learning how to provide personalized support with respect and compassion. The program also stresses the importance of self-care for those offering mental health support, providing tools to maintain their well-being while helping others.

By promoting a proactive check-in culture and prioritizing psychological safety, this training empowers participants to become effective mental health advocates who can inspire change, raise awareness, and build resilient, compassionate workplace communities. "Effective Mental Health Responder Training" is more than a course—it's a movement to destigmatize mental health and support each other in thriving environments.

## RESILIENT LEADERSHIP

The past few years have prompted leaders to rethink what it truly means to lead during challenging times, honing their resilience in an era marked by constant change and uncertainty. In this engaging session, participants will reflect on their own leadership styles while gaining valuable resources to act with intention, empower others, and tackle tough conversations head-on. We will explore the best research-driven practices in leadership development, discussing the traits we all admire in great leaders. Join us for this interactive experience designed to equip you to model resilience for your employees and colleagues, fostering a culture of strength and adaptability in your organization!

## RESPECT FOR ALL IN THE WORKPLACE

This class aims to equip participants with a fundamental understanding of the transformative power of fostering an inclusive workplace that respects all colleagues. Creating an inclusive and respectful environment is not just an expectation; it's a necessity. Throughout the session, we will highlight specific action steps to show support and respect for members of the LGBTQI+ and African American communities. Additionally, participants will delve into crucial topics such as implicit bias, microaggressions, and code-switching, gaining deeper insights that will empower them to contribute to a more equitable and supportive workplace for everyone.

## RIDING THE CHANGE WAVE

In life, change is the only constant, and this workshop invites participants to reflect on and share the current challenges they're facing. Together, we will explore our feelings and thoughts about change while equipping ourselves with eight proven strategies to navigate both personal and professional transitions successfully. Participants will also gain valuable insights through cautionary tales of pitfalls to avoid when implementing change, ensuring they are well-prepared to embrace the evolving landscape of their lives.

## SCIENCE OF GOAL SETTING

Goal setting and willpower are conscious activities that pave the way to healthier habits and new heights of success. In this class, participants will delve into the key components and self-reflection questions essential for achieving their goals. Join us for this interactive session where we will explore how the brain functions in relation to goal attainment, craft personalized roadmaps, and review practical tools to maintain motivation and foster long-term behavior changes. Get ready to embark on a journey toward your aspirations!

## SHIFTING PRIORITIES: BEING YOUR BEST ON A SHIFT SCHEDULE

Working non-traditional hours can significantly impact an employee's mental, physical, and emotional health, as well as their family dynamics. While variable schedules present unique challenges that necessitate extra planning, there are also numerous benefits to working off-hours. In this class, participants will discover how preparation, goal evaluation, and family cooperation can transform shift work into a rewarding professional career choice. Join us to explore strategies that make working non-traditional hours both manageable and fulfilling!

## STAYING CONNECTED IN TODAY'S DIGITAL WORLD

It's the great modern paradox: while advances in technology have made us more connected than ever, self-reported loneliness is at an all-time high. In this training, we will reflect on how technology has transformed our daily social interactions and the impact these changes have on our ability to connect with others. Join this interactive session to explore how to use technology wisely to build and maintain meaningful relationships, all while ensuring we preserve the personal touch that makes our connections truly special.

## STICK WITH IT

We all have goals and aspirations that can sometimes seem just out of reach. In this program, participants will discover the best practices to transform those dreams into reality. We'll dive into creating actionable plans, identifying barriers and obstacles, and embracing flexibility and resilience to maintain perspective as we move forward. Join this engaging and interactive discussion to share your vision for the future and walk away inspired and motivated to achieve your goals!

## STORYTELLING

Storytelling is a powerful tool that has been woven into the fabric of humanity since the dawn of time, from our earliest paintings to the narratives we share today. Stories have the remarkable ability to inspire, instill hope, and enhance our understanding of ourselves and the world around us. In this session, participants will hone their storytelling skills and learn how to craft compelling narratives, one of the top skills recognized for effective business leaders. Join us as we analyze the key components of a powerful story and explore how it can serve as an effective tool to elevate your business and personal brand!

