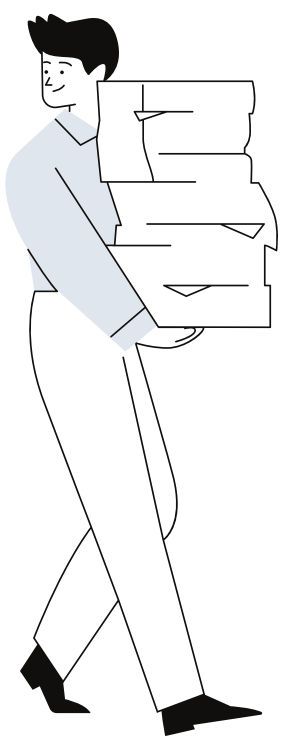


Team Awareness: A Professional Development Training

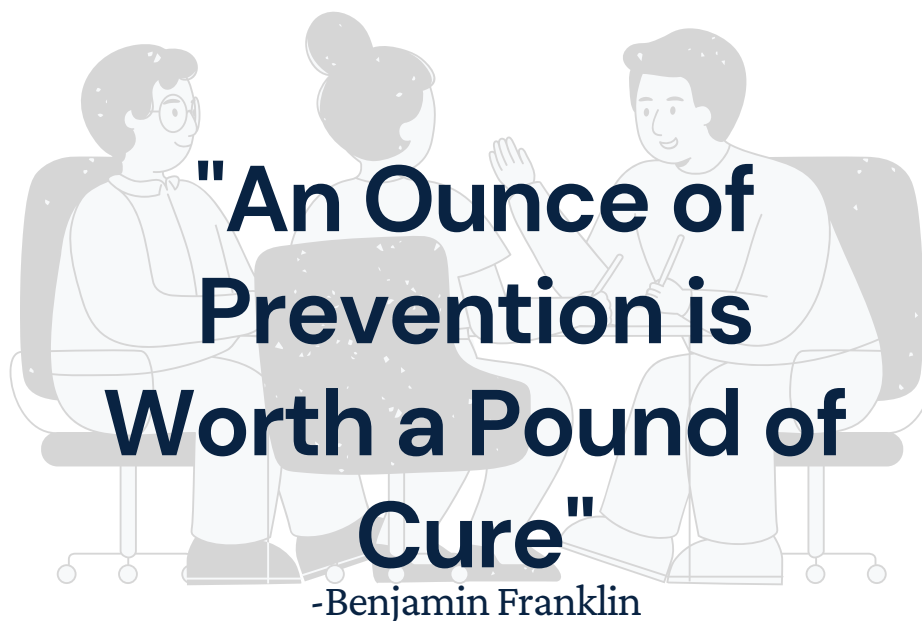
Enhance Communication and Help Reduce Risks Associated with Health & Well-Being



Hold values that guide & inspire; policies that keep us present & accountable

Understand your tolerance & adjust as necessary

Reduce risks & increase strengths to enhance capacity



Work together as a team to stay engaged & communicate to solve problems



Be willing to expand your personal & team capacity for greater health & abundance

Support & encourage others to get needed help (don't isolate and withdraw)



Choose from 6 Modules or Plan a Full Day!

1. The Why: An Orientation to Team Awareness (2.5 hours)

Explore how this training can help your team by making connections between **health, wellbeing, & teamwork** & identify team **risks & strengths**.

2. Team Ownership of Policy (2.5 hours)

Understand how policy **protects & helps** employees, identify ways policy can **enhance team work, group health, & reduce risks**, understand that effective policy requires **shared responsibility**.

3. Reducing Stigma and Tolerance (1.5 hours)

Recognize & **reduce risky levels of tolerance**, identify personal & group **levels of tolerance**, generate alternative responses to **problem coworkers**.

4. Raw Coping Power (1.5 hours)

Identify how stress is a risk factor for **absenteeism, mistakes, unhealthy habits, accidents, & negative well-being**. Recognize healthy alternatives & 5 steps to **thrive** from stress.

5. Improving Workplace Communication (1 hour)

Identify norms & responsibilities in **workplace communication**, reduce blocks to **effective listening**. Understand the role of informal communication in the work setting.

6. The NUDGE Model (1.5 hours)

Understand the connection between **stress, resistance, & poor communication**. Practice guidelines for **effective communication** using the NUDGE model. **REQUIRES PRE-REQUISITE**



Contact us for more information:

PREVENTION
WORKS

Educate ■ Collaborate ■ Motivate

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