TRAINING CATALOG

ALL**O**NE
HEALTH

overview

AllOne Health offers a robust catalog of on-site training, webinar and online learning opportunities to improve engagement and support organizational goals.

Monthly Webinars

AllOne Health hosts monthly webinars exploring a wide range of mental health, life management and trending topics.

Expansive Training Library

AllOne Health has 120+ topics to choose from covering diverse topics to meet organizational needs.

Expert Trainers

AllOne Health's network of expert facilitators and trainers provide interactive, informative and engaging sessions.

planning your training

1 Select Topic(s)

- Assess your company's training needs
- Review training selections in this catalog
- Consult with your account manager to discuss options for developing a customized training

2 Select your Format, Date and Time

- All trainings can be delivered via webinar. However, many can be delivered in person.
- Trainings are available Monday through Friday during business hours.
- Trainings generally run about an hour. However, we can also provide half- and full-day sessions to meet your training needs. Please reach out to your Account Manager for pricing details and further assistance.

3 Complete Training Request Form

- Requests for training must be submitted 4 to 6 weeks in advance to ensure the training date and to reserve the best-qualified trainer for your request
- Requests for legal and financial seminars must be submitted 6 to 8 weeks in advance
- Please allow 8 weeks for customized training

4 Promote the Training

- Consider electronic options such as mass emails, early registering or RSVP
- Consider hardcopy options such as posters and flyers
- Consider promoting the training during staff meetings

5 Finalize

- Reserve a room
- Make sure the facilitator has necessary equipment available (coordinate with your account manager or training coordinator)
- Print handouts if applicable
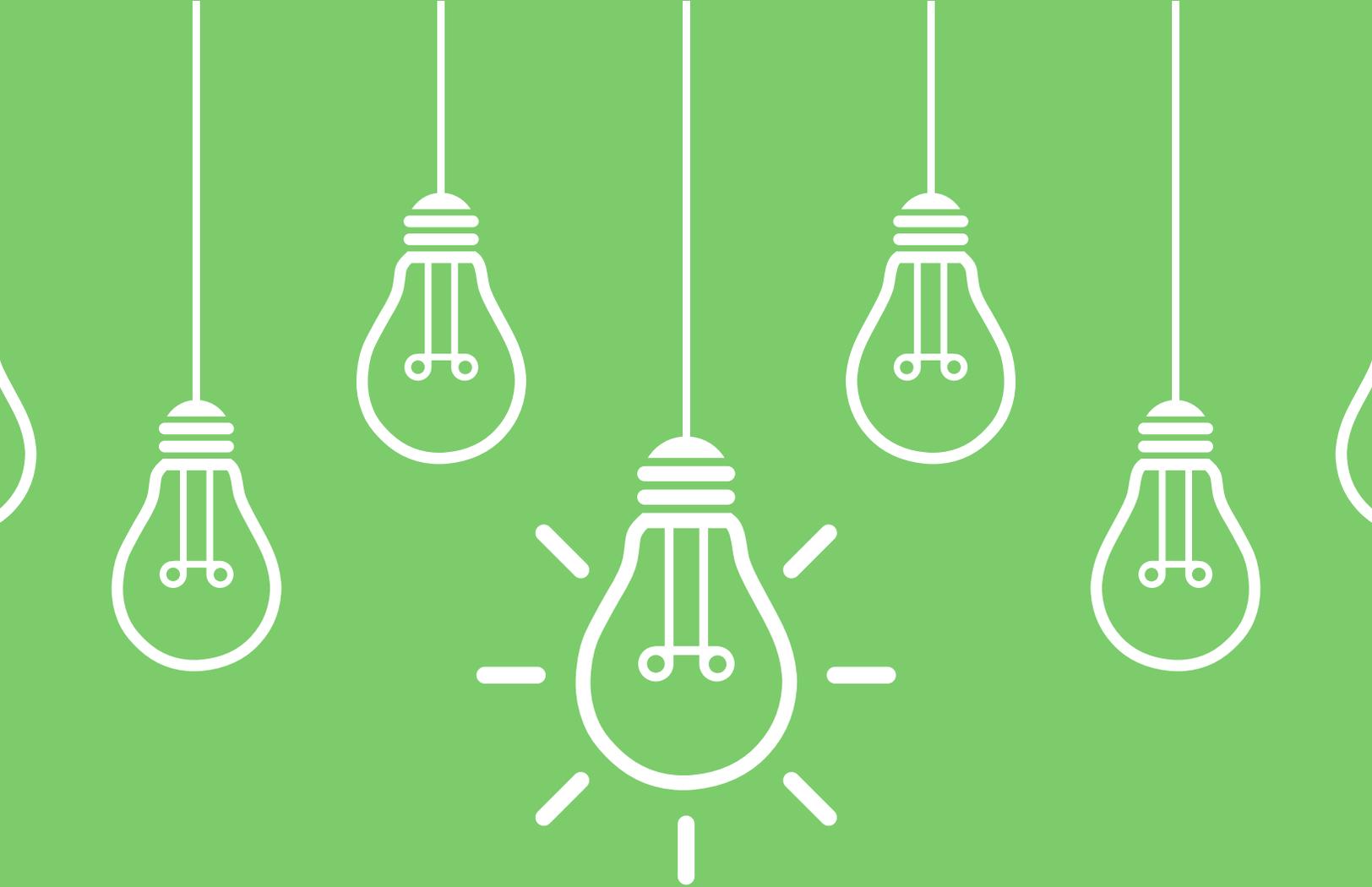
Trainings