## STRESS MANAGEMENT FOR HIGH BURNOUT PROFESSIONS

While every profession carries its own unique stress levels, certain job requirements can significantly heighten stress, often resulting in increased rates of burnout. This seminar is designed to equip managers and directors with the essential skills to assess and support their employees in high-stress, high-trauma work environments. Together, we will delve into the latest research from leading experts and explore the seven critical signs that indicate burnout, enabling you to recognize and address these challenges effectively.

## STRESS MANAGEMENT FOR MANAGERS

Managing stress—both your own and that of your team—poses one of the biggest challenges for today's managers. In this seminar, you'll receive a comprehensive training guide designed to help you identify stressors, understand their impact on your team's morale and productivity, and implement effective stress relief techniques as a leader. Additionally, this training will offer valuable resources to help retain top talent, ensuring your team feels valued and secure in discussing their stress with you.

## STRESS MANAGEMENT FOR THE NEW PROFESSIONAL

Transitioning to a new profession can be a significant source of stress and having effective tools to manage that stress is essential for maintaining a positive outlook at work. In this seminar, you'll learn how excessive stress can affect your emotional and physical well-being, as well as strategies to cope and manage your stress levels effectively. Join us for an interactive discussion that includes case studies to reflect on how we typically handle stressors and explore ways to enhance our reactions, ensuring we can perform at our best both at work and at home!

## SUBSTANCE USE DISORDER FOR MANAGERS

Identifying and supporting employees dealing with substance use disorder is an essential skill for effective management today. In this course, participants will explore current trends in substance use within the workforce and learn how to address these issues in a legal, sensitive, and equitable manner. Together, we will discuss ways to access support from your organization and provide the necessary resources to ensure that your employees receive the help they need and deserve.

## SUCCESS

In today's world, Success looks very different. In this seminar, participants will define success, identify skills to increase your success, and what current research suggests. This interactive session will ask you to identify your goals and actionable next steps to achieve your independent level of success. This state-of-the-art class will define terms in today's every changing world. We will delve into what we have experienced and how it has redefined success in our lives.

## SUCCESSFUL TELEWORKING

As the world of work continues to evolve, hybrid work arrangements have become more common and flexible than ever. In this dynamic seminar, participants will explore the pros and cons of hybrid work models, and what factors to consider before making the switch. From setting clear expectations and communication strategies to understanding how remote work impacts your work-life balance, this session provides the tools and insights needed to make the most of hybrid work—whether you're a manager or team member. Learn how to create a seamless transition that empowers productivity while maintaining personal well-being in today's hybrid world.

## SUCCESSION PLANNING

In today's fast-paced, ever-changing world, preparing for the future is more important—and challenging—than ever. This seminar will walk you through the key concepts and terms of succession planning, while addressing the unique challenges it presents. We'll also explore the emotional aspects involved, both for those transitioning out and those remaining. Join us to learn how to navigate the process with clarity and confidence, ensuring a smooth transition and a strong future for your organization.

## SUICIDE AWARENESS AND PREVENTION FOR MANAGERS

This course, designed specifically for organizational managers, provides essential tools and resources to identify warning signs and implement effective suicide prevention programs within the workplace. Participants will debunk common myths, explore important suicide statistics, and learn how to recognize when an intervention is necessary. Managers will gain practical guidance on initiating sensitive conversations and connecting employees to the right resources, both within the organization and through emergency services. By the end of the session, managers will feel empowered to provide compassionate support and take proactive steps to safeguard the well-being of their teams.

## SUICIDE PREVENTION

In today's world, recognizing the early warning signs of suicide is crucial, and fostering a supportive environment requires the collective effort of everyone in the community. This seminar acknowledges the challenges of discussing suicide, while offering practical tools and resources to help participants identify warning signs and implement effective suicide prevention programs both in the workplace and within the community. Together, we can provide immediate support to those in need, helping them realize that there are always alternatives to despair, even in their darkest moments.

## SURVIVING MERGERS AND ACQUISITIONS

Mergers and acquisitions are common in the business world, but they can have a significant impact on the employees who remain with the organization. In this seminar, participants will explore what to expect during times of organizational change, learn practical strategies to navigate the transition, and review the five key phases of adapting to change. Join this interactive session to discover the opportunities that mergers can bring, understand the importance of self-care during times of uncertainty, and commit to embracing the new business structure and culture.

