



LifeBalance Solutions provides high quality wellness and family education to employees where they work, in order to strengthen individuals, families, and communities. We work with over 100 expert trainers offering leading-edge tools and information based on the latest research. Your employees take away practical tips they can implement immediately. Our content catalog has over 1000 seminars to choose from to meet the needs of your employees.

Subject Content Areas:

- Parenting
- Families
- Financial
- Personal Living
- Worksite Issues
- Eldercare
- Aging
- Health & Wellness
- Professional Development

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Programs and Resources to Support Employee Well-Being

New Seminar Content Catalog 2016





LifeBalance Solutions 2016 New Content Catalog

Health and Wellness

Stop Dieting and Eat Clean (Hastings)

If you would like to get nutrition and weight management right once and for all, this session will introduce you to easy cup-sized portion guidance, along with an overview of macronutrients and calorie recommendations to simplify your life. Online tracking tools, menu plans and other resources will be provided.

Understanding the Damaging Effects of Inflammation (Peters)

Inflammation isn't just about achy joints or sore muscles. It wreaks havoc in our bodies! Inflammation makes it harder to lose weight, interferes with bone growth and proper oral hygiene, and is linked to major diseases such as heart disease, cancer, multiple sclerosis, arthritis, and depression. Learn the causes of inflammation, its damaging effects, and what you can do today to prevent it.

The Power of Sleep (Hastings)

Sufficient and good quality sleep is often the first thing to be sacrificed in our busy lives, yet it plays a vital role in our wellbeing. Find out what sleep does to our moods, productivity, weight and long-term health, and make a plan to improve the quality of this essential component of health.

Protecting your Back in the Workplace (Kriva)

This seminar outlines specific tools any worker can use to prevent back injuries at work. This talk can be tailored to your workplace. Dr. Kriva has extensive experience in workplace safety issues and injury prevention due to his previous career as an industrial engineer. He has worked with many companies in the manufacturing and service sectors to help them reduce workers' compensations costs.

Sleep, the Great Battery Charger (Kriva)

This talk discusses how important sleep is to overall health. The physiological effects of proper amounts of sleep are discussed. Also included is an introduction to the cutting edge research being done in the field of Epigenetics, which shows how critical sleep is to the proper functioning of each cell in the body. Finally, tips for achieving excellent sleep are covered.

Kicking Stress to the Curb (Peters)

We live in an ever-changing and increasingly busy world. While this alone is reason enough to increase our stress levels, our poor diets and lack of exercise, throws our hopes for wellness right out of the window! Well join me in understanding how you can regain your wellness power and kick your stress to the curb!

Preparing Home for Wellness Success (Fox)

Often times the hardest part of a new wellness plan is not knowing where to start or understanding how to set yourself up for the greatest amount of success. Join me to learn how you can properly prepare your home to bring you the greatest amount of success on your wellness journey.

Mastering Motivation (Fox)

What does “being motivated” mean to you when it comes to weight loss and your health? If you think it means having no struggles or conflicting desires, then this class is for you! Learn the killers of motivation to avoid these pitfalls, determine where you are in the “Ready to Change” Ladder, how to get and stay motivated with your weight loss efforts and how to handle a relapse.

Recognizing and Overcoming Emotional Eating (Fox)

Do you ever eat when you’re not hungry? Why? Is it stress, emotions, cravings or just pure enjoyment of food? This class will help you evaluate why you feel certain ways about food, how to deal with food cravings and how to overcome emotional and mindless eating by evaluating three patterns and habits you may have to find your solution for success.

Diabetes: The Uninvited Dinner Guest (Developing Personalized Diabetes Menus) (Fox)

Deciding what to have for dinner can be challenging, especially if you have diabetes. This class takes a step by step approach to help you establish a week’s worth of meals that can then be revised and expanded upon for weeks to come. Food groups, portion control, snack ideas and tips for optimum nutrition will also be discussed, all while helping to maintain or improve blood glucose control.

