

THRIVE: SELF-CARE AND CULTURE IN-PERSON TRAINING OPTIONS

DESCRIPTION:

Building resilient staff, teams, and organizations is foundational to creating trauma informed services. Helping professionals are at risk of experiencing issues that mirror those of their clients who are facing trauma. Exposure to trauma, combined with a stressful work environment, can have dangerous consequences for the physical and emotional health of those who provide services. Knowledge is the best defense against burnout, vicarious trauma, and compassion fatigue. This training goes further than other self-care trainings by addressing the role of team culture in building healthy programs and also by identifying the critical elements of health that enhance productivity and quality of work. Utilizing research in neurobiology, psychology, and business, this training provides skills for individuals and teams to be more effective and efficient at work.



TRAINING OPTIONS:

Coldspring Center offers several in-person training options.

- 75-90 minute workshop
- Half-day training
- Full-day training

EVALUATION AND CONTINUING EDUCATION CREDITS:

An in-person training evaluation and final report may be provided at the completion of the training. Individuals who complete the training may be eligible to earn 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.

SERVICES*

Services Available	Cost
In-person training and facilitation <ul style="list-style-type: none">• 0 to 4 hours• 4 hours to 1 day	\$1,500 \$1,500 - \$3,000
Travel Expenses (airfare & baggage, ground transportation, hotel, meals)	TBD
Technical Assistance, Coaching, Systems Implementation Support (optional)	\$150/hour
Webinar(s) to support implementation, facilitation, skills building (optional)	\$250/hour

*This training can also be offered online.

CONTACT US:

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