

Strategies and Skills

The Biology of Stress – *What's happening to your body (even when you can't FEEL it) and what you can do about it.*

Class Length: 2 hours

Emotional Intelligence – *The role EQ plays over IQ in interpersonal effectiveness and how to assess and increase self management and relationship management.*

Class Length: 2 hours

Burnout- *Strategies to deal with ongoing burnout cycles throughout your career*

Class Length: 2 hours

Navigating Difficult Personalities- *Learn the four basic personality types, how to identify them and how they work*

Class Length: 2 hours

Secondary Trauma- *How exposures work, why some affect us, and techniques to process through them.*

Class Length: 2 hours

Other topics as requested

2 hour class cost: \$250 (total, not per person)

4 hour class cost: \$500 (total, not per person)

Contact Miriah Ikemiyashiro, LCSW to schedule.

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