



## Organization Training & Education

*Pathways to Well Being*

**Emerging trends and initiatives are impacting organizations today at an accelerated pace. The flow of information and technology deployment is startling. As a result, there is a constant need for training and education at all levels within the organization.**

**Change is omnipresent and affects every member of an organization, making it hard to keep up with new methods and economic pressures. Leaders and executives are increasingly challenged to lead change and drive lean process. Failure to manage effectively can result in strained relationships, lack of employee engagement and reductions in overall productivity.**

**We can help.**

For over 30 years, VITAL WorkLife has been helping organizations and their employees build sustainable pathways to well being, including increased satisfaction at both work and in their personal lives. Our proven training programs and educational tools help organizations achieve their goals through more productive, happier, employees.



Informational sessions to cultivate workplace well-being, teaching best practices around:

- Managing personal & professional relationships
- Team building
- Conflict resolution & mediation for work teams
- Managing organizational change
- Manager & supervisor coaching
- Time management
- Work & life balance
- Dealing with stress & burnout effectively
- Developing behavioral policies
- Custom topics to fit any organization's needs:
  - Available via webinar or in person
  - Conference & Convention Keynotes

Training led by behavioral health consultants with experience in adult education across a variety of workplace settings, as well as online remote learning technology and tools.

## Standard Training Sessions

We provide training programs onsite or via webinar by seasoned behavioral health consultants:

- Bullying in the Workplace—An Equal-Opportunity Form of Harassment
- Addressing Substance Abuse: Reasonable Suspicion from a Management Perspective
- Working Effectively With Others: Addressing Conflict and Incivility
- Achieving Work/Life Balance: Reducing Stress and Developing Resiliency
- Thriving in the Wake of Change: Addressing the “Human Factor”
- Making Intergenerational Teams Work
- When Violence Comes to Work: Addressing Victims and Threats Effectively
- Compassion Fatigue for Caregivers



## Customize Training Tailored to Your Workplace

Standard training sessions (above) can be customized based upon your organization’s unique situation and needs. This may include expanding the format from a more typical classroom or seminar platform to a more interactive delivery platform to include breakout groups or workshops. It may also encompass advance work by attendees to add depth to the discussion and learning takeaways. Training topics can be tailored to your specific workplace needs and objectives for optimal effectiveness.

Examples of customized sessions available are:

- Understanding Personality Styles
- Building Resilient Teams
- Critical Incident Stress Management
  - Natural disasters
  - Robberies and assaults
  - Death or injury on or off the job

Our team of Doctorate and Master’s level behavioral health and Organizational Development consultants, coaches and counselors can develop programs to fit your organization’s education and productivity needs. Let us design a program that will not only train your employees, but also reinforce the learning to impact sustainable behavior change.



VITAL WorkLife offers a wide variety of integrated solutions designed to help employees be healthier, happier and more productive while on the job. Supportive counseling and coaching are at the core of all our services to help managers, supervisors, employees and their families cope with life’s challenges, both in their personal lives as well as the workplace.



For additional information, visit [VITALWorkLife.com](https://VITALWorkLife.com)  
or call 800.383.1908.