

RISK REDUCTION



Workplace safety is enhanced and liability is reduced when your workforce is well trained. Our professional trainers will work with you to incorporate your policies, practices and culture into customized training sessions. This integration of policy and skill development demonstrates your commitment to a safe workplace.

The following seminars can be delivered in segments from one hour to full-day formats.

Safe Work Environment

- Violence
- Harassment

Drug-Free Workplace

- Substance Abuse Awareness
- DOT Compliance
- Reasonable Suspicion

Crisis Intervention

- Trauma Response
- Reduction in Force

PRODUCTIVITY ENHANCEMENT



Workplace Solutions' training philosophy and commitment to clients is to customize skill training to incorporate real-life, current organizational challenges into our presentations and active learning exercises. Your staff learn new skills while simultaneously working on real business issues. By taking advantage of real work examples, your staff will fully engage in training and learn to apply new skills immediately. What better way to maximize your training investment?

We offer the following skill-based content areas in active learning formats.

Leadership Skills

- Performance Review
- Motivating Your Team
- Women in Leadership
- Coaching for Performance
- Communication Skills
- Leading Change
- Aligning Strengths with Goals
- Recognizing Presenteeism

Individual Work Skills

- Professional Image
- Time Management
- Emotional Intelligence
- Embracing Change
- Motivation & Productivity
- Work-Life Balance
- Getting Organized

Team Development

- Effective Communication
- Meeting Management
- Mutual Respect
- Conflict Resolution
- Workplace Humor
- Diversity
- Interactive Team Building
- Generational Differences

WELLNESS & HEALTHY LIVING



Healthy employees are more able to focus in the workplace; they have enhanced skills for healthy living, greater resilience to cope with challenges and lower stress levels. Ideal for lunch and learn sessions, these brief workshops can enhance your ongoing wellness initiatives. Topics can also be customized for more in-depth learning.

We offer the following skill-based content areas in active learning formats.

Emotional Health

- Motivation & Happiness
- Anxiety & Depression
- Stress Management
- Resilience
- Crisis & Loss

Parenting

- Parenting Strategies
- Internet Safety

Physical Health

- Healthy Eating
- Active Lifestyle
- Relaxation

Interpersonal

- Healthy Relationships
- Assertive Communication
- Sandwich Generation

Additional Content Areas

- Financial Fitness
- Environmentally Conscious Employee
- Surviving the Holidays