

2019 NEW Training Programs List



PERSONAL ESSENTIALS

Crack the “Confidence Code”

As countless winners will attest, it's self-confidence that turns talent into triumph. Best of all it's a gift we can give ourselves! This program brings back insights from the frontiers of neuroscience to help you:

- Stop pleasing others at the expense of yourself.
- Put perfectionism in its place.
- Take more risks.
- Profit from mistakes rather than be paralyzed by them.

Don't Worry, Be Happy

“Be crazy, be stupid, be silly, be weird. Be whatever, because life's too short to be anything but happy.” - Anonymous
Conventional wisdom insists that if only we do X or own Y or achieve Z then life will bless us with happiness. A decade of research in the field of positive psychology, however, reveals that conventional wisdom is dead wrong. Happiness isn't the fruit of success, it's the soil in which success blooms. This program will:

- Reveal the 7 scientific principles of happiness.
- Offer specific strategies for leveraging the power of these principles at home and at work.

Sweat, Smile, Repeat

“I'm not trying to be perfect. I just want to feel better, look great, know I'm healthy, and rock any outfit I choose.” -Anonymous

Exercise; you know you need it, but you can't bring yourself to do it. This program will help you get and stay on the road to lifelong happiness and health by offering you real-world lessons and strategies gleaned from the experiences of people just like you. Learn how to:

- Change your attitude.
- Set realistic goals.
- Get and stay motivated.
- Deal with setbacks.
- Celebrate without backsliding.

MANAGEMENT ESSENTIALS

The Sky's the Limit

“Talent wins games, but teamwork and intelligence wins championships.” –Michael Jordan

To win you'll need to engage all your skills in communication, team work, and problem solving while completing your project on time and under budget. Your assignment for this exciting, interactive program: work with your team to build a tower that earns rave reviews from clients and critics alike. Does your team have what it takes? Find out when you accept the Towering Teamwork Challenge!



Work Smarter, Not Harder!

"It's not the load that breaks you down, it's the way you carry it." -Lena Horne

Most leaders don't fail for business reasons. Business issues are relatively easy to correct. What's harder to fix is behavior behind how the leader is getting things done. The more leaders can accomplish, the more they give their organization the change to thrive. This program can help you achieve success by demonstrating how to:

- Break big daunting tasks into smaller manageable ones.
- Start tasks and build momentum in projects.
- Build small success that ignite and sustain motivation.
- Wake up every day with a plan of action that will maximize your day.

WORKPLACE ESSENTIALS

Preventing Compassion Fatigue for Healthcare Professionals

Working to give the best care you can, you've sacrificed your own needs. It's left you feeling drained. In the past, you've been able to step back up to the plate after a short break. But now those feelings of hopelessness and exhaustion aren't passing and you sense yourself sinking past fatigue into something worse. What you're experiencing is "Compassion Fatigue." Many healthcare professionals have experienced it and, yes, help is available:

- Clarify what compassion fatigue is and who's vulnerable to it.
- Identify signs and symptoms.
- Explore new ways of thinking and behaving that can help you prevent or cope with compassion fatigue.

Do The Right Thing

"Ethics is nothing else but reverence for life." -Albert Schweitzer

In their simplest form, ethics are the moral standards you rely on when making decisions. They define what's right and wrong. They outline the kind of behavior businesses should and should not engage in. As an employee, your role is not only to make efficient decisions by choosing the best option, but also to make sure that your choices are ethical. However, in circumstances where your decisions impact others, it becomes challenging to select a set of values on which to base your judgements. This program will help you hon your ability to make ethical decisions by:

- Presenting you with moral dilemmas common to many organizations.
- Give you the chance to test your choices against experts in the field.