



Because learning should be fun!

Lunchtime is a great backdrop for learning and fostering participation. We offer 13 lunch and learn workshops to help employees live and work better. Pick a topic. Give us a call.

We'll provide an hour of interactive learning and fun.

Navigating Social Media

- Popular social media
- Social media pitfalls
- Ways to protect yourself and your children

Caring for the Caregiver

- Acceptance — circumstances and limitations
- Be an organized caregiver
- Learn how to care for the caregiver

Parenting Skills

- Study the nature of a child
- Review the difference between punishment and discipline
- Parent without anger

Work-life Balance

- How to recognize when life is unstable
- Activity for reviewing current life balance
- Maintain balance

Stress Management

- Understand stress — fight or flight
- Healthy coping strategies
- Finding joy

Basic Money Management

- Money smarts
- Create your own budget and tips for making it stick
- Avoid the debt trap
- Dig out of debt

Dealing with Difficult People

- Detect difficult people
- Learn why these people are difficult
- Defuse difficult behavior
- Passive-aggression and assertive behavior
- Get to win-win

Managing Holiday Stress

- Revisit what is important
- Holiday burnout
- Holiday stress management

Anger Management

- Anger dynamics and the anger cycle
- Fight or flight theory
- Anger myths
- Healthy and unhealthy ways of managing an anger response
- Coping exercises and relaxation techniques for blowing off steam

Assertiveness and Self Confidence

- Overcome negative thoughts
- Assertiveness and self respect
- The power of positive thinking
- Play to your strengths
- Creating a positive home and work environment

Effective Communication

- Develop nonverbal and paraverbal communication skills
- Use the STAR method to speak clearly and succinctly
- Listen actively and effectively
- Identify barriers to communication

Body Language Basics

- Study the power of nonverbal communication
- Learn to interpret basic body language
- Identify your nonverbal communication style

Conflict Management Skills

- Manage and resolve conflict
- Six phases of the conflict resolution process
- Apply the process to various types of conflicts

To schedule your lunch & learn and discuss possible fees, call 800-968-8143 or email firstsunsolutions@firstsunsolutions.com.