

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. Those completing Thrive: Self-Care & Culture will be able to:

- Increase physical, mind, and social health, and energy
- Avoid and minimize the trauma and stress inherent to the helping professions
- Create a culture of self-care & resilience in individuals and teams



ONLINE COURSES:

Includes 7 courses, approximately 6 hours of training

1. Introduction – Introduces the training and covers a few key concepts that will be used throughout the rest of the training
2. Stress & Burnout – Examines how to effectively approach the work of helping in the face of stress and burnout
3. Helping Professions Trauma – Examines the dangers that result when trauma overwhelms the staff's ability to manage the work effectively
4. Physical Robustness – Focuses on strategies and approaches designed to improve staff's physical, cognitive, and emotional health, as well as improve the quality of the services they deliver
5. Mind Robustness & Mindsight – Focuses on strategies to improve staff's health and quality of work through building mind robustness and mindsight
6. Mind Robustness & Focus – Offers strategies and approaches for the staff and team, designed to better utilize the brain and maximize cognitive capacity
7. Social Robustness – Provides information on how personal and professional relationships can help improve robustness and resiliency

CONTINUING EDUCATION CREDITS:

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.

ONLINE TRAINING TECHNICAL REQUIREMENTS:

All training material and quizzes are managed using Coldspring Center's online Learning Center (<http://coldspringcenter.org/LearningCenter>). To access the training, the learner's web browser must support cookies and Adobe Flash. Please use Internet Explorer, Google Chrome, Mozilla Firefox, or Apple Safari. iPads are not compatible. Speakers or earbuds are highly recommended to fully access this content. For learners with hearing impairments, full script of course audio can be provided.

SERVICES*

Services Available	Cost	20 or more learners Discount – 20%
Thrive: Self-Care and Culture (7 courses/6 hours)	\$90/person	\$70/person
Coaching, Systems Implementation Assistance (optional)	\$150/hour	
Webinar(s) to support implementation, facilitation, skills building (optional)	TBD	

*This training can also be offered in-person.

CONTACT US:

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