

TRAINING CATALOG

2024



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.

[Webinars | AllOne Health®](#)

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.
- Some options may be delivered in person, depending on geographic location. Additional fees and travel costs may apply.
- Trainings are available Monday through Friday during business hours.
- Trainings run approximately 50-minutes to 1 hour. However, we may be able to accommodate 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 a 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 if hosting an in-person training
- 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.

Managing Work-Life Balance

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.

« New » Caregiver Stress

This training discusses the emotional and physical investment of caregiving. Participants will consider ways of navigating attendant emotions of being the caregiver of a loved one, including depression, anxiety, grief, and loss. Caregivers face unique levels of stress and will learn how to care for the self while caring for others.

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.

« New »

Change Management

Change is an inevitable part of living. No matter where we go or what we do, we are faced with change. In the workplace, mergers, downsizing and reorganization are a fact of life while new technologies are speeding up the rate of change. By being informed, staying flexible, and exploring all possible options, we can gain more control of our lives and even discover new opportunities.

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 & 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.

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 into the workplace, managing those from other generations, and communication strategies and differences.

« New »

Implicit Bias

Differences and diversity in the workplace can come with assumptions. An understanding of implicit bias can help us realize and respond to those assumptions. This training discussed what implicit bias is, how it impacts the workplace, and how to best minimize prejudice for a healthier environment.

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 explores 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.

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.

« New »

Back to School, Back to Health

In the busyness of the back-to-school season, it's easy to let nutrition take a back burner. This training for parents aims to provide practical guidance on how to help kids make healthy food choices. Topics include essential nutrients, specific and easy meal ideas, and ways to educate and help kids build good food habits.

Financial Freedom

Note: our financial trainings are best provided virtually as this allows them to be delivered by our internal financial resources.

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.

« New »

Buying Your First Home

Homeownership can be a daunting process, especially if it is a first home! This session will deliver on providing a gameplan on necessary steps required to navigate the process, understand the components involved with finding the right financing, credit scores and calculating tax and insurance requirements.

« New »

Coping During Financially Stressful Times

One of the most common sources of stress, finances can sometimes seem overwhelming. This training breaks financial stress down into manageable topics, starting with common sources of financial stress. Trainees will learn both stress- and money-management skills, including both proactive and in-the-moment strategies for financial and mental well-being.

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.

« New »

Cryptocurrency 101

Digital currency has become a common means of payment in our modern consumer society, and yet many laypeople have little to no knowledge about how this technology operates. This session will provide basic information on how Cryptocurrency works and describes various methods of their applications.

« New »

Exploring Your Money Personality

This financial presentation goes beyond the common themes around the 'Spender versus Saver' mentality and dives deeper into behavior as it relates to motivations, triggers and emotions around budgeting and spending and how the consequences impact our financial lives.

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.

« New »

Retirement 101

Retirement is an important life transition, but many of us are confused or aren't properly prepared for it. This session involves answering common questions about retirement, providing clarity around the retirement process, and discussing actionable steps to prepare for this new stage.

« New »

The Psychology of Money

An engaging financial presentation that explores how our behaviors and emotions impact the financial balance in our lives. Discussion revolves around how the brain can activate stress hormones or 'feel good' hormones and how we can rewire our thinking to focus on healthier financial habits and behaviors around money to become more financially empowered.

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.

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.

« New »

Substance Use Disorder

Substance use disorder might be more common than you think. Learn the causes, contributing factors, and symptoms of substance use disorder. This training discusses the myths and misconceptions around substance use, and outlines how to respond (and how not to respond) to someone who needs help.

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.

Resiliency

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 that things may not be going back to "normal" 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 people may be born with resiliency, the ability to cope, problem solve, and achieve goals can always be learned and improved. 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

« New »

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 explores strategies to identify and prevent burnout.

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 to 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.