Going Against the Grain: Is “Everything in Moderation” Really OK? (Fox)

With so much information on nutrition available, are you ever confused as to what to eat or who to believe? Based on a dietitian’s personal quest for answers on wellness, this class will take you on a journey to sort out the mish mash of information “out there”. Topics discussed include cravings, sugar, what to look for when purchasing food and vitamins, the problem with the Recommended Dietary Allowances, nutrient depletion of our produce, how to reduce daily toxin exposure and tips for gradual implementation to promote health and wellbeing for your entire family.

Heart Health: Concepts and Controversies with the Latest Guidelines (Fox)

As Heart Disease is the number one cause of death in this nation, this class will focus on the recently released heart health guidelines. Controversial topics regarding increased Statin medication use, saturated fat intake, eggs, dietary cholesterol, butter versus margarine and low fat diets will be discussed. Find out both sides of the story, so you are better armed to make decisions regarding your health and why the “one-size-fits-all” approach isn’t always the best.

Can I Meet the Nutritional Needs of a Child With Down Syndrome? COUNT ON IT (Fox)

Parents who have a child with Down Syndrome are often faced with such challenges as weight control, management of concurrent diseases and making every bite nutritionally sound. This class will provide you with information on nutrient needs for these children, as well as weight management and other tips for managing celiac disease or diabetes associated with Down Syndrome.

What’s for Dinner (Developing Personalized Menus) (Fox)

Deciding what to have for dinner can be challenging, especially if you don’t have a plan. This class takes a step by step approach to help you establish a week’s worth of meals that can then be revised and expanded upon for weeks to come. Food groups, portion control, snack ideas and tips for optimum nutrition will also be discussed. You won’t find yourself wondering “what’s for dinner” after taking this class.

Eat Your Way to Great Health (Kriva) (Available on Tuesdays)

This talk provides an introduction to the primary nutrients we need in our diet to achieve outstanding health. The basic foods groups including fats, proteins and carbohydrates are discussed. Nutritional supplements are also introduced. Most importantly, the audience is given key guidelines to follow in order to achieve the best results from their diet.

Worksite Issues/Professional Development

Presenting with Presence and Power” Never Give A Boring Presentation Again! (Moors)

Many presentations are afflicted by poor preparation, poor planning, poor delivery, and poor visuals. Presenting with Presence and Power provides you with insights and practical tips to decrease your presentation stress and improve your presentation.

Conflict Prevention & Management (Moors)

Do you want to learn how to avoid tensions from turning into conflicts? Are you tired of wasting energy on overreacting? Do you wish to develop the insights and self-control it takes to deal with conflicts positively? Are you interested in learning to work with people who tend to be in your allergy zone? This very practical session helps you prevent some conflicts from developing, and deal with others more effectively. Examples of what we will cover are:

- 5 roadblocks to dealing with conflicts productively
- 6 mindset tips for conflict situations
- 7 actions to cool down in a heated situation
- 8 ways to honor emotions while not taking it personal
- 12 de-escalating communication techniques and phrases

Personal Issues

Sparkling Intrinsic Motivation to Keep Healthy Habits (Schaefer)

Getting started on a new healthy habit is the easy part. Making it a part of everyday life is the difficult piece. Get past excuses, procrastination, and sabotaging thoughts with this proven method that will drastically change your mindset to live a healthier lifestyle. Just 15 minutes a week to increase confidence, energy, and inner peace.

In this presentation you will learn how to:

- Avoid the common trap people fall into when trying to start a healthy habit.
- Tap into your own innate drive that you were born with to make healthy living easy and intuitive.
- Quickly shift your mindset to increase confidence, energy, and inner peace.
- Use stress, excuses, and bad days to get you closer to your goals.
- Come away with 1-2 actions you can take immediately to work toward a healthier lifestyle.

