

THRIVE: SELF-CARE & CULTURE

IN-PERSON AND FACILITATED VIRTUAL TRAINING



DESCRIPTION

Building a culture of care for staff, teams, and organizations is foundational to creating trauma-informed and equity-centered services. Exposure to the harm and adversity in the lives of participants, combined with a stressful work environment, can have dangerous consequences for the physical and emotional health of those who provide services. This training goes further than other self-care trainings by addressing our individual responsibility to care for ourselves, the role of team culture in creating wellbeing for staff, and the organizational guardrails that are needed to help people thrive. A healthy, healing-centered team culture is a protective factor that helps prevent burnout, vicarious trauma, and empathic distress, and creates the opportunity for healing for staff and participants.



IN-PERSON OR FACILITATED VIRTUAL TRAINING

In-person training can be provided on-site, and requires an estimate based on your specific location. Virtual trainings are live, facilitated workshops offered using the Zoom platform. Our programs are designed to build confidence and competence by offering opportunities to practice new skills (with activities such as scenarios, reflections, demonstration/modeling, discussion, role & real play, collaborative whiteboard). Each facilitated virtual training includes an *Activity* handout that supports the interactions included in the session, a *Practice Tools* handout that supports implementation and continued learning after the training, and a *Slides and References* handout of the material covered. We understand that adult learning requires ongoing practice, and we work with organizations to support staff beyond their online, in-person, or virtual trainings, through coaching, practice sessions, and facilitation guides that can be used to encourage continued learning.

CURRICULUM

The Thrive curriculum can be customized to focus on the particular needs of your program or service. Coldspring recommends dedicating 4 to 8 hours.

Thrive: Self-Care & Culture Training Series

- **Building a Culture of Care – Self-Care and Well-being in Practice (2-4 hours):** Caring for ourselves is both an individual and collective responsibility. This training looks at the impact that chronic work stress and trauma have on people in the helping professions, and the individual and structural guardrails we need to build a culture of care in our work settings.
- **Building Healing-Centered Teams – Thriving as a Team & as Individuals (2-4 hours):** This training turns the trauma-informed and equity-centered lens on to us as staff, our co-workers, teams, and organization. Being trauma-informed means preventing harm, including harm we experience as staff and teams in the act of serving others. We'll explore what healing means, how we can recognize and break cycles of trauma and stress in our work settings and choose practices that help work be not only more sustainable but also energized and joyful.

ENROLLMENT

There are two options for managing learner enrollment.

- Coldspring Center can manage enrollment: The partner organization will send an email with the names and email addresses of the learners they wish to enroll to a Coldspring Center project staff, who will enroll the learner(s) within 2 business days (typically, same day).
- Partner organization can manage enrollment: The partner organization will be provided with a URL to the Learning Center and an access code, which they will then provide to any learner(s) that need to be enrolled.

EVALUATION, CERTIFICATES, AND CONTINUING EDUCATION CREDITS

If requested, a training evaluation and final report will be provided at the completion of the training. Individuals who complete the training will earn a certificate of completion, and if eligible, Continuing Education Credits (CECs). Coldspring Center partners with the National Association of Social Workers – Colorado Chapter (NASW-CO) to provide the CECs. It is the responsibility of the organization/individual learner to confirm that their specific licensing body will accept CECs from NASW-CO.

RECORDING ACCESS

For many trainings, access to recordings can be provided to support learner absences. If the organization would like recordings to be available after the live training has been completed, that requires an estimate based on your needs.

TECHNICAL REQUIREMENTS

Learners will need access to the following:

- Computer or tablet, phones are not recommended
- Browser: must support cookies, and use the most recent version of Google Chrome, Microsoft Edge, Mozilla Firefox, or Apple Safari
- Speakers/headphones/earbuds - for learners with hearing impairments, full script is available
- Webcam (for virtual training)

To access courses, training materials, evaluation, and certificates of completion, learners will have an account in the Coldspring Learning Center: <http://coldspringcenter.org/LearningCenter>. Facilitated virtual training is offered using Zoom (unless otherwise agreed upon).

SERVICES

| Services Available | Cost |
|---|------------|
| Facilitated virtual training – for each 2-hour training | \$1,400 |
| Technical assistance, coaching, systems implementation support (optional) | \$175/hour |
| Recording access – for each 2-hour training (optional) | TBD |

CONTACT US

Info@ColdspringCenter.org | www.ColdspringCenter.org | P.O. Box 18292 | Denver, Colorado 80218 | 720.432.4529