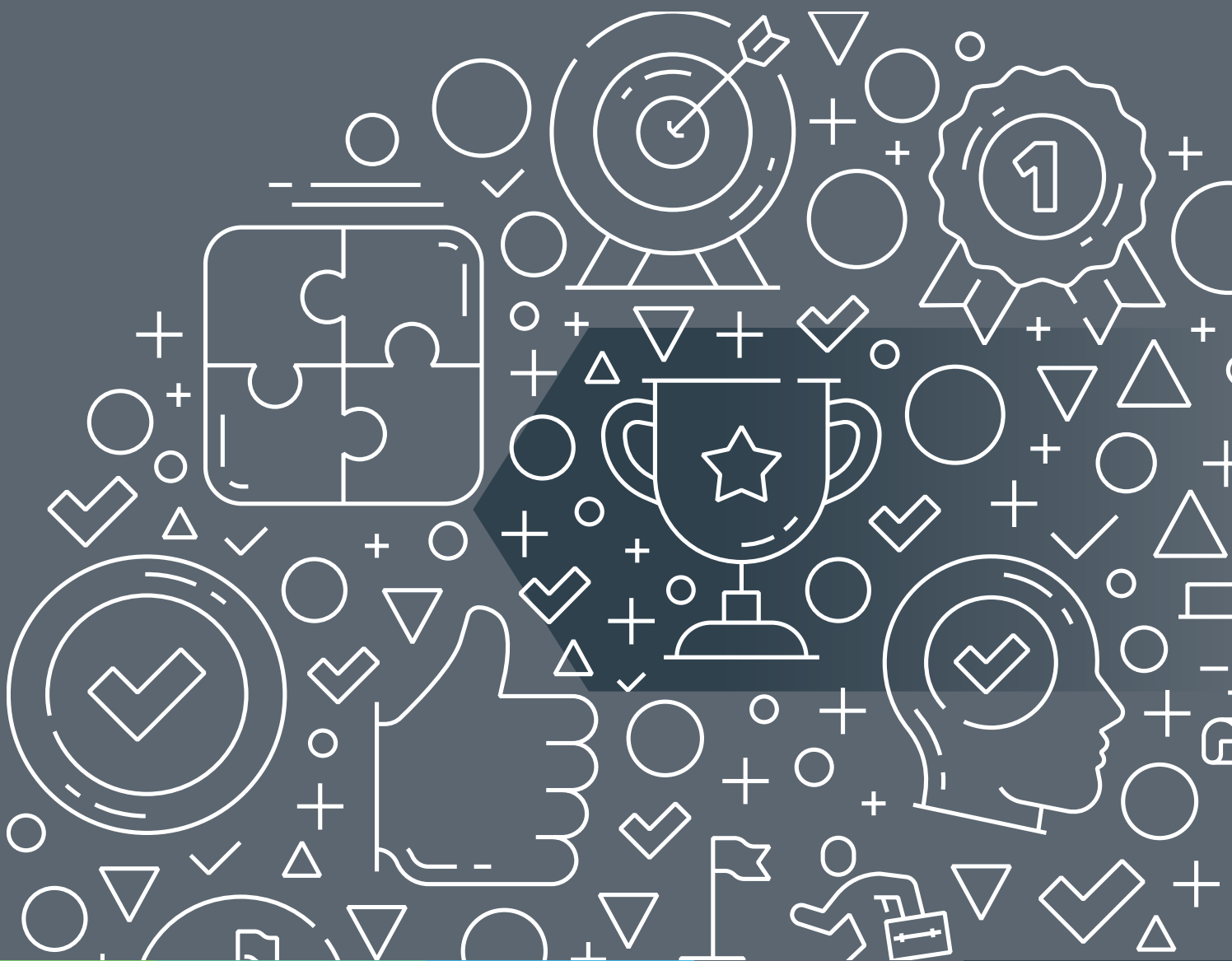
Everyday Teambuilding

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



Leadership

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 versus Management

Leading a team and managing a team have key differences. Good leaders inspire employees to motivate themselves and are adept in the art of emotional intelligence, while managers focus on day-to-day processes and are more hands-on to ensure work gets done. Learning both approaches is essential.

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.

« New »

Supporting the Troubled Employee

One crucial responsibility of leaders is to know how to recognize and respond to the warning signs of a troubled employee. Empowering employees ahead of time, being prepared with resources, and having a chain of support in place are all crucial elements of being a supportive leader.

