



Nsight Training for Community and Faith Groups

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Relationship Results for Couples



Discover ways to work smarter, not harder, in your relationship. Great for couples in any stage of their relationship - engaged, married, or committed. Topics include:

Communication, fighting fair, problem solving as a team, increasing intimacy, fun/ friendship/ sensuality, personality profiles, shared dreams and goals, financial health

"Relationships Results for Couples" seminar is delivered as a complete unit and requires approximately 8 hours to complete. The seminar can be completed during one day or spread out over a series of weeks or months.

Relationship Results for Singles



Gain a fresh perspective on dating and insight into why things can go so wrong. Commit to what you want for your relationship and go after it. Great for singles and singles-again of any age. Subjects include:

Building a healthy relationship, red flags of a relationship, communication, personality profiles, anger and stress, prioritizing and goal-setting

"Relationship Results for Singles" seminar is delivered as a complete unit and requires approximately 8 hours to complete. The seminar can be completed during one day or spread out over a series of weeks or months.

Survival Skills for Healthy Families



Set your family up for success by learning how to reconnect, reprioritize, and refresh your family connections. This course is for parents with their children ages 8 or older. The workshop is appropriate for all kinds of families. Families learn together through activities and education in topics consisting of:

Children's roles in the family, parents as leaders, problem-solving, communication, putting the family first, passing on your values

"Survival Skills for Happy Families" seminar is delivered as a complete unit and requires approximately 8 hours to complete. The seminar can be completed during one day or spread out over a series of weeks or months.

Work & Life - Better with Balance



Is your life out of balance? Learn and implement these practical lessons for improving home and work life balance for you and your employees or coworkers:

Self-assessment, signs of "burn-out", relationship between resilience & balance, tips for improving balance, individualized plan for improving balance

"Work & Life - Better with Balance" training package is delivered as a complete unit and requires 1-2 hours to complete.

Crash Course in Communication



One of the most powerful ways to improve the workplace is to learn to communicate more effectively. Learners will take away:

Team communication strategies, handling difficult communication, technology & communication, problem solving vs. problem solution, speaking and listening for understanding

"Crash Course in Communication" training package is delivered as a complete unit and requires 1-2 hours to complete.

Stress Less for Success



Gain a fresh perspective on ways to minimize stress and promote personal and professional effectiveness. Participants will learn:

Unique ways to minimize stress, personal stress level self-assessment, healthy stress, impact of stress, individualized plan for stress management

"Stress Less for Success" training package is delivered as a complete unit and requires 1-2 hours to complete.

Suicide Prevention

Learn how to identify someone who's at risk for suicide and what to do to help. Nsight offers the following three classes around suicide prevention:

Fundamentals of Suicide Intervention

Everyone can benefit from a basic knowledge of what to do when someone says he's thinking of suicide.

This course is based on the Army's ACE Model. ACE stands for Ask, Care, and Escort. Additionally, this topic is approved for schools. Topics include:

**Indicators of Suicidal Thought
How to Ask: Is an Individual Contemplating Suicide?
Ways to Care: Escorting to Professional Health**

"Fundamentals of Suicide Intervention" seminar is delivered as a complete unit and requires one hour to complete.

SafeTALK

SafeTALK (Tell, Ask, Listen, and Keep Safe) is a suicide alertness training that teaches you to recognize people with thoughts of suicide and to connect them to intervention resources.

This course is four hours and compliments the ASIST course. Learning points include:

**Developing Suicide Alertness
Recognizing Indicators of Suicide
Intervention Resources:
Connecting a Person-at-Risk**

Contact Nsight to learn about options for scheduling an Applied Suicide Intervention Skills Training course.

Applied Suicide Intervention Skills Training (ASIST)

This intensive course goes in-depth to train caregivers to help those at risk for suicide. It's appropriate for anyone who works closely with people on a daily basis. Learners will take away:

**Reasons for Suicide First Aid
Understanding Attitudes about Suicide
Learning the Needs of the Person-at-Risk
Learning our Role as Caregivers**

The Nsight course requires a total of 16 hours (two days) with CEU's available.

Contact Nsight to learn about options for scheduling an Applied Suicide Intervention Skills Training course.

Always customizable, and consultations are free! Schedule a consultation and quote: 605.939.0289

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