Balance

Balancing Work and Life

Feeling overwhelmed with demands from both work and home? Are you feeling guilty, stressed, or inadequate because of those demands? It's important to understand the unnecessary pressures we put on ourselves when juggling multiple areas of life and how to set realistic expectations. In this presentation, we will discuss why work-life balance is important, identify areas of life that may be unbalanced, and learn of strategies to help restore balance in your life.

Caring for Your Mental Health: Work -Life Balance

Caring for your mental health during a time of uncertainty can be challenging. In this training, you will discuss ways to manage everyday stress, explore everyday habits to increase resilience, and learn when to consider additional support.

Work-Life Balance: The Concept, The Myth, The Legend

Most of us perform many roles in our everyday lives-employee, partner, parent, caregiver, etc. With so much to do, it's easy to feel off-balance. Learn how to reduce stress and regain your sense of balance by examining your expectations and redefining your roles and responsibilities.

Caregiver

Adjusting to Life After Caregiving

This training will review the various roles of a caregiver, discuss the transition process after a care receiver passes away, and explore strategies on ways to cope.

Eldercare: What Every Caregiver Needs to Know

Eldercare is a specialized field containing multiple options for managing the aging process. Caregivers face many challenges in the care giving marketplace, and because each circumstance is so different, it can be difficult to construct a viable plan. Learn about possible options and discuss solutions.

Disability Awareness

Participants will learn acceptable language and terminology relating to individuals with disabilities, recognize appropriate ways to communicate with individuals with disabilities, examine attitudinal barriers against and common myths about people with disabilities, and become aware of legislation that protects individuals with disabilities.

Supporting Individuals with Disabilities

Individuals with disabilities are often misunderstood and overlooked yet make up an increasingly larger percentage of our population. This session will give an overview of disability types, discuss myths about people with disabilities, and cover strategies for supporting and communicating with members of the disability community.

The Grieving Process

Changes both positive and negative can create a sense of loss. When faced with loss, waves of feelings (called grief) act as a natural healing response. It's easier to cope with loss by recognizing it, understanding the waves of grief, and getting support during the grieving process, with the knowledge that grief does eventually subside. Learn ways to cope with grief and help others throughout the grieving process.

Change

Change

Change can be difficult, especially when unexpected. Many people struggle when change occurs and often have a difficult time feeling safe in their environment, as they are not sure what may happen next. Learn to adapt quickly and without stress during times of change.

Facing the Challenges of Change

Participants will learn the skills for coping with organizational change and stress. The session reviews the three phases of change and the skills necessary for: managing perspectives and attitudes; understanding the occurring changes; setting realistic expectations; enhancing stress management; and improving communication and listening skills.

Responding and Thriving in Organizational Change

To remain competitive and viable, businesses across the nation are streamlining their operations and workforce. Employees who survive layoffs can face stress, guilt, grief, and resentment. We'll help you explore these "survivor symptoms" by understanding the change cycle, recognizing the consequences of your perceptions, and building effective ongoing stress management skills.

Communication

Communicating with Tact

Have you ever "put your foot in your mouth" when communicating sensitive information or giving feedback? Have you ever wished you'd been more delicate in your delivery? If so, you're not alone. This seminar explores ways to effectively communicate in a professional, positive, and respectful way. Obtain tips, tools, and guidance for dealing with push back. Review the best practices for delivering tough messages with tact and diplomacy.

Communication and Teamwork

Effective communication is necessary in creating a healthy team environment. Many of us have been part of a team that does not have great communication and understand how this can negatively impact the group. Learn to develop your communication skills to enhance your team environment.

Effective Communication

The presentation will discuss the importance of strong verbal, non-verbal, and written communication in the workplace. It will also cover the different styles of communication, problematic patterns, and techniques to improve the flow of communication within an organization.

Expert Communication

Expert communicators are influential, productive, and resourceful when it comes to getting more of what they want and need. This training will increase your communication competence as you explore the three parts of sending a message, the three components of active listening, positive statements, persuasion, inserting safety into difficult conversations and how to avoid avoidance.