Supporting Safety and Well-Being through Workplace Violence Prevention

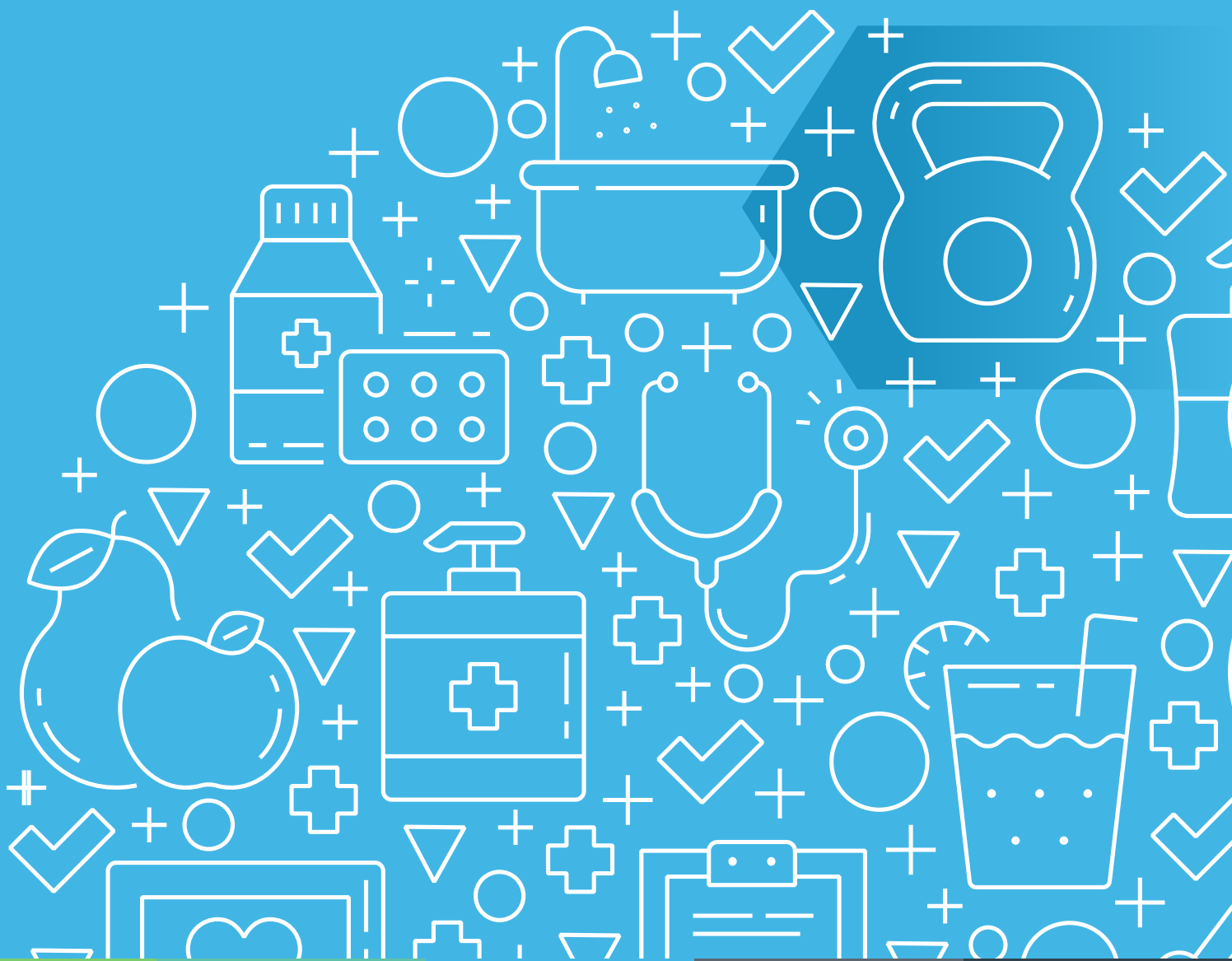
Leaders within an organization share a joint responsibility for the safety and well-being of their employees. But executing that responsibility can be challenging. Learn to identify warning signs and behavioral cues that are often precursors to aggressive or assaultive behavior. We'll discuss appropriate 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.

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.

WELLNESS TRAININGS

Delivered by the AllOne Health
team of wellness professionals.



