



SCOPE OF SERVICES

Trainings for Leaders: 1 hour (Note that all Leader Trainings indicated with an asterisk* are also available in a format for Frontline Staff)

- Team Building Through Change
- Managing Your Time and Tasks*
- Managing Remotely
- Motivation and Coaching
- De-escalation Techniques*
- Accountability in the Workplace*
- Managing Workplace Conflict and Difficult Conversations
- Professional Boundaries*
- Professional Communication*
- Respectful Workplace*
- Harassment in the Workplace*
- The Impact of Attitude*
- Work-Life Rhythm*

Trainings for Frontline Staff: 1 hour

- Resiliency Strategies During a Pandemic
- Stress Management
- Sustaining Compassion

To schedule services, please send an email to

StrengthenME@northernlight.org

or call 1-800-769-9819.

Wellness Workshops: 30 minutes of guided relaxation and education

- Letting Go of What We Can't Control
- Pandemic Brain Fatigue
- Staying Grounded
- Boundary Setting and Saying No
- Practicing Cognitive Flexibility
- Looking for Meaning
- Muscle Tension and Relaxation
- Quieting the Mind

GROUP SUPPORT: Typically 30 minutes to one hour, meeting weekly or bi-weekly

- **Facilitated Support Group:** This group consists of individual check-ins, allowing each person the opportunity to talk about the challenges they're facing. Through facilitated dialog, participants offer each other support.
- **Stress Management Support Group:** This group consists of guided relaxation and psycho-education around stress management and coping strategies. Participants are also encouraged to share the coping skills they are employing.

HR/Management/Supervisory Consultations: Unusual and/or difficult situations come up that are challenging from a leader's perspective. We are available to consult about these situations and offer guidance and best practices around how to handle them.

Individual 1:1 Confidential Support: Individual 1:1 support is to provide confidential and timely supportive services to assist with stress and to explore wellness options and resiliency.