Nurturing Relationships Through Effective Communication

Communication is how thoughts, ideas and feelings are expressed to others. Communicating with others includes communicating attitudes, values, priorities, and beliefs. No matter what is expressed in words, messages about the speaker and the listener are conveyed through non-verbal communication—including gestures, facial expressions, tone of voice and attitude.

Compassion Fatigue/Burnout

Burnout & Compassion Fatigue

We are all at risk of experiencing compassion fatigue from the very work we do and love. We are at risk when we are caring for our own loved ones as well. Everyone feels stress, everyday! While we can't always eliminate all the pressures we face, we can be better prepared for the triggers and learn ways to manage our stress.

Compassion Fatigue

As caregivers, the work of caring for others can take its toll. This session will frame up compassion satisfaction and describe symptoms of stress, burnout, and compassion fatigue. Learn more about identifying compassion fatigue and the individual and systemic practices that can prevent or decrease it.

Preventing Burnout: Refreshing Your Perspective

Burnout is a response to prolonged or chronic stress with many complex causes. It has to do with "not enough" or being "worn out." Although stress and burnout share some characteristics, there are distinct differences between the two. During this one-hour webinar, learn how to recognize the signs of burnout and build better coping and resilience strategies to refresh your perspective.

Conflict

Conflict Management

Conflict, in general, is difficult for most people to handle and conflict at work can be even more challenging. Develop conflict management skills that will improve difficult communication at work. Don't let conflict get you!

Creative Solutions to Conflict Management

Conflict can be a catalyst for positive change and enhanced relationships if handled correctly. Discover how to manage interpersonal conflict at work and in other relationships by balancing the intellectual and emotional components of conflict and learn how to increase positive messaging through nonverbal and verbal skills. This will result in a greater likelihood of successful resolution.

Moving Beyond

This session focuses on seeking solutions to conflict rather than finding fault or by escalating the conflict. We will discuss communication skills, our attitudes, and how we deal with anger as elements of successful conflict resolution. This is an interactive session that lets participants explore conflict resolution scenarios in small group discussions to help internalize the skills and attitudes discussed.

Navigating Challenging Situations

Many people are afraid to confront challenging situations at work for fear of retaliation. There are countless reasons why employees may not feel comfortable addressing sensitive issues with colleagues. "Navigating Challenging Situations" provides tools to recognize difficult situations in the workplace and confront them in ways that are effective and non-aggressive.

Preventing Workplace Violence

Workplace violence is the leading cause of job-related deaths. Knowing the signs and behaviors of a potentially violent employee will help ensure workplace safety. This training will explain how to recognize the potential signs of a violent employee and what a manager can do to address the issue.

Responding to Aggressive Workplace Behavior

Many people have faced a challenging work situation or have had to deal with difficult clients at some point. A raised voice, making unreasonable demands and verbal threats are all warning signs that can potentially lead to aggression. Dealing with a difficult person not only drains employees emotionally but can affect physical well-being as a result of prolonged stress. This training focuses on coping with difficult people as well as learning how to identify, prevent and respond to aggressive behavior in the workplace.

Customer Service

Customer Service

What is outstanding customer service? What is needed to develop the standards to provide the best internal and external customer service? Explore how personal attitudes impact interactions and discuss ways to handle difficult customers.

Customer Service: Creating a Positive Experience

Elements such as attitude, avoiding the classic triggers that can derail any customer's experience, and learning the HEART Model are all part of elevating the skills needed to providing good service.

Dealing with an Angry Public

Dealing with the public can be challenging and although the majority of people we deal with are wonderful, the small percentage that display anger and aggression can really cause us to lose our cool. This is an interactive session that lets participants explore difficult customer engagement and develop skills to better handle it. Learn when to act, when to react, and when to ask for help!

Diversity

Ageism and the Value of an Intergenerational Workforce

The U.S. is facing unprecedented generational and demographic shifts, requiring employers to rethink traditional human capital strategies. Unfortunately, ageist misconceptions and biases often permeate our thinking. Explore practical approaches to debunking age-related myths, breaking down ageist perceptions and exploring compelling opportunities for employers to successfully build an intergenerational workforce.

Bridging Generation Gaps

Workplace tensions can arise when people of different generations, working side by side, don't understand each other. Diffuse tension at work by learning about the differences amongst team members of all ages and appreciating those differences. Learn how to interact with members of each generation in a way that suits their work ethic and communication style.

Working with Millennials and Gen Z

These two groups make up an increasing percentage of the workforce, and bring something new to the workplace, as all other generations do. This session will talk about incorporating newer generations int the workplace, managing those from other generations, and communication strategies and differences.

Engagement & Motivation

Emotional Intelligence

Emotional Intelligence (EI) refers to skills that define how effectively we perceive, understand, reason with, and manage our own feelings and those of others. EI is a powerful tool to effective leadership, enhanced communication, and greater collaboration in the workplace. Through interactive exercises, this workshop explores how you can enhance your EI to dramatically improve workplace relationships, job satisfaction, and job performance.

