



Speaks 2 Inspire

2023

Training Catalog



The premier consulting agency dedicated to improving individuals' mental health and overall well-being.

For additional questions, contact the S2I team at booking@speaks2inspire.com
www.speaks2inspire.com



CREATING HOPE. INSPIRING ACTION. EMPOWERING THE NEXT GENERATION.

Welcome to Speaks 2 Inspire's Professional Development Services

We're here to empower your educational institution with comprehensive mental health and professional development programs.

Our Expertise Comes to You

Speaks 2 Inspire offers a range of personal and professional development workshops and trainings to support your staff and students. Each program is designed to increase retention, enhance workplace skills, promote wellness, and deliver high-impact services. Below, you'll find a list of our offerings, each with a brief description and objectives.

Scheduling Your Training is Easy

Interested in scheduling a training session? Simply contact us at booking@speaks2inspire.com. We're here to help you choose the right program to meet your team's goals. When requesting a training, please provide:

- Preferred topic
- Number of sessions
- Date(s) and time(s)
- Contact person's name, phone, and email
- Training location
- Anticipated participants and group demographics
- Any special requirements

Training Requests

To ensure we provide the best service, please submit training requests with sufficient lead time:

- Standard trainings: 30 days' notice
- Custom topic trainings: 45 days' notice
- Specialized Training: Mental Health First Aid Training, Youth Mental Health First Aid Training, Question, Persuade, Refer (QPR) Gatekeeper Training: 60 days' notice





SPEAKS 2 INSPIRE'S TRAINING CATALOG

Effective Trainings for Your Team

Our trainings are most effective with at least 15 participants. Consider advertising them to all employees, and students, and create an Eventbrite for easy registration. Review our [Speaks 2 Inspire Event Planning & Hosting Guide](#) for tips on planning a successful training/event.

Available Trainings

Most of our trainings are one hour long, but we can customize it to be 30-minute sessions. Note that each 30-minute training will be charged as one hour.

Frequently Requested Topics

- Mental Health Awareness and Stigma Reduction***
- Mental Health Awareness in the Workplace*
- Stress Management and Burnout Prevention***
- Conflict Resolution and Peer Mediation**
- Building Resilience for Employees and Students
- Effective Communication and Active Listening

Customized Solutions

If you have specific training needs or topics not listed below, we can create customized programs to address your unique requirements.

Rescheduling and Cancellation Policy

We understand that unexpected events occur. If you need to cancel a training, please contact our team directly at booking@speaks2inspire.com at least six business days before your scheduled training. Cancellations within this window may result in a fee. Please note that canceling or rescheduling any Specialized Training may incur a fee. Cancellation that occurs 15-30 days from the delivery date will incur a charge that is 50% of the cost of the training. Please discuss any concerns about this policy with our team. We will work with you to reschedule the training.





SPEAKS 2 INSPIRE'S TRAINING CATALOG

Specialized Training

- Mental Health First Aid Training
- Youth Mental Health First Aid Training
- Question, Persuade, Refer (QPR) Gatekeeper Training

For Students

Mental Health Awareness and Stigma Reduction

- Objective: Increase awareness of mental health issues and reduce the stigma surrounding them.
- Workshop Highlights: Learn about common mental health challenges, their impact, and strategies to promote understanding and empathy.

Suicide Prevention and Intervention

- Objective: Equip students with the knowledge and skills to recognize signs of distress and intervene when necessary.
- Workshop Highlights: Identify warning signs, practice active listening, and understand how to connect individuals with appropriate support.

Stress Management and Coping Skills

- Objective: Help students develop healthy ways to manage stress and build resilience.
- Workshop Highlights: Learn practical techniques for stress reduction, such as mindfulness, time management, and relaxation exercises.

Building Resilience

- Objective: Foster resilience in students to bounce back from adversity and challenges.
- Workshop Highlights: Explore factors that contribute to resilience, and develop skills to adapt and thrive in difficult situations.

Emotional Intelligence and Self-Awareness

- Objective: Enhance students' emotional intelligence and self-awareness.
- Workshop Highlights: Understand emotions, improve self-awareness, and develop empathy for better interpersonal relationships.

Mindfulness and Meditation Practices

- Objective: Teach mindfulness techniques to reduce stress and improve focus.
- Workshop Highlights: Practice mindfulness exercises and meditation to enhance emotional well-being and concentration.





SPEAKS 2 INSPIRE'S TRAINING CATALOG

Effective Communication and Active Listening

- Objective: Improve students' communication skills and ability to listen actively.
- Workshop Highlights: Learn techniques for effective communication, conflict resolution, and active listening.

Building Positive Relationships

- Objective: Promote healthy interpersonal relationships among students.
- Workshop Highlights: Explore the qualities of positive relationships and develop skills for building and maintaining them.

Conflict Resolution and Peer Mediation

- Objective: Equip students with conflict resolution skills to address conflicts constructively.
- Workshop Highlights: Learn conflict resolution strategies and practice peer mediation techniques.

Understanding Anxiety and Depression

- Objective: Enhance students' understanding of anxiety and depression.
- Workshop Highlights: Explore the signs, symptoms, and coping strategies related to anxiety and depression.

For Employees

Social-Emotional Learning (SEL) Implementation

- Objective: Guide educators in implementing SEL programs to support students' social and emotional development.
- Workshop Highlights: Learn about SEL frameworks, activities, and strategies for classroom integration.

Promoting a Healthy Work-Life Balance

- Objective: Help educators achieve a balanced and fulfilling work-life dynamic.
- Workshop Highlights: Explore time management, stress reduction, and self-care practices to maintain well-being.

Understanding Anxiety and Depression in Students

- Objective: Equip staff with insights into recognizing and supporting students dealing with anxiety and depression.
- Workshop Highlights: Understand the impact of these conditions on students and learn effective support strategies.





SPEAKS 2 INSPIRE'S TRAINING CATALOG

Supporting Grieving Students and Staff

- Objective: Provide tools and resources for assisting students and colleagues through the grieving process.
- Workshop Highlights: Learn approaches to grief support, communication, and creating a compassionate environment.

Diversity and Inclusion in Mental Health

- Objective: Promote diversity and inclusion within mental health conversations.
- Workshop Highlights: Discuss cultural competence, address disparities, and ensure equitable mental health support.

Building a Trauma-Informed School Environment

- Objective: Develop a trauma-informed approach to education and support.
- Workshop Highlights: Understand trauma's impact on learning and behavior, and learn strategies for creating a safe environment.

Self-Care Strategies for Educators

- Objective: Empower educators with self-care practices to prevent burnout.
- Workshop Highlights: Explore self-care techniques, boundary setting, and stress management.

Positive Behavior Support Strategies

- Objective: Provide strategies for promoting positive behavior and discipline in the classroom.
- Workshop Highlights: Learn proactive approaches to behavior management and creating a positive learning environment.

Bullying Prevention and Intervention

- Objective: Equip educators with tools to prevent and address bullying behavior.
- Workshop Highlights: Understand the dynamics of bullying, intervention techniques, and fostering a respectful school culture.

Promoting a Growth Mindset in Education

- Objective: Encourage a growth mindset among educators and students.
- Workshop Highlights: Explore the concept of growth mindset, its application in teaching, and fostering resilience in students.