After this presentation, you will come away with new motivation to do the things needed to be done to ensure you are taking the right (and realistic) steps toward more energy, better health, and a brighter mood.

The Secret To Becoming The Most Joy-Filled Person You Know In 10 Minutes A Day (Schaefer)

The emotions you feel influence every decision you make. Having a more positive outlook will enable you to respond intelligently to life's twists and turns rather than reacting emotionally which can sabotage goals, relationships and cause even more stress.

In this presentation you will:

- Uncover the reason why hitting your goals has not been making you happy and what to do instead.
- Discover the science behind happiness so you can think yourself happier no matter where you are in life.
- Unlock your innate ability to reverse the amount of stress you feel.
- Claim the 10 minute proven practice to change your emotional default setting to become the happiest person you know.

Game On! (Hastings)

Using lessons learned from popular video games and Apps, this session will show you how to adopt a creative and playful approach to life's challenges and give you the tools and motivation to reduce stress and build emotional resilience.

Goal Setting for Powerful Results (Kriva) (Available on Tuesday)

In this talk the power of goal setting is revealed. The audience is taken step by step through the process of effective goal setting and given tools to accelerate the accomplishment of their goals. This is done in a workshop format so every class participant will leave with their own set of personal and professional goals.

Forget Time Management – It's all about Energy Management! (Hastings)

Most of us know what we want and can be productive in bursts when we have enough energy. However, slumps in our energy levels can hold us back. Learn how to increase both mental and physical energy to improve outcomes and thrive more, achieve more, and succeed more!

Reorienting Perfectionism (Hastings)

Perfectionism has a way of holding us up on the road to success, yet it also plays a valuable role. Learn how to make peace with this important trait and use it to help yourself, and improve relationships and productivity without burning out.

Constructive Worry (Hastings)

Some anxiety and stress are useful in our lives, and it's certainly appropriate to worry about important matters and to care about getting things right. However, we can be our own worst enemy by misusing our minds. This session will give you the tools you need to either turn worries into action or reduce their impact.

Building Better Relationships (Peters)

Relationships are all around us, and often times, are reflections of ourselves. What do your relationships say about yourself? Learn how to better the relationship you have with yourself, and in turn, strengthen the relationships with those around you.

Boosting Self-Esteem in the New Year! (Peters)

Start off the New Year right with more self-love, confidence, and appreciation to what you bring to this world!

Difficult Conversations Made Easy (Peters)

Most of us don't enjoy having difficult, awkward, or heated conversations, but that doesn't mean you should shy away from them. Find your inner lion and learn how to make difficult conversations easier.

Quitting the Comparison Game (Peters)

We've all played the "comparison game" before, but sadly, we lose every time. Learn how toxic the game can be and how to free yourself from the bonds of comparison.

Cleaning Out Your Emotional Closet (Peters)

It's spring, the perfect time to clean out your closet...an emotional closet that is! Please join me to discover how cleaning out your old emotional skeletons can help you lead a life you love!

Be Unapologetic! (Peters)

While you certainly should apologize if you're wrong or have hurt someone, you shouldn't have to apologize for who you are. So many of us hide in the shadows of our own lives, apologizing for everything - that ends today! Join me and take a stand in your own life and see the beauty within you that helps light the world!

Handling Complaints in a Healthy Way for You and Others (Skoglund)

Discuss why people complain, learn how to decipher complaints, assessing yourself and how you handle complaints, and how to be the solution without adding to the problem.

Understanding and Coping With Retirement and Personal Loss (Skoglund)

Learn the differences on how to cope with a "professional" death vs. a personal loss. Explore how different cultures view death and dying and how to respect beliefs.

The Changing Face of Families - Marriage/Divorce/Remarriage! (Skoglund)

Relooking at family structure, how families struggle during an illness or after a death. Learn to effectively communicate verbally and nonverbally with your family.

