

Our diverse, online training team will tune up your self-care and your team-care. Trainings can be online or in-person. Most include handouts. Prices vary. Spanish or bilingual trainings available. For more info, visit www.nonprofitwellness.org.

TREE TRAINING SERIES

Trainings presented by Susan and Ty of Nonprofit Wellness. Basic sessions are 60 minutes each; Train-the-Trainer sessions are 90 minutes.

1 **Roots of Stress and Self-Care**

Dig deeper to learn the brain science of “why” and then the “how” of calming our human nervous systems. Participants complete a **Personal Stress Prescription** (with option to discuss in teams).

2 **Resilient Branches of Stress & Joy**

Reflect on what you and your team are “growing” through (circumstances) and who you are (identity). Participants complete the **Stressor & Resilience Scorecard** and discuss their areas of challenge or growth (optional DEI lens).

3 **The Team-Care Forest (A new world)**

Assess your team's wellness needs to build a post-pandemic culture of retention. Participants get our **"Big List"** of cheap wellness practices to inspire year-round wellness committees, leaders, and staff. Additional coaching available.

SKILL-SHOPS

Presented by a variety of trainers, all online, 45-60 minutes.

1 **Mindfulness in Stressful Times**

w/ Nonprofit Wellness trainers

2 **12 Natural Immune Boosters**

w/ Nonprofit Wellness trainers

3 **How to Have Less Zoom Stress**

w/ Nonprofit Wellness trainers

4 **Variety of Yoga & Fitness sessions**

w/ certified instructors

5 **Mindful Art: Upcycling**

w/ art trainers

6 **Qi Gong: Meditative Movement**

w/ Joann Malone & Pat Smith, QiCircles.com

7 **Learn to Juggle with Bags**

w/ Kevin O'Keefe, CircusMinimus.com

8 **Improv for Teamwork**

w/ Lynne Childress, BBPproductions.com

9 **Grief with Grace**

w/ Leslie Gray Streeter, author, BlackWidow

10 **Take 5: Brain Boosts for Work & Joy**

w/ Susan Comfort, NonprofitComfort.com