## SURVIVOR'S GUIDE TO DOWNSIZING

In today's competitive landscape, companies are under increasing economic pressure, and downsizing or rightsizing has become a common reality. These changes can happen suddenly, leaving employees uncertain about their future. In this workshop, participants will gain the resources and coping strategies to navigate the emotional and professional challenges of downsizing and learn how to take proactive steps toward moving forward with confidence and resilience.

## TAMING TECH

In today's fast-paced world, constant access to technology has dramatically transformed how we work, often blurring the lines between personal and professional life. This seminar invites participants to reflect on their daily tech usage and organizational habits to set meaningful goals. As workdays continue to stretch, we'll explore practical tools and resources to help you harness technology in ways that simplify your life, reduce stress, and keep you in control. By the end of the session, participants will walk away with actionable strategies to make technology work for them, not against them.

## TEAMWORK

Effective communication within teams is crucial for achieving personal and professional goals. In this session, participants will dive into team dynamics through discussions, hands-on exercises, and insightful debriefs. We'll explore

proven strategies for fostering collaboration and resolving conflicts, while learning how to apply these concepts in real-world scenarios. By the end of the seminar, participants will walk away with practical tools and resources to inspire their teammates, enhance teamwork, and ensure seamless collaboration to achieve shared objectives.

## THE ART OF NEGOTIATION

Negotiation is a key skill that can elevate your professional success across a variety of industries. In this session, you'll learn a powerful six-step process that will help you confidently close deals and ensure agreement from all parties involved. Through interactive discussions and practical exercises, you'll leave with a clear strategy to apply your newfound skills and continue refining your negotiation techniques. Plus, gain access to additional resources to enhance your approach and keep improving for future success.

## THE IMPORTANCE OF SHOWING UP TO WORK

Employee attendance is one of the most valued traits by employers, as it reflects commitment, reliability, and a strong work ethic. In this training, participants will delve into the significant impact absenteeism has on organizations, from the cost of lost productivity to the toll it takes on team morale. Together, we will examine the root causes of tardiness and absenteeism, explore effective strategies to incentivize attendance, and discuss how to foster a culture of accountability and commitment to improve workplace performance.

## THE NEW RESUME

In this interactive session, participants will learn how to adapt to the modern job search process by mastering the art of creating an impactful resume. Given that recruiters spend only 5 to 7 seconds reviewing a resume, this course will help you stand out. Topics covered include modern resume best practices, building a compelling digital portfolio, optimizing your formatting for readability, writing strong cover letters, and how to strategically distribute your resume to potential employers. By the end of the session, participants will leave with the tools needed to create a powerful resume and position themselves effectively in the job market.

## THE POWER OF PERSUASION: HOW TO INFLUENCE OTHERS

In this high-impact seminar, you'll discover the proven strategies for persuading and influencing others to not only hear your point of view, but to fully embrace it. Whether you're negotiating, selling, or simply trying to get your message across, mastering the art of persuasion is essential to achieving your goals. In this session, we'll dive into powerful techniques to increase your influence, teach you how to deliver compelling messages that captivate any audience, and show you how to tailor your communication style to make a lasting impression. By the end of this interactive class, you'll walk away with a personalized action plan and the confidence to be a persuasive force in any professional setting.

## THINKING TRAPS

Unlock the power of your thoughts to achieve your goals and boost productivity by learning how to overcome common thinking traps that hold you back. In this session, participants will explore the psychological pitfalls that can derail personal and professional progress. Through self-reflection and analysis, you will discover strategies to break free from these traps and reframe your thinking for success. Join us for this interactive session where you'll gain practical tools and create a personalized action plan to stop negative thought patterns in their tracks and stay focused on what truly matters.

## THRIVING AT WORK IN A TOUGH POLITICAL CLIMATE NEW!

This session helps employees stay grounded, focused, and respectful during politically tense times. Learn practical tools to manage stress, set boundaries, and maintain positive workplace relationships—all while protecting your well-being and promoting a culture of kindness.

## TRUST

Trust is the foundation of every strong relationship, whether personal or professional. In this class, participants will explore what trust truly means, why it's vital for building meaningful connections, and how to nurture and maintain it in all aspects of life. Through this interactive session, we'll discuss strategies for earning trust, the impact of broken trust, and practical steps to rebuild it when it's been lost. Join us to learn how to strengthen your relationships and become someone others can rely on, both at home and in the workplace.