Health & Wellbeing

Active Aging

No doubt our work and personal lifestyles have changed dramatically over the last few years, with some experiencing a shift in modality or place of work. Even if not working remotely, we may not plan to return to a gym setting or have access to one. Join us for tips and exercise you can do at your home or workstation to stretch, strengthen and sustain mobility and stamina.

At-Home Workouts That Add Up

No doubt our work and personal lifestyles have changed dramatically, with some experiencing a shift in modality or place of work. Even if not working from home, we may not be planning to return to a gym setting or have access to one. Join us to discuss some easy exercises you can do at your home or workstation to stretch, strengthen and gain mobility throughout the day. No equipment is necessary!

Eating for Energy

We all want to do more with less but how do we find the extra energy to keep going? This webinar explores which foods can provide you with optimal energy, as well as best practices that you should consider when it comes to coffee, water, sleep, and physical activity.

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.

Importance of Sleep

For a solution to lose weight more easily, heighten productivity at work, maintain a healthy immune system, and reduce stress...get quality 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 and promote restful sleep into your routine.

Journaling for Your Health

Research shows journaling leads to numerous health benefits, like reduced anxiety, emotional regulation, increased self-awareness, personal reflection, and creativity. There are many ways to journal to receive the benefits. This interactive presentation will introduce you to various ways to journal, specifically for stress reduction, nutrition & fitness tracking, self-reflection, habit modification, and organization.

Matters of the Heart

Heart disease is still the leading cause of death in the U.S., affecting both men and women. This talk will teach us what our heart muscle does every single day and how we can take care of it, no matter our age, gender, genetics, or fitness level. It DOES matter!

Methods of Deep Relaxation

Reduce and control stress symptoms with various relaxation techniques ranging from breathing techniques to progressive muscle relaxation. Join this participatory presentation to help you become calm and grounded, ready to face your day.

Mindfulness & Stress Management

Are you curious how mindfulness might help you when you are feeling overwhelmed? The practice of mindfulness can help teach us to pause and notice what is happening in the moment. Through these practices, we can nurture the experiences of joy and well-being while managing the stressors that naturally arise throughout life. This workshop is interactive, taking you through a handful of different mindful exercises to consider.

Motivation & Building Healthier Habits

Dive deeply into what motivates us to change, and move from wanting to doing. This presentation explores the hierarchy of needs and where mindfulness and action can move us in the right direction towards better habits.

Move Better, Then Move More!

Persuasion to move more is everywhere, from your doctor's office to all over social media. Have you ever had someone suggest you should do less activity? However, a significant number of orthopedic injuries could be avoidable if more attention was given to movement quality over quantity. In this session, we'll describe optimal movement patterns and their importance, along with ways you can optimize your movements to not only diminish the risk of injury but get more out of your workouts.

Shift Happens

While we can't avoid stress or control the world around us, we need to learn how to live with the "shifts" of life. The stress we experience in today's world is the constant drip of a leaky faucet and while we may not notice it daily, if left unattended, it will ruin the entire sink. Let's share healthy coping strategies you can practice for self-care during times of change.

Stretching & Movement

We all need to stay flexible and able to move. When life gets in the way, learn methods to avoid common injuries through discussion on why, when and how to stretch. Cover ways to increase flexibility through movement through this participatory session.

Tackle Your Trigger, Veto Your Vice

Many of us have some type of vice or habit that we want to kick in some way. Making small, personal changes by identifying triggers and obtainable goals will help break a vice or habit, specifically with nicotine, caffeine and sugar. Learn how to identify triggers and receive encouragement for setting small, attainable goals to modify or quit a habit.

Thriving Through the Holidays

Make your holiday season enjoyable by learning tips to mindfully manage holiday stress. We'll discuss holiday expectations, cover symptoms of stress and learn coping skills & stress-reduction techniques.

Weight Training for Weight Loss

Often when exercising for weight loss, we choose to do more cardio. While that method does burn calories, it can cause fat and muscle loss. Strength training helps build muscle, burning more calories at rest. Gain tools and insights for starting a successful strength-training program for losing weight.

**Request our full Wellness Catalog,
offering courses, modules and more
from our team of experts!**



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.

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