

# Training & Development Catalog

## Leadership Development

### Foundational Leadership Series

- Understanding Your Role as a Leader
- Building an Effective Team
- Growing and Developing Your Team
- Becoming a Trusted Leader

### Leading through Trust Series

- How Well Do I Know Myself?
- How Well Do I Know the People I Lead?
- What Entitles Me to Be a Trusted Leader?
- Do I Have the Will to Lead?

## Training and Development

### Manager Development

- Becoming a Trusted Leader
- Building an Effective Team
- Coaching for Optimal Performance
- Creating an Emotionally Intelligent Workplace
- Keeping Teams Engaged & Productive
- Leveraging Generational Diversity
- Motivating and Recognizing Employees
- Navigating Conflict
- Recognizing a Troubled Employee

### Team Development

- The Emotionally Intelligent Team
- Building a Team that Works

## Employee Development

### Foundational Skills

- Constructing a Healthy Relationship
- Dealing with Difficult People
- Keys to Better Communication
- Managing Your Time Effectively
- Recognizing and Resolving Conflict
- Customer Service Essentials

### Resiliency

- Adapting and Thriving through Change
- Building Your Resiliency Muscles
- Creating a Fulfilling Life
- Creating the Resilient Child
- Making Stress Work for You
- Recognizing and Overcoming Burnout

### Emotional and Mental Health

- Building Better Mental Health
- Combating Negative Thinking
- Decreasing Financial Stress
- Handling Grief and Loss
- Making the Holidays Less Stressful
- Mindfulness in the Workplace
- Overcoming Compassion Fatigue

### Compliance Training

- Diversity in the Workplace
- DOT Training
- Preventing Harassment in the Workplace
- Substance Abuse in the Workplace