## UNCONSCIOUS BIAS

In this seminar, participants will explore the concept of unconscious bias and gain a deeper understanding of how it affects all of us, often without our awareness. Through an interactive format, we will discuss how biases form, how they are measured, and the internal conflict between our natural tendency to categorize and our conscious efforts to embrace diversity. Participants will leave equipped with the tools for self-reflection, practical strategies to acknowledge their own biases, and actionable steps to overcome them.

Note: This session will not be recorded for later viewing.

## UNDERSTANDING COLLEAGUES WITH AUTISM

The CDC estimates that 1 in 68 individuals in the United States are affected by Autism Spectrum Disorder (ASD). In this training, participants will gain insight into recognizing common behaviors associated with ASD and discover best practices for supporting coworkers with ASD within the workplace. This interactive session will provide resources to help respect physical boundaries, establish routines and structures, and enhance communication skills—both verbal and non-verbal—to create an inclusive and successful environment for all team members.

## UNDERSTANDING PERSONALITY TYPES

This one-hour seminar is designed to help participants understand the different personality types and how they influence our behaviors. In this interactive session, you will identify your own personality type and learn how to enhance your interpersonal communication skills by leveraging energy management techniques. Leave with practical resources to immediately improve how you communicate with others—and with yourself—creating more effective and harmonious relationships.

## UNPLUGGING TO RECHARGE: STRATEGIES FOR COMBATING TECHNOSTRESS

Feeling overwhelmed by constant connectivity? This seminar explores the growing issue of technostress and its effects on our mental and physical health. We will identify the signs, symptoms, and underlying causes of this modern challenge. Participants will leave equipped with actionable strategies for setting healthy technology boundaries and managing tech habits to reclaim balance and well-being in a digital world.

## USING YOUR EAP

Discover the full range of benefits your Employee Assistance Program (EAP) has to offer, from finding reliable childcare to accessing legal advice and everything in between. In this session, we'll guide you through the many ways your EAP can support you, both professionally and personally, ensuring you make the most of the resources available to you. Let us help you navigate and utilize your EAP to enhance your overall well-being.

## VIDEO RESUME

In today's competitive job market, a traditional resume may not always be enough to stand out. A video resume offers a unique opportunity to showcase your personality, skills, and creativity in a way that a standard resume can't. This course will teach participants the best practices for creating a compelling video resume that highlights your qualifications, gives potential employers a glimpse of your communication style, and sets you apart from the competition. Learn how to craft a professional and engaging video resume that leaves a lasting impression.

## WHEN THE WORST HAPPENS

When tragedy strikes, the ability to support and guide others through it is crucial. In this seminar, participants will learn how to provide effective leadership and offer vital coping mechanisms during times of crisis. Whether you're supporting an organization, team, or individual, this interactive session will equip you with the tools to lead with empathy, strength, and resilience. By the end of this class, you'll be ready to demonstrate the leadership qualities that inspire hope and help your employees navigate even the toughest of days.

## WORKING WITH MILLENNIALS

Millennials are often misunderstood, with many stereotypes failing to capture the true nature of this purpose-driven generation. In this seminar, participants will delve into what makes millennials tick — from their values and expectations to their work relationships and etiquette. We'll explore how to support and empower this mission-driven generation, while addressing common misconceptions. Join this interactive session to uncover the unique cultural contributions millennials bring to the table, and how to harness their strengths to enhance your team's success.

## WORKPLACE TRAUMA - FOR MANAGERS

In today's world, trauma comes in many forms, and understanding its effects is crucial for creating a supportive and resilient workplace. In this seminar, participants will explore the various types of trauma, including traumatic stress, PTSD, grief, and organizational trauma. The session will focus on how trauma impacts employees and the workplace as a whole, while providing leaders with best practices to lead with empathy, support affected team members and foster a healthy work environment.

## YOU'RE PROMOTED! THE NEW MANAGER

Congratulations on your promotion! Transitioning into a leadership role is an exciting milestone, but it also requires preparation and strategy to succeed. This interactive class is designed specifically for new managers to help you confidently navigate your leadership journey. Together, we'll explore best practices for inspiring and influencing your team, mastering clear and effective communication, delegating equitably, and conducting empowering performance reviews. Leave with practical tools and resources to build trust, motivate your team, and excel in your new role.



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