Managing and Mentoring People Older than Yourself (Skoglund)

Many times younger people are put in a position to manage or work with older employees. Learn how to more effectively work together to make a dynamic team to make the workplace a better place to work for everyone.

Moving Into Joy: A Movement-based program for Vitality and Balance (4 week training) – (J. Fraser)

Unaddressed anxiety and stress zaps our energy, impairs focus and concentration, and leaves us feeling depleted. The long-term effects inhibit our ability to enjoy life and find contentment, impeding work satisfaction and performance. By engaging body and breath, "**Moving into Joy**" teaches how to reliably find peace and happiness, and creates healthy habits that will serve for a lifetime.

Participants will learn how to:

Lift their mood through easy movements they can do anywhere, anytime

Increase energy and focus with simple mindful exercises

Eliminate stress at its root by normalizing levels of cortisol - "the stress hormone"

Decrease agitation and physical discomfort

The tools offered in this 4-week training are very accessible. Movements are gentle, easy-to-learn and are done either standing or sitting in a chair. A practical plan for home practice is included.

Mindful Movement: Dissolve Stress in Minutes – (J. Fraser)

Stress robs us of our energy, clouds our perceptions, and greatly impacts our well-being. When stress reactions become chronic, occasional headaches become an everyday occurrence, muscle tension turns into chronic pain, impaired focus and concentration affect work performance and satisfaction, and disturbed sleep creates fatigue and a lackluster outlook on life. These symptoms are clear signals that it's time to find another way. This training provides valuable tools to lessen the impact of stress in daily life, cultivate stability, calm and balance with yoga-based skills that will energize your body, settle and focus your mind, relieve physical tension and pain, and improve sleep. This training includes presentation, brief discussion, gentle yoga-based movement done standing or seated, and a practical plan for home practice.

Live and Work with Purpose – Life Reimagined (2 hour or 2 part session) (Haapala)

What's your reason for getting up in the morning? We know that having purpose leads to happiness, effectiveness, better health and even prolonged life. At the same time in reality, our talents, passions and values are not always in alignment – whether in work, relationships or with our health. Exercising the Life Reimagined Approach provides greater insight into our personal “purpose equation” and helps people take the first step, get past barriers and achieve goals – with greater purpose.

Part 1

The Life Reimagined Approach – 6 Practices

The Life Spiral – a new way of looking at life's journey

Part 2

Your “Purpose Equation”

Considering Future Goals & Navigating Transitions

Sounding Boards – Your Personal Board of Directors

Live and Work with Purpose – An Introduction to Life Reimagined (Haapala)

What's your reason for getting up in the morning? We know that having purpose leads to happiness, effectiveness, better health and even prolonged life. At the same time in reality, our talents, passions and values are not always in alignment – whether in work, relationships or with our health. Exercising the Life Reimagined Approach provides greater insight into our personal “purpose equation” and helps people take the first step, get past barriers and achieve goals – all with greater purpose. This abridged workshop offers an introduction to the Life Reimagined Approach to navigating transitions toward greater purpose and a chance to reflect on gifts, passions and values.

Financial Literacy

Your Future Paycheck (Wheeler & Johnson Clark)

You will learn about why it's important to pay attention to your income & future savings, discuss basic budgeting, savings & credit (money management), look at what retirement means to you (and your partner), learn about statistics around earnings and the impact on retirement, including caregiver statistics and what that means for those later years.

Money In Motion (Wheeler & Johnson Clark)

Our finances are always a work in progress. And no matter who you are or how much money you have, life happens. Money will come, and it will go; money is always in motion, just as our lives are in motion

and continually changing. We enter the world as babies and grow into teenagers and young adults. We become employees and employers. We get married. We have families. Our families grow up. We grow older. We retire. We are consumers at every stage. Our wants and our needs continually change. We make smart decisions with our money, and we make those we later regret. We learn from both our successes and our regrets. This course was developed by the American Center for Credit Education (ACCE).

