

# WELLNESS BLOCK TRAINING



**STRONGER  
FAMILIES**

## First Responders Wellness Block Training Frequently Asked Questions



### LEADING FROM YOUR STRENGTHS TRAINING

- Discover how leading from your strengths can improve team morale
- Understand how difference on a team can be an asset
- Unlock the power of 'right seat on the right bus' for the workplace



### COMMUNICATION TRAINING

- Discover Differences that may be affecting your Communication
- Explore the Art of Listening
- Discuss Empathy & Tools that help people communicate effectively



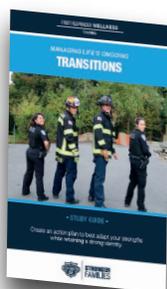
### UNDERSTANDING DIFFERENCES TRAINING

- Explore how to relate to people with different personalities
- Discover how to respond, relate, and reinforce those in your department
- Understand what is motivating you and those in your department



### CONFLICT TRAINING

- Discover Your Conflict Persona
- Explore the Layers of Conflict & Original Emotions behind them
- Discuss Alternate Actions that turn Conflict into Collaboration



### NAVIGATING TRANSITIONS TRAINING

- Discover how transitions affect us
- Explore how past strengths can get you through today's transition(s)
- Learn how to navigate life's transitions in ways that strengthen relationships communicate effectively



### RELATIONAL STYLE FOR THE WORKPLACE TRAINING

- Discover Your Unique Relational Style in the Workplace
- Learn healthy ways to relate to your Team Members

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### What does the training cost?

**Your first Wellness Block Training Course is free** and includes a portion of the OXYGEN personal profile assessment. Once your agency completes the first training, we are confident you'll want to go through the remaining topics.

The cost of the training, materials, and assessment is listed below.

### WELLNESS BLOCK TRAININGS

Wellness Block Training:	Per Person	What's Included
Leading From Your Strengths	\$8	Digital & Print Study Guides
Communication	\$8	Digital & Print Study Guides
Conflict Resolution	\$8	Digital & Print Study Guides
Differences	\$8	Digital & Print Study Guides
Relationship Styles	\$8	Digital & Print Study Guides
Transition	\$8	Digital & Print Study Guides
OXYGEN Online Profile Assessment	\$20	One-Time fee that covers reports necessary for all topics
Block Training Facilitators Costs:	Per Event	
Speaker Fee	TBD	Contact Stronger Families to discuss.
Travel Costs	TBD	Contact Stronger Families to discuss.
		Email <a href="mailto:tim.sears@strongerfamilies.org">tim.sears@strongerfamilies.org</a>

### WELLNESS BLOCK CERTIFICATIONS

Wellness Block Certification:	Per Person	What's Included
Agency / In-Person Certification	\$150	Digital & Print Study Guides, Full Assessment Report, Topic Script and PPT Deck, Certificate of Completion
Virtual Certification	\$150	
	Per Event	
Instructor Fee	TBD	Contact Stronger Families to discuss.
Travel Costs	TBD	Contact Stronger Families to discuss.

Contact Stronger Families:

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