Sample Training Catalog Titles

Community

- Community and Giving Back: Leaving Our Footprints
- Coping with Mass Shootings
- Cultural Myths in Media: Fact or Fiction
- Decreasing Violence on College Campuses
- Disaster Preparedness
- Final Arrangements: Honoring, Remembering, and Celebrating Life
- First Responders: Focus on Wellness
- Political Anxiety
- Power of Volunteering
- Staying Centered: Managing Emotions During Election Season

Family & Friends

- Becoming a Pet Parent
- Best Practices for Supporting Others
- Caregiving
- Children and Divorce
- Children and Stress
- Don't Forget Your Social Life!
- Elder Care
- Family & Friend Guide to Post-Traumatic Stress (PTS)
- Friends and Family: Our Foundation in Life
- Grief, Dying and Death
- Helping Our Children Achieve Their Dreams
- Helping Troubled Teens
- Is High School Enough? The New Age
- Keeping Your Aging Loved Ones Safe
- Managing Fear and Anxiety in Children
- Prolonged Grief
- Relationships
- Screen Guide for Parents
- Stepfamilies
- The Sandwich Generation
- Today's Family: Challenges and Changes
- Understanding Our Family Members as They Age

Finance

- Advance Directives
- Advanced Tools and Techniques for the Fully Funded 401(k)
- Basic Banking and Banking Tips
- Building Good Credit and Improving Your Credit Score
- Car Buying: New or Used, Buy or Lease?
- College Tuition: Understanding Financial Aid
- Eldercare - Financial Planning

Estate Planning

Financial Fitness

Financial Planning for Higher Education

Financial Wellness and Moving Forward

Handling Financial Stress

Holiday Budgeting

Home Buying: The Best Investment

How Financial Stress Affects the Workplace

Identity Theft Protection and Self-Help

Importance of Having a Will

Insurance Basics

Investment Basics

Living Off Your Paycheck

Managing a Budget for the First Time

Managing Your Money in Tough Times

Mind Over Money

Money Basics

Planning a Financial Future

Social Security Retirement Planning

Spend Smarter, Save Better: The Art of Financial Mindfulness

Take Control of Your Finances

Tax Tips

Teaching Children About Money

Teaching Teens About Money

Today's Financial Trends

Healthy Living

A Balanced Retirement Life

A New Look at Well-Being

Adaptability & Resilience: Thriving Through Change

Addiction

Alcohol and Substance Use

Alzheimer's and Dementia

Autism Overview

Be Positive

Body Image

Compassion Fatigue

Creating an Annual Well-Being Plan

Day One - Journey to Healthy Habits

Dealing with Mental Health Issues

Dealing with Serious Sleep Issues

Depression

Eating Disorders

Embracing Happiness

Emotional Eating

Exercise 2.0: Beyond the Basics

Exercise As You Age

Exercise Basics

Exercising at Home

Fear and Anxiety: Moving Forward

Forgiveness

Getting Organized

Getting You Help

Gratitude

Healthy Aging

Healthy Kids

Healthy Tips for Business Travel

How Can AI Help with Handling Mental Health Conversations

How to Boost Your Self-Confidence

How to Speak with your Health Care Provider

Increasing Mental Toughness

Learning about Menopause

Lightening Your Life with Laughter

Loneliness

Managing Fear and Anxiety

Master Your Mindset: How Journaling and Planning Can Transform Your Life

Maximizing Your Brain's Potential

Men and Depression

Men's Health

Mental Health

Mindful Connection to Food

Mindful Meditation

Navigate Life Transitions

One Life: Empowering Your Journey to True Balance

Opening Up about Mental Health

Opioid Addiction

Overcoming Burnout

Overeating vs. Binge Eating

Preventing Burnout

Psychology of Exercise

Post-Traumatic Stress (PTS): Veterans & Military Self-Help

Relaxation 101

Self-Care Right Now

Setting Boundaries

Sleep Basics

Staying Strong and Resilient

Stress Reduction Toolbag

Technology and Exercise

The Connection Between Exercise and Mental Health

The Importance of Unplugging

Thriving in Uncertain Times

Tools for Today

Understanding Burnout – Causes and Solutions

Understanding Postpartum Depression

What Is Anger?

Women and Depression

Workday Workouts

Yoga 101

You Can Be Smoke-Free!