Best Practice Mentoring for Mentors and Mentees

Learn about mentoring, including benefits and various formats. We will look at characteristics of a good mentor and a good mentee. Practical tips for mentoring and other resources will also be shared.

Coping for Educators

This training for educators discusses the various ways the pandemic has changed lives, reviews responses to new and traditional stressors, and explores strategies to identify and prevent burnout.

Coping for First Responders

This training for First Responders examines the various ways the pandemic has changed lives, reviews responses to new and traditional stressors, and explore strategies to identify and prevent burnout.

Employee Morale & Engagement

This presentation discusses the concepts of morale and engagement and examines their importance to an organization. It will also explore ways employees and managers can increase these dynamics and help you to develop a plan of action.

Engagement & Motivation

Engaging and motivating employees can be tricky, but research shows a positive correlation between employee engagement and business outcomes when employees are motivated, involved, and enthusiastic about their organization. Managers will learn tools and strategies to increase positive relationships for their employees, colleagues and organization.

Healthy Employee, Healthy Employer

Employee health plays a key role in today's workplace. Employees benefit when they feel better—physically and emotionally--and employers reap the harvest of an engaged workforce. Review how organizations can create a culture of wellness, from offering healthy food options to ensuring that there's effective workplace communication. Consider how to get employee buy-in with health initiatives and learn how to make health/wellness fun and exciting for all.

Helping Troubled Employees

This discussion will address how many of us have problems in our personal lives that affect our work performance. This can affect productivity, morale, attitude, focus, and even interpersonal relationships. Advice will be given on setting boundaries to separate our personal and professional lives to the extent that we can, as well as guidance on how to assist troubled employees in the workplace.

Family

Cyber Security for Children and Teens

Children today have access to the Internet, which makes it a parent's duty to monitor websites being visited. It can be challenging for adults to stay informed about the online dangers that their children, especially teenagers, may face. This seminar provides tools, tips, and resources for discussing online safety with children and monitoring internet usage and access.

Managing the Stress of Parenting

Being a parent means there is constantly too much to do and too little time. Tools and resources for managing responsibilities and caring for children throughout each stage of growth can help make parenting easier.

Parenting: The Art of Consequences

Parenting is not easy! Not any two children are alike, so what may work for one child often will not work for the other. Identify and highlight techniques that can be used with children at different ages and stages. Get comfortable with trying things that are new and different!

Holiday Survival

The holidays promise fun, festivities, family, and friends, and it's tempting to overspend, overindulge, and overextend oneself. This year, create a plan to stay happy, healthy, and stress-free, so that "the most wonderful time of the year" really is.

Raising Children in a Social Media Era

Parents are raising children in a digital age with ongoing access to social media and its related peer pressure. This ongoing exposure can lead to intensified behaviors that are stressful to manage. Learn about key identifiers and new ways to communicate and engage with your children to help improve their behavior.

Financial Freedom

Budget Boot Camp!

This topic is available in one session to three sessions that are designed to help uncover habits, attitudes and myths that help people to have more control over their finances and money choices. This hands-on topic creates an engaging group discussion, one-on-one reviews of finances, and focuses on the impact of keeping a spending plan.

Credit Makes "Cents"

A credit rating is important in our modern consumer society. This session discusses how your credit score is calculated and ways in which you can work to improve it over time. We discuss the collections process, judgments, bankruptcy, and consumer rights laws.

Financial Freedom: Living Debt Free!

This Session discusses methods to eliminate debt by identifying various tools that can help you become debt free. Whether it's a personalized plan, or getting the assistance from an outside party, this session helps shed light on reputable ways to become free of credit and loan debt by avoiding frauds and scams.

Junk Choices: The Influence of Advertising

This session sheds light on our spending culture and how social demands of new technology, advertising and new financial products can place pressure on an individual and family. By identifying ways in which advertisers use media to sell products, it helps bring awareness to the best ways to adapt and shape a personal attitude towards our own finances.

Money Matters: Finding Common Ground in a Relationship

Finances can be a concern in most relationships. This session invites both spouse/partner to attend and focuses on financial triggers that can impeded a relationship from moving forward. We work to determine our 'money personality' and talk about methods that you can use to help find common ground in budgeting finances.

The Savvy Spender

Identifying and implementing new creative ways to save money and the new technologies available to stretch your dollar are the focus of this session. From reviewing different web links, to the pros and cons of bulk buying, to avoiding impulse buying, to how to spot a scam are all discussed in an interactive group setting.

