

**Integrated workplace solutions
support education, productivity
and wellness in your work.**

**The goal is to invest in the
workforce and make it into a
strategic asset through personal
development and growth.**



**“Serving the Business Community for
Over 30 Years”**

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YOU CAN CHOOSE FROM:

- Lunch and Learns
- Educational presentations and workshops
- Full day continuing education seminars
- Workplace consultations

WORKPLACE AND CAREER

- All together now: Making your team all it can be
- Fun and humor in the workplace, it can be pleasant and productive
- Whistle while you work: Promoting a positive work environment
- Stress, what stress? Recognizing and effectively dealing with stress in the workplace

WORKPLACE CONSULTATION AND MANAGERIAL SUPPORT

- Alcohol and drug addiction in the workplace: Whose problem is it anyway?
- Don't ignore them: Learning to effectively identify and intervene with troubled employees
- Recognizing and addressing the issue of harassment (bullying) in the workplace
- Critical Incident Stress Management Training

PERSONAL DEVELOPMENT AND WELLNESS

- I'm at loss: Coping with loss and grief for adults (also available for children)
- Stand up for yourself: Assertiveness in everyday life
- Warning! Overload! Finding the balance between personal and life demands

FAMILY LIFE

- Dear, we need to talk!
- Life will go on: Separation or divorce and life there after
- My kids, your kids and our kids: Helping step families make a go for it
- Feeling trapped: Sandwich generation and care for the caregivers

Each seminar includes a combination of:

- **Structured learning activities**
- **Introduction to key concepts and skills**
- **Group discussions to integrate learning and questions**

Our Corporate Services Division can offer customized services to clients all over New-Brunswick and beyond. All services are available in both official languages, in house or through our facilities.

*For a complete list of topics available and descriptions, please consult our web site.

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