The Fraud Watch Network: Protect Personal and Loved Ones Information

Con-artists don't care how hard you worked, they steal billions from people like you every year. Today, people aged 50+ control over 70% of the nation's wealth and the scammers know it. They're using the telephone, U.S. mail, email, the internet and they may even show up on your doorstep trying to get your money. For some, aging-related issues like memory loss can lead to vulnerability and new technology has made it easier for criminals to get access to personal information and savings. Understanding the latest trends and tactics in fraud can help us all protect our own savings, as well as people who are more vulnerable. Millions of people caring for aging loved ones have discovered evidence of financial exploitation only after it is too late and thousands of dollars are gone.

This presentation is based on analysis of undercover FBI recordings of con artists in action. Participants will hear those recordings and discuss current scams and the timeless tactics used by financial criminals. Additionally, participants will learn about identity theft, cyber security and how to protect personal and financial information, with plenty of time for questions from the audience.

CheckWi\$E (Wheeler & Johnson Clark)

Billions of dollars are stripped each year from consumers who are unbanked and underbanked. Fees for check-cashing services and short-term loans can destroy a consumer's chances of becoming financially stable. CheckWi\$e will prepare you to compare banks and credit unions and choose the best checking account for yourself. CheckWi\$e is ideal for people who are opening an account for the first time, or who need a second chance with a checking account. CheckWi\$e will teach you how to manage an online checking account, balance a checkbook, and protect yourself and your money from scams. This course was developed by ACCE.

Better Fortunes: Control Your Money. Control Your Life. (Wheeler & Johnson Clark)

This money management course is good for you if you feel financial stress or want to avoid financial stress in the future, even if that stress is related to events beyond your control. This course can help you work through these situations. It's intended to help you change your approach to personal money matters and provide you with the tools and the knowledge to build a new financial life based on sound financial principles. This course was developed by the National Foundation for Credit Counseling.

Understanding Fraud and the Fraud Watch Network (Haapala)

Con-artists don't care how hard you worked, they steal billions from people like you every year. Today, people aged 50+ control over 70% of the nation's wealth and the scammers know it. For some, aging-related issues like memory loss can lead to vulnerability and new technology has made it easier for criminals to get access to personal information and money. Understanding the latest trends and tactics in fraud can help us all protect our own savings, as well as people who are more vulnerable.

[Eldercare and Aging](#)

Be Brave Enough to Have a Conversation that Matters (West)

It's difficult to know when your concerns should qualify for action and possible change when it relates to another person. How do you bring up concerns over housing, finances, health care advance directives and even death? By recognizing those concerns and knowing what steps may follow, you can prevent crisis and maximize communication with everyone. Start those difficult conversations sooner rather than wishing you had started months ago.

Objectives

By attending this seminar, you will:

- gain confidence in initiating conversations that matter
- identify topics that are important to discuss with others
- understand the importance of family meetings
- collect resources that can help

I Wonder If Mom and Dad Should Move? (West)

Ever wonder when is the best time for your parents to downsize? Are you willing to wait for a crisis to occur? This seminar will help anyone who wants to begin the conversation, understand the difficulty of transition when you are old, and honor the significance of maximizing Mom and Dad's independence. By starting the conversations now you will already be one step further than if you receive the 2AM emergency phone call.

Objectives

By attending this seminar, you will:

- identify key needs of your parents
- learn tips on how to start the conversation
- understand the range of resources that can maximize independence
- collect community resources that match your need

Caregiving For Others and You (Skoglund)

Some people start caregiving for a loved one at age 15 and the amount of time spent caregiving can be as much as a full time job. The health, psychological and social effects on a caregiver are significant. Learn how to effectively manage caregiving for a loved one and how to make the time less frustrating, and more enjoyable for everyone. Also learn some simple ways on how to help someone who is a caregiver.