Warning! Identity Theft is Real New

This session is for anyone that has concerns around identity theft and fraud. Whether you have been a victim or want to learn more about ways to protect yourself. This session will detail how identity theft works, specific areas that you can employ to protect your identity and tips you can use to create a solid overall plan to avoid any potential hardship.

Health

Healthy Eating on a Budget

Have you ever heard that eating healthy is expensive? Find out how making healthy food choices doesn't have to break your budget. Discover the best food buys—high quality, low cost. Don't like to cook or don't have time to cook? Learn how you can still eat healthy (and cheap) with time-saving strategies in the kitchen.

Healthy Sleep Habits

Getting a good night's sleep is often easier said than done. Gain an understanding of sleep as both a science and art form, learn how sleep impacts our productivity and energy, the importance of how sleep plays a role in making informed decisions, and explore ways to improve our sleep experience.

Importance of Sleep

For a simple solution to lose weight more easily, be more productive at work, maintain a healthy immune system, and avoid the stress and anxious feeling. Get more sleep! This training dives into the importance of sleep and how it affects our body and mind, along with providing tips on how to incorporate more sleep into your life.

Methods of Deep Relaxation

Reduce and control stress symptoms with various relaxation techniques in this hands-on presentation.

Mindfully Manage the Holidays

Make your holiday season enjoyable by learning tips to mindfully manage holiday stress. We'll explore strategies for eating healthy, sleeping well, and loving more while stressing less

Practicing Holistic Wellbeing

We have all heard the word holistic, but what does it mean? Gain an understanding of a holistic approach to wellbeing, discover the health benefits of herbs and spices, and practice holistic relaxation techniques and simple mindfulness meditations.

Ready, Set, Go! Lifestyle Change

Are you interested in living a healthier lifestyle but not sure how? Sometimes you need to get out of your own way. Learn how to identify and overcome the attitudes, behaviors and habits that interfere with healthy lifestyle changes so you can move forward with a self-directed plan that supports healthy change.

Mental Health Awareness

Anger Management: A Brain Science Approach

Anger is a natural human emotion. But when left unchecked, it can have a negative impact on our health and success and interfere with workplace productivity and employee morale. We'll explore constructive ways to manage angry feelings and behaviors to prevent them from impacting relationships or causing physical and emotional harm to ourselves and others.

Mental Illness: Busting the Myths

While the treatment of mental health conditions has advanced greatly in recent years, society's understanding hasn't caught up. Even though mental illness is common and treatable, stigmas and misconceptions often prevent those affected from seeking necessary help. We'll explore the realities and common myths surrounding mental illness.

Mental Health in the Workplace

Learn about the types of disorders and associated behaviors that can affect the workplace, how to recognize symptoms and behaviors, as well as how to promote a supportive workplace while holding employees accountable for their performance.

Rational Detachment

Learn how to practice Rational Detachment - the ability to stay calm, in control and professional even in a crisis moment. It means not taking things personally, even "button pushing" comments that attack your appearance, race, gender or competence. Understand the impact of mental illness, boundary issues, impatience and rudeness – all of which can impact your interactions with others. Learn techniques for detaching and self-care.

The Impact of Loneliness and Social Isolation

You might not expect it, but most lonely people are married, live with others, and are not clinically depressed. Join us to learn how loneliness and social isolation can impact our health and longevity from a brain science perspective. We'll discuss the connection between loneliness and increased health risks, including suicide.

The Future of Mental Health

Thanks to the rapid progress in science and technology, the medical and mental health fields have made great strides that would have been unimaginable just a few years ago. We'll explore some of the latest trends in mental health and ways you can keep yourself mentally healthy in the 21st century.

Trauma-Informed Workplace

The goal of this session is to understand the characteristics of trauma-informed care and how this differs from other types of care. We will also look at what protective factors are used for secondary traumatic stress and how to implement strategies for wellbeing.

Personal Growth

Best Practice Mentoring for Mentors and Mentees

Learn about mentoring, including benefits and various formats. We will look at characteristics of a good mentor and a good mentee. Practical tips for mentoring and other resources will also be shared.

Cultivating Digital Wellness: Digital Declutter

It seems like everything digital is designed to steal your time and attention. We'll discuss how social media and digital devices are designed to distract us. You'll also learn how to clear your digital clutter, set achievable goals, and regain your focus—both "IRL" (in real life) and online.

Developing Critical Thinking Skills

This session will define the elements of critical thinking and validate the need to think critically in many environments. We will also talk about key skills necessary to think well, and how to develop and practice critical thinking skills.

Don't Get Ready—Be Ready: Bringing Your A-Game to Work

Whether it's due to a lack of professional work experience or today's changing workplace culture, some employees are simply unprepared when they arrive to work. Empower your employees to bring their "A-Game" to work each day by helping them develop the tools they need. We'll define and discuss specific examples of appropriate workplace attire, communication, and behavior.

