

MOMENT™

TRAINING SERIES



TRAINING SESSIONS AVAILABLE AS SINGLE SESSIONS OR PACKAGES

Order sessions in a package and save 10% off of single session pricing

BUILDING YOUR BOUNCE

Simple Strategies for a Resilient You (Sessions 1, 2 & 3)
45-min to one-hour sessions each

\$500 per session **\$1350** 3-part series

BB

- Session 1: What Is Resilience?
- Session 2: Understanding Risk and Protective Factors
- Session 3: Introduction to the Devereaux Adult Resilience Survey (DARS)

SELF-CARE

Establishing work/life balance allows every aspect of your life to get the needed attention. Self-care must be intentional because every moment has an impact.

\$500 per session **\$900** 2 sessions

SC

- Creating Balance Through Compassion & Self-care (2 1-hr sessions)
- The Importance of Self-care When Facing Classroom Challenges (1-hr session)

MENTAL HEALTH & WELL-BEING

Learn how to build a program-wide culture of mental health and wellness that can be sustained across a large service area.

\$500 per session

MH WB

- Supporting a Program-wide Culture of Mental Health & Well-being (1-hr session)

TRAUMA & MINDFULNESS

Meeting the needs of staff and participants begins with being trauma-informed and utilizing mindfulness when addressing trauma.

\$500 per session

Mi Tr

- A Social Work Perspective: The Impact of Trauma & the Strength in Mindfulness

RELATIONSHIPS

Relationships matter and are often foundational for reaching professional outcomes.

\$500 per session

STRENGTHSFINDER

Build your team through this interactive team-building training utilizing StrengthsFinder 2.0 (now known as *CliftonStrengths*)

\$500 per session **\$900** 2 sessions

Re

- Nurturing Relationships

SF

- Using Your Talents to Stand Out: Building a Strengths-based Team (2 1-hr sessions)

SELECT TRAINING SESSIONS BY CATEGORY

Create your own unique training package using our easy-to-follow topic codes

BB **Building Your Bounce.** Focus on resilience.

SC **Self Care.** Focus on stress levels, compassion fatigue, and burnout.

MH **Mental Health.** Focus on adult mental health and wellness and occupational outcomes.

SF **StrengthsFinders.** Focus on team building through *CliftonStrengths*.

Mi **Mindfulness.** Focus on workplace trauma-informed and trauma-responsive approaches.

Tr **Trauma.** Focus on the impact of trauma on overall health.

Re **Relationships.** Focus on communication, conflict resolution, and stress relief.

WB **Well-being.** Focus on workplace morale through mental health and wellness.

ABOUT OUR TRAINERS



Rebecca Land, LICSW is a Mental Health Consultant with 25+ years of experience as a social worker, including 10+ years with Head Start and 13+ years as a Licensed Independent Clinical Social Worker.



Leslie Lemmon, MHR is a Trauma-Informed Specialist with experience providing mental health support, consultation, and trauma-informed services for Head Start staff, children, and families.

TYPE OF TRAININGS OFFERED



Virtual



In-person

Customer assumes travel expenses for trainers



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