



Cultivate workplace well-being with training & education from your trusted partner

VITAL WorkLife training and education offerings are designed to equip your people with the tools, knowledge and strategies needed to excel in their roles.

Let us be your guide on your journey of growth, and take the next step toward reaching your full potential while contributing to the success of your team.

Session topics

- Achieving Work/Life Balance
- Addressing Substance Abuse: Reasonable Suspicion from a Management Perspective
- Bullying in the Workplace—An Equal-Opportunity Form of Harassment
- Compassion Fatigue for Caregivers
- Emotional Intelligence Basics
- Intergenerational Teams Work!
- Reducing Stress and Developing Resiliency
- Respecting Diversity and Fostering an Inclusive Workplace
- Thriving in the Wake of Change: Addressing the “Human Factor”
- Working Effectively with Others: Conflict and Incivility

Custom offerings available for your unique needs

Benefits to your workforce:

- Managing personal & professional relationships
- Team building
- Conflict resolution
- Managing organizational change
- Time management
- Work & life balance
- Dealing with stress & burnout effectively
- Exploring fresh ideas

Scan the QR code to contact us.

Contacting your VITAL WorkLife Account Manager is the first step to selecting a single event or planning a series. **A minimum of four weeks’ notice (six weeks for customized trainings)** is required.

VITALWorkLife.com

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