Embracing Personal Reflection & Self-Awareness

Most of us look in the mirror each day to assess how we look "on the outside", but we don't make a similar habit of looking at our inner selves. Are you the same person you were back in high school? It's unlikely! We are changing beings throughout our lifespan so personal reflection is a healthy way to develop your self-awareness in order to grow as a person. This webinar will examine ways to practice personal reflection, why it's important, and what being self-aware can mean for you.

Mastering the Business of Workplace Etiquette

From basic manners to cultural differences and more, it's very difficult to succeed without a certain awareness of etiquette in the workplace and what we don't know can hurt us. During this lively session, we will identify common pitfalls and show you how to avoid them. We will also review strategies to help you shine and leave a lasting impression

Relationships 101

What is the foundation of a good relationship? Whether you're building a relationship with a co-worker, significant other or someone you just clicked with online, we'll explore the fundamentals of good relationships, discuss strategies for improving them and how you can make positive connections.

Setting SMART Goals

Goal setting is a formal process for personal and professional planning. By setting clearly defined goals on a routine basis, it's easier to move step-by-step towards the realization of those goals and measure progress. Goal setting can create the confidence to aim higher and achieve more.

Bouncing Back from Adversity

While we may not be able to prevent adversity, it is important that we are able to bounce back from it. Although we may not feel in control in a challenging situation, we do have control over how we respond. This course will look at adversity and its impact, primarily focusing on what we can do to come back from it.

Embracing the New Normal

We've been told time and time again that things may not be going back to "normal" as we know it, any time soon. Adjusting to the "new normal" in the age of COVID-19 has turned out to be a challenge for many of us, but it can also be seen as an opportunity for growth, reflection, and self-development. This training will focus on navigating the challenge of change and how to effectively master our new reality.

Fostering Resiliency -Making It Your Own

Resiliency is the ability to bounce back from life's difficult situations. Resiliency can be learned and practiced by individuals. This training will discuss the importance of resilience, the qualities of resilient people, and provide methods for developing personal resilience.

Got Grit? Remaining Resilient

Resilience is our ability to handle setbacks and problems. While some are able to get through upheavals in life, others are overwhelmed and shut down. While some people may be born with resiliency, the ability to cope, problem solve, and achieve goals can also be learned. This seminar will discuss the resilient mindset, behavioral strategies to build resilience, how employees can flex and build their GRIT, and what employers can do to foster employee resilience.

Shifting Our Mindset

How we frame and think about things shapes the narrative of our experience. Creating new ways to consider information, exploring possibilities and moving forward with a sense of promise will help create a better next chapter.

Retirement

Are You Ready for Retirement?

Studies indicate that for about 30% of people, the transition to retirement is stressful. Those who plan for retirement report lower levels of pre-retirement anxiety, better adjustment, and greater satisfaction in retirement than those who did not. Retirement planning is about more than your finances! How psychologically prepared for retirement will you be?

Stress

App Away the Holiday Blues

While the holidays are a time for family, food, and fun, they can also be a source of overwhelming stress. Smartphone apps can provide a unique resource for coping with the headaches and heartaches of the holiday season. We'll explore the multitude of apps available and their ability to transform the seasonal blues into happy holidays.

Grace Under Pressure: Stress Management on the Run

Although we can't eliminate all of the pressures we face in our day-to-day lives, we can be better prepared for them. This presentation examines the cycle of stress, reviews cognitive restructuring techniques, and discusses ways to build resilience and manage stress. By providing real scenarios that allow participants to "test drive" their stress management techniques, personal strategies are identified that increase resiliency and stress management techniques.

Laugh for the Health of It

Recent studies have proven how and why humor and laughter are used to cope with anxiety, pain, and crisis both in the workplace and individuals' personal lives. This presentation will discuss the psychological and physiological benefits of laughter as a response to, and management of stress.

Mindfulness

Discover the practice of mindfulness including perception vs. reality, responding vs. reacting and somatic awareness. Learn how to assess where you hold tension, the benefits of belly breathing, Progressive Muscle Relaxation, and Mindfulness Meditation. Practice a variety of mindful techniques and learn how to implement them into your everyday life.

Relax the Body, Calm the Mind

We have all heard that the mind and body are connected. Review how your body and mind respond to stress. Practice alternative methods of stress relief, including progressive muscle relaxation and deep breathing. Learn techniques to maintain the state of relaxation after the seminar.

Self-Care in the Age of COVID

COVID-19 impacted all areas of our lives- family members, friends, and work. A thorough review of the basics of self-care while working virtually. Physical and mental health, attitude, resilience and limit-setting are all part of an effective self-care plan. This training helps you to create your self-care plan suited for dealing any stressful situation you may encounter in the future.

Stress and Resiliency

We understand how impactful stress can be, but it's important to handle these setbacks by enhancing your resilience. By examining your stressors and their impact, you will learn how to bounce back from stressful events. Develop skills that allow you to cope, problem solve, and achieve your goals with a better mindset.