Prepare to Care: Family Caregiving (Haapala)

Family caregivers say that caring for an aging parent is one of the most challenging and rewarding of life's experiences. Having a plan for our own care in old age can be the difference between honored wishes and facing impossible decisions. Our psychology often causes us to avoid planning for aging process, causing caregivers to be thrust into the role unprepared. Prepare to Care is a program that helps families make all the necessary considerations for quality of life as they age. It covers the difficulties of starting the conversation with a loved one, forming care teams, plan specifics, finding resources and taking time to care for oneself. The workbook includes a checklist of considerations including finances, health care, transportation and more.

Communicating With Difficult Behaviors (West)

This workshop offers tips for understanding and communicating with someone affected by dementia. Learn strategies to handle difficult behaviors and how to remain connected with your family member. Discussions will cover how dementia affects a person's ability to understand and communicate some

simple skills for handling troubling behavior, and ways to feel more confident in your caregiving role. By attending this seminar, you will learn key principles to communicate effectively, identify influential factors before you begin communicating, strengthen communication skills during difficult behaviors, and decrease your stress to benefit another's behavior.

Slips and Trips –Keeping Your Home Safe: Make Sure Your Home Can Change As You Do (West)

Your home is your castle, and it should be the safest castle around. Join us for a great discussion on implementing simple modifications to keep your home as safe as possible with you in it! Establish techniques now, which will keep you independent and having a plan so that you can age in place.

Objectives

By attending this seminar you will:

- learn ways to maximize your independence at home
- understand the importance of home adaptations
- gain new ways to decrease falls at home

When to Worry? Understand Changes in the Aging Process (West)

Have you ever wondered if you are losing it? Join us for a conversation to better understand what may be “normal” memory loss versus signs of early dementia. Discuss tips on how to manage behaviors and various approaches that can be tried. Resources will be provided. By attending this seminar you will gain awareness of early warning signs of memory loss, identify what is normal and what might not be normal and become more aware of resources that are designed to support memory loss.

PG 40: Juggling Caregiving at 40 and Beyond (West)

Some material may be inappropriate for adults under 40; urged to be cautious. Ever wonder how you can keep it all together, yet be pulled in so many directions all of the time? Often when you are in the “middle” of raising your family, working, volunteering, and taking care of yourself, all of a sudden something happens and you are also caring for your aging parents! What an emotional toll this can be, but there is hope built into this seminar that you can continue to do it all, as long as you have balance along the way. By attending this seminar, you will identify family member roles and responsibilities, understand how to stay in your own comfort zone, learn how to assemble your own support team, collect resources that work for you.

Being Mortal (O'Brien)

You are encouraged to view the Frontline special, “Being Mortal” at <http://www.pbs.org/wgbh/pages/frontline/being-mortal/> before attending; however it is not necessary to have viewed the show to attend. The class will discuss issues raised in the special and in the book *Being Mortal* by Dr. Atul Gawande: the intersection of life, death, medicine, and what matters in the end. Because, as Dr. Gawande says, the two big unfixable are aging and dying.

Ready for Retirement—Is It All About the Money? (O'Brien)

Google “preparing for retirement” and you will be inundated with sites that encourage you to get your financial house in order. (And we offer Community Ed classes that help you with that!) But what else are you thinking about? What's on your “when I retire, I want to...” list? If you've taken Life Reimagined, you've started thinking about the next chapter in your life. This class will help you identify other aspects of retirement beyond financial planning that you may want to consider as you approach retirement.

Here's the Plan... (O'Brien)

Often the **Fifty Plus** caregiver feels as if they had "just talked to my parents ahead of time to know what their intentions were," things would be easier. If you don't want your own children in the position you may find yourself in with your parents, this is the ahead of time. The time for the conversation is now, before aging and illness cloud your thinking. But how do you do it? This class will prepare you to conduct a family meeting with your spouse, children or others who you intend to be involved with you and your care as you age. It will provide you with a series of topics and questions for you to then decide for yourself before discussing with others.

