

# **Insight Training For Community and Faith Groups**



## **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**

*This is a one-hour course.*

### Partnering for Suicide Prevention

This customized training includes discussion on the three primary areas of suicide education including: prevention, intervention, and postvention. This training is customized to give hands-on and relevant training for the clients of the contracting organization. The scenarios are written to give the participants the experience of applying the information to the people that they work with on a daily basis. The training includes a discussion of what resources are located in the area and when is the appropriate time to contact either emergency or non-emergency resources.

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

*This is a 2-4-hour 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.*

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