Stress Management

Stress consistently impacts many of us on a day-to-day basis. Through this course, we will examine the cause of your stress, how it impacts you and what you can do about it.

The Importance of Self-Care

What is self-care and why do we need it? What is your current self-care practice? Assess your current self-care plan and learn what do if it's not working. Identify the best methods of self-care, specific to your own needs, and how it will make a positive impact on yourself, as well as those around you.

Move to the Front: A Brain Science Approach to Resilience

As science has evolved, we have furthered our understanding of how the brain works. However, much of this learning has focused on what is wrong: Depression, anxiety, and chronic stress to name a few. But what about when we are happy? Drawing on some of the latest research in positive psychology and neuroscience, explore how to use evidenced-based techniques to create a more resilient workplace.

We're Not Good at Stress, but We Can Get Better

Stress is unavoidable, but our minds and bodies are not optimized to respond to the patterns of stress in the modern world. Creating self-care habits and sticking to them is the best means of adapting to modern stress. In this presentation, we'll walk through which habits best support stress management and how to make habits stick.

Winter Resilience: Managing Holiday Stress and Mental Health in the Winter Months

The winter months provide some of the biggest challenges to wellness during the year. The stress of the holidays, the pressure of the new year, and the risk of Seasonal Affective Disorder take a toll and can become problematic if we don't care for ourselves.

Substance Use

The ABCs of CBD

With all the buzz about CBD and cannabis, what's the straight dope? Here in the U.S., more than half of all states have legalized medical cannabis, and many have decriminalized recreational marijuana. But what does the research say? Join us as we look at the impact of these substances—good, bad, or otherwise.

Legal Doesn't Always Mean Safe: Risks of Alcohol, Marijuana and Opioids

Marijuana has been legalized in several states, the use of prescription opioids has increased dramatically, and alcohol has been lawful since the end of Prohibition. Despite recent trends, we can't assume something is harmless just because it's legal. Take a closer look at the hidden—and not so hidden—costs of common legal substances on the workforce.

Raising Awareness of Substance Use Disorder

Sixty percent of all sub-standard job performance and forty percent of industrial accidents are related to substance abuse. It is every employee's responsibility to maintain a safe, secure, and productive work environment. One way to do this is to maintain a substance-free workplace. Learn to recognize the symptoms of substance abuse and how to help an at-risk employee.

Understanding Today's Opiate Epidemic

The number of drug overdose deaths in the U.S. has never been higher. In 2017, more than two-thirds of these deaths involved opioids. Overall, substance abuse costs the U.S. economy more than $400 billion a year in lost productivity, reports the National Safety Council. We'll explore the factors that have fueled this addiction epidemic and what you need to know to keep yourself, your family, and co-workers healthy and safe.

Time Management

Managing Multiple Priorities

Do you need to get more done with less time and resources? We're all juggling multiple projects and deadlines every day, just hoping not to drop the ball. While most of us don't have the job title "Project Manager", we must still manage multiple priorities and responsibilities. This session reviews how to eliminate "time-wasters", set priorities, stay on task and time, set goals, manage multiple bosses (stakeholders), and manage the unexpected with confidence and calm.

Meeting Management

Work meetings can be a source of stress and frustration. This session will detail the components of successful meetings, outline how to define and evaluate meeting outcomes, and provide tools to make meetings more productive.

Time Management

Do you ever feel like there is not enough time in the day to accomplish everything? Are you struggling with how to prioritize your To-Do list? This training explores ways to improve your time management skills by identifying best practices and examines the likely barriers to successful time management.

Working Smarter, Not Harder

While we all wish we had one more hour in the day, there are ways to maximize your time for greater productivity. This seminar will teach you how to tap into more of the brain's potential with a psycho-educational approach to improve focus, attend to details, minimize distractions, and have better quality of control. Expect to engage and practice new skills for better time management.

Team Building

Civility in the Workplace: Learning to Get Along

From religion to politics, diverse opinions and attitudes often find their way into the workplace—and sometimes have a polarizing effect. Learn to recognize the differences between individuals and explore the concept of implicit bias. We'll also discuss strategies for creating a productive work environment that appreciates diversity while still allowing freedom of expression.

Developing Team Relationships

Personality assessments help people understand themselves and others with the goal of working together more effectively. "Developing Team Relationships" is a fast-paced, lively approach to reducing stress personally and professionally. Discuss practical and easy techniques for dealing with various personality styles for better working relationships.

Everyday Teambuilding

Teambuilding is not a one-time exercise. Cohesion is not something teams either have or don't have. Teams are built and re-built by the attitudes and actions leaders and members show up with every day. In this presentation, we'll walk through the habits that leaders and members can implement to build healthy, effective teams.

