

TRAINING/EDUCATION TOPIC LIST

CONTACT OUR OUTREACH & ENGAGEMENT MANAGER, NANCI COSBY, TO QUOTE OR SCHEDULE YOUR NEXT TRAINING! 405-840-9000, EXT. 143

Respect in the Workplace	Living with Grief/Loss	Understanding Emotions	Mindfulness	Learning to Laugh
How to Handle Workplace Distractions	Diversity & Inclusion	Balance & Stress Management	Personal Problem Solving	Building Healthy Relationships
Establishing Workplace Boundaries	The Helping that Hurts	Coping Skills for Everyday Life	Building Resiliency	Peace, Planning & Purpose: How to Set and Reach Financial Goals
Time Management	8-Dimensions of Wellness	How to Set Achievable Goals	The Power of Gratitude	Effective Communication

REAL COLORS TRAINING (4 HOUR WORKSHOP)



Real Colors®

Real Colors is a four-color personality assessment workshop designed to help people better understand themselves and each other. This fun filled training is a half day training and is great for team building and staff retreats.

EMOTIONAL INTELLIGENCE (2 HOUR TRAINING)

“Emotional intelligence” refers to the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships. This training helps us learn the 5 components of Emotional Wellness and the importance of implementing those in all areas of our lives.