

We offer nearly 200 trainings that cover popular work and life topics. Trainings are led by highly-rated, licensed experts and are tailored to the needs of your organization and employees. Each training adheres to adult learning principles and are tailored to be inspiring, interactive, and effective.

Training topics include (but are not limited to):



Personal Wellbeing

- Communication
- Emotional Intelligence
- PTSD and Mental Illness
- Conflict Management
- Grief and Loss
- Stress Relief and Managing Burnout
- Financial Education
- Legal Education



Health and Fitness

- Nutrition and Diet
- Fitness and Exercise
- Pre-Diabetes and Diabetes
- Self-Care and Mindfulness
- Relaxation
- Sleep and Meditation
- Smoking Cessation
- Substance Use



Family Effectiveness

- Bullying
- College Financial Planning
- College Admission
- Family Relationships
- Navigating Divorce
- Resiliency for Children
- Suicide and Crisis
- Eldercare and Aging Parents



Workplace

- COVID in the Workplace
- Relationship Building
- Fostering Healthy Workplaces
- Diversity
- Conflict Resolution
- Sexual Harassment
- Workplace Effectiveness
- Management Strategies

Visit <https://admin.worklifetraininginstitute.com/trainings/public> for a more detailed list of our training offerings.

Training Details

- Virtual or onsite options.
- Sessions are typically an hour.
- 4-6 weeks' notice required for non-custom requests.
- 6-8 weeks' notice required for custom requests.

Pricing

Fee for services pricing may apply. Please contact your Client Success Manager to discuss pricing based on training request.



Contact your Client Success Manager with any questions or training requests.