

Lifeskills Workshops

Available Workshops

Emotional Intelligence: Balancing Your Heart & Mind

Class Description: Research shows that our Emotional Intelligence (EQ) is actually a better predictor of our future success than IQ. EQ is the culmination of research on brain functioning, learning processes, and relational styles. It is the skill set necessary to create optimal relationships with self and others. In this workshop, one will be able to recognize patterns and habits that keep one from being successful, be able to respond to people and situations in positive ways to enhance relationships, and learn to reframe thinking to achieve goals.

Resolving Conflict: The Art of Effective Communication

Class Description: Managing differences at our workplace and in our relationships can prove to be very challenging at times. If you would like to learn effective ways to communicate, then this class is for you! Through examples, vignettes, and exercises you will learn about the different levels of conflict, the Retaliatory Cycle, and Conciliatory Gestures. Understanding how to manage differences will make for more successful relationships in every part of your life!

Understanding Anger: It's OK to be Mad!

Class Description: Anger is a normal, natural feeling in response to the stressors of life. Learn the different styles of anger, your anger triggers, and the effects of anger. You will also learn to express your anger in positive ways to problem solve effectively! In no time, you will learn to get your emotional needs met!

Teens & Substance Use: What Every Adult Should Know

Class Description: The challenges teens face are so difficult that some turn to using substances such as alcohol, marijuana, or tobacco. This class will help adults understand the dynamics of why teens use, recognize signs and symptoms, and learn how to help the teen they love. This class is open to parents, educators, and anyone else who has a passion for helping teens.

I Don't Know, I Don't Care: What Your Teen is Telling You

Class Description: Have you ever wondered why your teen is so moody? Or why all of a sudden s/he doesn't listen to a word you say? Teens experience a transitional phase that affects them emotionally, physically, and spiritually. This class is for parents of teens who are interested in learning how they can help their teen develop responsibly. The stage of adolescence, problem behaviors, limit setting, and parents' self care will all be covered.

Dreaming is Achieving: Success in an Ever-changing World

Class Description: Have you ever wanted to turn your dreams into reality? Need to learn the tools to get motivated and stay motivated? This class can show you how to do just that! Learn about the stages of change and how to set realistic and reachable goals! Join us for a fun, relaxed time while discovering your true potential!

FLORENCE_{MFT}—Lifeskills Workshops (cont.)

Career Choices: Matching Your Skills & Talents

Class Description: Do you find yourself ready to graduate from high school or college and still don't know what you want to be when you grow up? Are you dissatisfied with your current job? Would you like a career change? If you answered yes to any of these questions, then maybe you need this fun, interactive class. In a relaxed atmosphere, you will learn how to match your strengths, skills and interests to the right job. (A career assessment is given at the start of this workshop.)

Preparing for Wellness: A Stress Management Workshop

Class Description: We all know how stress can have a negative impact on our health but do you know how to prepare for wellness? Preparing for wellness can lead to a happier, healthier life and wouldn't we all like that?! In this workshop, you will learn the 2 types of stress as well as the characteristics of stress. Once we understand stress, we will review quick, easy ways to return to a calm, peaceful state of mind. Your heart and mind will be so grateful!

Appreciating Who You Are: The Art of Self-Care

Class Description: If you are like most of us, we are wonderful at caring for others but not so great at taking care of ourselves. In this workshop, you will learn about the stages of burn-out, setting healthy boundaries with yourself and others, and learn the 3 Actions of Self-Care. You will also have the opportunity to develop a Self-Care Plan! In no time you will be indulging in the greatness of YOU!

Celebrating Diversity: Understanding Our Differences

Class Description: We live in such a diverse world, rich with differences. Sometimes this causes misunderstandings and hurt feelings. Learn how a multi-cultural, multi-generational environment can overcome prejudice and bias, work together peacefully, and learn to appreciate the differences of its members.

Finding Our Voices: Empowering Women of All Ages

Class Description: This workshop assists females to identify their strengths, talents, and positive attributes in order to build self-worth and confidence. Mental health risks such as depression and anxiety are discussed as well as how to overcome such risks. Participants will also learn how to communicate effectively, assert themselves, and work with other females to bring about positive changes in themselves and others. This workshop can also be adjusted in a format that helps staff facilitate change in their female students/clients/patients.

For more information on these or other services offered by Florencemft, visit www.florencemft.com.