There is an I in Team: Understanding What Every Individual Brings to the Table

To maintain a productive and cohesive team, it's essential to assess and evaluate the strengths, challenges, and contributions of each individual member. We'll explore the common challenges and characteristics of high-functioning teams, learn how to problem-solve together and discover ways to evaluate your team's effectiveness.

Leadership
Trainings

A Brain Science Understanding of Managing and Mediating Conflict

Certain conflicts can cause us to respond with a "fight or flight" reaction. To effectively resolve conflict, we need to access the executive levels of the brain that control calm and reason. Taking a brain science approach to reconciliation, you'll explore a behavioral health understanding of interpersonal conflict at work and in other settings.

Effective Leadership and Self-Care

Leaders face both a challenging and rewarding job every day. Leadership skills are a journey, not a destination, and as an organizational leader, it's important to evolve and develop skill sets as often as needed. Explore how to enhance your leadership abilities - while not ignoring your most valuable asset - yourself!

Empathic Listening for Leaders

As employees return to work, each brings with them their own unique concerns and stressors. Using empathic listening, effective leaders can gain the perspective of others, as well as a deeper understanding of their employees' expectations. Listening to your employees with empathy will not only enhance communication but will also restore some much-needed social connectedness.

First-Time Supervisors

Being a First-Time Supervisor is an exciting new challenge. Learn how to develop the skills needed to be the best possible supervisor. We will discuss: transitioning to the new managerial role, communication skills for managers, and supervising the troubled employee while focusing on the key elements of successful management.

Leadership — Communicating the New Normal

This session provides strategies for leaders as they work to provide communication to employees during times of intense change and stress.

Leadership vs Management

There is a difference between leading a team and managing a team. Leaders are strategically focused. Rather than directing employees through tasks, good leaders inspire and motivate employees to drive themselves. Leaders are adept in the art of emotional intelligence and apply it in a way that attains the best work out of their team. One of the key characteristics of a manager is that they were given their authority by the nature of their role. They ensure work gets done, focus on day-to-day tasks and manage the activities of others. Managers often have a more controlling approach than a leader.

Leadership - Supporting the New Normal

Being a leader in changing times has presented new and unique challenges. This course will allow you to create a new definition of leadership by understanding how to take care of employees, by taking care of ourselves. Identify tips and tools on how to be the best possible leader in uncertain times.

Motivate and Lead

Effective leaders and managers engage the workforce to increase commitment. In a business environment, employee engagement improves productivity and performance. People are not only motivated by personal gain, but they can also be motivated by feeling like they are contributing directly to organizational goals. Learn how good leaders motivate staff using a variety of skills.

Performance Management

The role of a leader can be divided into the "four Ds": Develop, Direct, Declare and Discipline. The last D—Discipline—can be fraught with challenges. By taking a deep dive into what discipline means in your organization, we'll help you identify useful coaching tools and review your performance feedback capabilities. You'll also learn to avoid common mistakes on your journey to becoming a stronger leader.

Stress, Leadership and How to Balance

Every leader will face difficult times, regardless of their effectiveness, team, or work conditions. As the leader, the brunt of this stress will fall on you. Being resilient in the face of adversity is the key to thriving. Learn to reduce stress by integrating work-life balance into your life, identifying factors that threaten this balance, and developing specific strategies for self-care.

Supporting Safety and Well-Being through Workplace Violence Prevention

Leaders within an organization share a joint responsibility for the safety and well-being of their employees. But executing that responsibility can be challenging. Learn to identify warning signs and behavioral cues that are often precursors to aggressive or assaultive behavior. We'll discuss appropriate responses and practice techniques to de-escalate volatile situations. We'll also review organizational policies and procedures that can be incorporated into your workplace violence responses.

The Multigenerational Workplace: A Leadership Opportunity

Today's workplace is more diverse than ever. For the first time, five generations with different mindsets are working side by side. Learn to identify certain characteristics of each generation and understand the challenges of working within and managing a multigenerational workforce.

Time Management for Managers

Today's managers face many challenges—meeting deadlines, allocating time for different tasks, and accomplishing more with each day's work. Learn practical solutions for managing time effectively by reviewing an array of time management skills—from becoming more organized to taking small breaks to recharge. We'll also look at ways to apply these strategies in your day-to-day work.

About AllOne Health

AllOne Health is a premier provider of fully integrated mental health and well-being benefits with 50 years of experience in serving organizations, employees, students and family members worldwide. Known for locally-driven service backed by global technology, AllOne Health maintains regional centers of excellence that offer high-touch partnership and dedicated account management. With expansive offerings, affordable solutions, 24/7/365 access, and inclusive support, AllOne Health delivers on its promise to help organizations meet the increased demand for mental health services, build resilience and empower individuals in all areas of life.

For more information, visit AllOneHealth.com

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