Caring for Your Parent (O'Brien)

This is not easy. That said, it's not supposed to be. The shift in roles does not come with an instruction manual and often happens abruptly. How do we plan to be there for our parents in the last phase of their lives? This class will focus on ways to have conversations to help everyone involved make plans and decisions in a respectful way.

Parenting

Choosing Child Care: Seeing Signs of Quality (Sponsel)

Finding someone that you trust to care for your child can be a challenge. To see signs of quality, one must know what to look for. After a brief explanation of different types of child care, steps in identifying quality care settings will be discussed. What should the adult to child ratio be – by law and by "best practice"? What do various credentials mean? What are key indicators of quality and how does one understand a provider's philosophy? This workshop will provide both a broad view of the importance of quality care and realistic, practical tips on finding and maintaining good relationships between families and child care providers.

Girls and Body Image: Raising Girls to Love the Skin They're In (West)

It's more common for girls and women to question their appearance than to have confidence in it. They're constantly being bombarded with messages of what their bodies should look like and this greatly impacts the way they see themselves. For many girls these messages begin soon after birth. It's time we start thinking about this differently and examine what we can do to change the thoughts that too quickly come to our girls' minds about their bodies. Come for a discussion on girls and body image and how we can teach them to love the skin they're in despite some of the more harmful messages they will encounter through the years. This class is 1.5 hours.

Families in a Tech-Filled World (West)

Join me for a discussion on how to balance the pros and cons of the most up to date electronic technology that your family has access to. From parents posting photos on social media sites to children of all ages using handheld devices, the internet, and social media sites. What do families really need so they can thrive in this digital age? We'll answer this very important question during the talk!

This class is 1.5 hours.

Teaching Gratitude and Generosity in an Overindulged Society (Hanlon)

In American we're bombarded with messages touting materialism and instant gratification. What is this doing to our kids? How does this impact our parenting and families? Come for a discussion on teaching children gratitude, generosity and what it means to have "enough." This class is 1-1.5 hours.

Nurturing Positive Parent - T(w)een Communication (Hanlon)

Are you finding that communication with your t(w)een feels strained? Are you sick of getting attitude from your t(w)een, even when you're simply asking how her day was? Do you miss hanging out with your child in the ways you used to? Come for a discussion on how the t(w)een brain and body is changing during these years to help understand why they're acting the way they are. You'll leave the class with tips on how to effectively communicate with your t(w)een so you can co-exist successfully...and actually even enjoy each other's company! *This class is 1-1.5 hours.*

The Truth About Motivation (Hanlon)

The words we choose to use with our children can have a big impact on how they view themselves and how they choose to respond to us and the world around them. You've heard over and over again that you should praise and reward children for positive behavior, but how does this really leave children feeling and thinking?

Jenny Hanlon will share what research says regarding the consequences of praise and rewards with children. We'll look at what how true motivation is formed and what we can do to encourage this in children. This class will change the way you interact with and the responses you give to your children. In turn this will alter the responses you receive from your children or the children you work with!

This class was originally written for 2 hours, but could be dropped down to 1-hour with some minor adjustments.

Kids and Stress: A Silent Epidemic and 5 Steps You Can Take to Reduce It (Schutta)

Children are feeling stressed in record numbers. Is your child one of them? Yet, 85% of kids say, "My parents are unaware of my stress." It's up to adults to change the root causes and teach children coping strategies so they'll be more resilient. Learn what the signs and symptoms of kids' stress are and how to respond in helpful ways to your child. This presentation will provide the reasons behind this silent epidemic, four actionable steps that parents and care providers can take, and 5 specific skills that children can be taught to reduce and manage stress. Left untreated, chronic stress can contribute to psychological and physical problems so come get the tools you need now to stop and prevent this growing problem.

For more information about scheduling 1 hour, ½ or full day professional development programming for your employees contact:

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