

TRAINING & EDUCATION



\$525
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SESSION

*Series pricing available upon request

Our therapists are here to support your organization by strengthening skills that build thriving and healthy relationships. Don't wait - availability is limited - book your wellness sessions TODAY! (We kindly request a minimum of 90 days between scheduling and your requested presentation date.)

CONTACT US

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Techniques to Build Resilience

Resilience is the ability to bounce back from adversity and thrive in the face of challenges. In this session, participants will explore strategies to foster emotional strength, build supportive relationships, and develop healthy coping mechanisms to face life's difficulties with confidence and grace.

Effective Strategies for Navigating Change

By its very nature, change creates uncertainty that can spark feelings of anxiety and stress. Yet change is also necessary to experience growth, innovation, and progress. Learn how to proactively manage change in a way that builds resilience, trust, and engagement in your relationships.

Conflict Management & Resolution

Conflict is an inevitable part of work and daily life that can become unhealthy without strategies for healthy and effective management and resolution. Learn techniques for how to foster a constructive conflict resolution environment that supports your teams, strengthens relationships and culture, and keeps your organization's mission and goals at the center.

De-escalation Strategies for Challenging Behaviors

Are you walking on eggshells around certain co-workers to avoid arguments or interaction? This workshop equips participants with practical tools to calm tense situations and navigate conflict directly. Learn how to use active listening, nonverbal cues, and redirection to respond effectively to challenging behaviors, creating a safe and supportive environment for everyone involved.

Creating & Maintaining Healthy Boundaries

Are you struggling with work-life balance or a general sense of overwhelm with commitments and activities? Healthy boundaries are essential for managing burnout and cultivating respectful and balanced relationships. This workshop helps participants identify their personal limits, communicate them assertively, and uphold them with confidence to promote emotional well-being and mutual respect.

Practical Self-Care Strategies for Stress relief

Discover actionable tools for self-care and stress management in an ever-demanding world. This session provides tips and techniques for reducing stress, preventing burnout and improving emotional regulation, leading to a more sustainable work-life balance.

Wellness for the Mind, Body and Soul

This session introduces mindfulness techniques and the benefits of intentional body movement to help reduce stress, improve mood and enhance overall wellbeing.

The Silent Struggle: Recognizing Signs of Mental Health Conditions

Mental health challenges often go unnoticed until they affect performance and relationships. This session equips employees with the skills to recognize subtle signs in themselves and others, fostering a proactive approach to well-being. The result? A more compassionate workplace where early intervention reduces turnover and enhances team cohesion.

Thriving Under Pressure: Workplace Strategies for Managing Anxiety

Anxiety can impact focus, decision-making, and overall job performance—but it doesn't have to. In this enlightening session, employees will learn how to identify signs of anxiety, understand its impact on everyday functioning and performance, and apply simple, effective tools to manage symptoms in real time. Participants will walk away with actionable strategies to stay grounded under pressure, boost resilience, and support their mental well-being—at work and beyond.

Unlock Your Potential: Helpful Strategies for Growing Self-Confidence

Overcome insecurities and build authentic self-confidence in the workplace. This empowering session will equip you with 9 tools for understanding and improving your professional effectiveness.

Coping with Grief & Loss

Grief after loss is a powerful force. Not all grief is the result of a death, but all grief is a result of something important that has been lost. This supportive session provides a safe place to discuss how to live with this complicated and often misunderstood emotion and explores techniques to cope with an individual experience that is unique only to you.

Life After Series

-Diagnosis-

Getting a health diagnosis – either for a mental or physical condition – can be very scary. Many times you don't know where to turn for support because you might not even feel comfortable sharing your experience due to stigma or the worry of burdening others. This session can help you understand how to process your diagnosis, access resources, and develop skills to improve overall mental wellness during this difficult process.

-Divorce-

Navigating the challenges of divorce can be overwhelming, but you don't have to do it alone. This group offers guidance, camaraderie, and support as participants learn how to understand and allow space for the many complicated emotions that arise – like anger, relief, and grief – and focus on techniques for beginning to build a healthy future.

-Empty Nest-

It is hard to watch your children launch. Sometimes you might be ready, or think you were, but sometimes you don't know how to stop the fear and worry and continue enjoying your life. This session will help you think about how to move forward after you find yourself in your “empty nest” by setting boundaries and goals for yourself.

-Retirement-

Retirement is a significant life change and can be a source of anticipation and excitement as well as anxiety and grief. Learn how to prioritize your mental wellness in retirement and maintain healthy feelings of engagement and self-worth as you navigate transitions in social interactions, structure, routine, identity, relationships, and purpose.