

TRAINING WORKSHOPS

*Although these **workshop** topics are in his current professional training package, Dr. J can also create additional trainings based on your individual needs.*

1. Mastering Mindfulness

- a. **Description:** Techniques for incorporating mindfulness into daily life.
- b. **Learning Objectives:**
 - i. Understand the principles of mindfulness.
 - ii. Practice mindfulness exercises.
 - iii. Integrate mindfulness into daily routines.

2. Building Resilience: Bouncing Back Stronger

- a. **Description:** Strategies for developing resilience in the face of adversity.
- b. **Learning Objectives:**
 - i. Define resilience and its importance.
 - ii. Learn resilience-building techniques.
 - iii. Apply resilience strategies in real-life situations.

3. Empowering Youth: Tools for Success

- a. **Description:** Equipping young people with the skills they need to thrive.
- b. **Learning Objectives:**
 - i. Identify key skills for youth empowerment.
 - ii. Explore strategies for fostering youth development.
 - iii. Implement practical tools for youth success.

4. Leading with Emotional Intelligence

- a. **Description:** Enhancing leadership through emotional intelligence.
- b. **Learning Objectives:**
 - i. Understand the components of emotional intelligence.
 - ii. Develop emotional intelligence skills.

- iii. Apply emotional intelligence in leadership roles.

5. Stress Management: Turning Pressure into Power

a. **Description:** Techniques for managing and reducing stress.

b. **Learning Objectives:**

- i. Identify sources and effects of stress.
- ii. Explore stress management techniques.
- iii. Create personalized stress reduction plans.

6. Positive Psychology: Cultivating Happiness

a. **Description:** Using positive psychology to enhance well-being.

b. **Learning Objectives:**

- i. Explore the principles of positive psychology.
- ii. Identify strategies for increasing happiness.
- iii. Implement positive psychology practices.

7. Trauma-Informed Care: Supporting Healing

a. **Description:** Best practices for providing adversity-informed care.

b. **Learning Objectives:**

- i. Define adversity and its impact on mental health.
- ii. Learn adversity-informed care practices.
- iii. Develop strategies to support adversity recovery.

8. Effective Communication: Bridging the Gap

a. **Description:** Improving communication skills for better relationships.

b. **Learning Objectives:**

- i. Understand the components of effective communication.
- ii. Develop active listening skills.
- iii. Apply communication techniques in various settings.

9. Leadership Development: From Good to Great

a. **Description:** Enhancing leadership skills for greater impact.

b. **Learning Objectives:**

- i. Identify key leadership qualities.
- ii. Learn strategies for effective leadership.
- iii. Implement leadership development plans.

10. **Mental Health First Aid**

a. **Description:** Providing initial support for mental health crises.

b. **Learning Objectives:**

- i. Recognize signs of mental health crises.
- ii. Learn intervention and support strategies.
- iii. Develop a mental health first aid action plan.

11. **Youth Mentorship: Guiding the Future**

a. **Description:** Effective strategies for mentoring young people.

b. **Learning Objectives:**

- i. Understand the role of a mentor.
- ii. Learn mentoring techniques and best practices.
- iii. Develop a mentorship plan for youth.

12. **Work-Life Balance: Finding Harmony**

a. **Description:** Strategies for achieving a healthy work-life balance.

b. **Learning Objectives:**

- i. Identify the components of work-life balance.
- ii. Explore techniques for balancing work and personal life.
- iii. Create a personalized work-life balance plan.

13. **Overcoming Obstacles: Strategies for Success**

a. **Description:** Techniques for overcoming challenges and achieving goals.

b. **Learning Objectives:**

- i. Identify common obstacles to success.
- ii. Learn strategies for overcoming challenges.
- iii. Develop a plan for achieving personal and professional goals.

14. **Mental Health in the Workplace**

a. **Description:** Creating a mentally healthy work environment.

b. **Learning Objectives:**

- i. Understand the importance of workplace mental health.
- ii. Learn strategies to promote mental well-being at work.
- iii. Implement mental health initiatives in the workplace.

15. **Youth Leadership: Inspiring the Next Generation**

a. **Description:** Developing leadership skills in young people.

b. **Learning Objectives:**

i. Identify key leadership qualities in youth.

ii. Learn strategies for fostering youth leadership.

iii. Implement youth leadership development programs.

16. **Self-Care Strategies: Prioritizing Your Well-Being**

a. **Description:** Techniques for incorporating self-care into daily life.

b. **Learning Objectives:**

i. Understand the importance of self-care.

ii. Identify self-care practices.

iii. Develop a personalized self-care plan.

17. **Navigating Change: Adapting to New Realities**

a. **Description:** Strategies for managing and thriving through change.

b. **Learning Objectives:**

i. Understand the impact of change on mental health.

ii. Learn techniques for adapting to change.

iii. Develop a plan for navigating change effectively.

18. **Building Healthy Relationships**

a. **Description:** Fostering healthy and supportive relationships.

b. **Learning Objectives:**

i. Understand the components of healthy relationships.

ii. Develop communication and conflict resolution skills.

iii. Strengthen relationships through positive interactions.

19. **Mental Health Awareness: Breaking the Stigma**

a. **Description:** Raising awareness and reducing stigma around mental health.

b. **Learning Objectives:**

i. Understand the importance of mental health awareness.

ii. Learn ways to reduce mental health stigma.

iii. Promote a supportive mental health community.

20. **Executive Leadership: Leading with Vision**

a. **Description:** Enhancing executive leadership skills for greater impact.

b. **Learning Objectives:**

- i. Identify key qualities of effective executive leaders.
- ii. Learn strategies for visionary leadership.
- iii. Implement leadership development plans for executives.