Managers Only

- Business Writing
- Change Management for Leaders
- Coaching
- Communication
- Compassionate Leadership
- Conflict Management
- De-Escalation
- Effective One-On-One Conversations
- Effective Performance Appraisals
- Effective Presentation Skills for Leaders
- Getting Managers Engaged
- Handling a Family Crisis
- How to Create the Secret Sauce – The Perfect Team
- How to Lead in the Age of AI
- Leadership
- Leadership for Women
- Leading in Times of Crisis
- Life in Today's Uncertain Times
- Manager's Guide to Burnout
- Manager's Guide to Check-In Conversations
- Manager's Guide to Self-Care
- Managing Strong Emotions
- Managing Teleworkers
- Mental Health: A Guide for Managers and Leaders
- Motivate, Recognize and Energize Employees
- Opioid Addiction
- Performance Management
- Recognizing the Troubled Employee
- Resilient Leadership
- Stress Management
- Substance Use
- Succession Planning
- Suicide Awareness and Prevention
- The Importance of Showing Up to Work
- When the Worst Happens
- Workplace Trauma
- You're Promoted! The New Manager

Parenting

- Co-Parenting
- Communicating with Young Children
- First-Time Parenting
- Maternal Mental Health
- Navigating the Teen Years
- Parenting and the Internet
- Parenting Your Teen: At-Risk Behavior
- Parenting Your Teen: Career and Life Goals
- Parenting Your Teen: Communicating

Parenting Your Teen: Finances
Parenting Your Teen: Friends and Family
Parenting Your Teen: Giving Back
Parenting Your Teen: Managing Conflict and Problem-Solving
Parenting Your Teen: Relationships
Parenting Your Teen: Sibling Rivalry
Parenting Your Teen: Social Issues
Parenting Your Teen: Success in School
Parenting Your Teen: Teens and Sports
Parenting Your Teen: Test Anxiety
Parenting Your Teen: Understanding Important Health Issues
Parenting Your Toddler
Preparing for College
Parenting: Preparing to Go Back to School
Resiliency for the Working Parent
Single Parenting
Vaping - What Parents Need to Know

Work

Accountability
Assertive Communication
Bullying and Violence in the Workplace
Business Etiquette
Career Development Strategies
Career Transitions
Collaborative Communication
Communicating in a Tech World
Concentration
Conflict Management for Employees
Creating Positive Work Environments
Creative Problem-Solving and Decision Making
Critical Thinking
Curiosity
Dare to Be Bold
Dealing with Challenging People
Dealing with the Elephant in the Room
Discipline
Domestic Violence
Dynamics of Change Management
Effective Presentation and Public Speaking Skills
Emotional Intelligence
Empathy
EQ Making It Work for You
Ethics and Values
Fostering Curiosity for Growth
Fresh Start
Handling and Managing Chaos
Handling Death in the Workplace
How to Cultivate Compassion and Empathy in the Workplace
How to Take the Edge Off Giving Feedback

Imposter Syndrome
Interacting with Ill Coworkers
Intro to Neurodiversity
Kindness
Listening Skills
Maintaining a Health-Conscious Workplace
Maintaining a Safe Work Environment
Maintaining Respect & Civility in the Workplace
Making Meetings Effective
Making the Most of a Multi-Generational Workforce
Managing Priorities to Maximize Your Day
Managing Trauma in the Workplace
Managing Your Boss
Mentally Healthy Culture: A Focus on Workplace Wellbeing
Mentoring
Motivation: Bringing Out the Best
Motivational Interviewing
Nonverbal Communication
Overcoming Work Fatigue
Perfectionism
Post-Traumatic Stress (PTS) in the Workplace
Practical Productivity
Procrastination
Professional Use of Texting
Professional Writing and Email Etiquette
Psychological Wellness in the Workplace
Riding the Change Wave
Science of Goal Setting
Shifting Priorities: Being Your Best on a Shift Schedule
Staying Connected in Today's Digital World
Storytelling
Stress Management for High Burnout Professions
Stress Management for the New Professional
Success
Successful Teleworking
Suicide Prevention
Surviving Mergers and Acquisitions
Survivor's Guide to Downsizing
Taming Tech
The Art of Negotiation
The Power of Persuasion: How to Influence Others
Trust
Understanding Colleagues with Autism
Understanding Personality Types
Unplugging to Recharge: Strategies for Combating Technostress