

# THE WELLBEING PARTNERS PRESENTATION CATALOG



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\* = Most Requested Presentations



# MEET THE PRESENTERS

Our team at the Wellbeing Partners has expertise in various areas. Depending on your chosen presentation, you will be matched with our experts in the field.

## LORI THOMAS *DIRECTOR OF STRATEGY AND OPERATIONS*



Lori has accumulated over 20 years of experience in workplace culture and wellbeing, holding various roles that have given her a unique perspective on employee wellness. She kickstarted her career in well-being by obtaining a Bachelor of Science degree in Exercise Science with a specialization in Worksite Health Promotion from Winona State University. Lori has acquired numerous certifications and designations throughout her career, such as Adult Mental Health First Aid Instructor, ACSM Health & Fitness Professional, ACE Health Coach, Marquis Who's Who list, and being named a Marquis Top Professional. Apart from her professional pursuits, Lori cherishes spending quality time with her family, attending her children's activities, and enjoying camping trips.

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## CLAIRE BROWN *PROGRAM MANAGER*



Claire advocates for practices that support children's mental and physical wellbeing in schools, homes, and community settings. Claire holds certifications in Positive Discipline Parent Education and Infant-Family Mental Health, and is a certified instructor of Youth Mental Health First Aid. In addition to her work with The Wellbeing Partners, Claire serves as an Adjunct Professor of Early Childhood Education at Concordia University and College of Saint Mary. Outside of work, Claire enjoys cooking, spending time with her husband and daughter, and trying new restaurants.

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## CLAUDIA GRANILLO *WELLBEING SPECIALIST*



Claudia aids in the brainstorming, strategy, and implementation of various community programs such as our mental health stigma reduction campaign, a youth mental health literacy project in schools, and a Safe Routes to Healthy Places project at Southside Terrace. Claudia earned a Master of Science in Political Science from the University of Nebraska at Omaha. Claudia is trained to facilitate using the Technology of Participation® and International Association of Participation frameworks. Additionally, she is also a trained community organizer and is a certified instructor of Youth Mental Health First Aid.

# WORKPLACE TOPICS

*Offered in-person or virtually*

## CULTIVATING A WORKPLACE TO THRIVE

We'll provide practical tips for creating an inclusive and welcoming environment for your staff. We'll discuss psychological safety, belonging, and inclusion in the workplace and their impact. You'll learn the benefits of a psychologically safe workplace and practice the five pillars of belonging. You'll also share your successful examples and learn from each other.

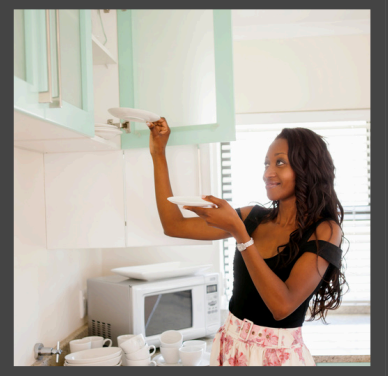


## PROMOTING RESPECT & INCLUSION THROUGH PERSON FIRST LANGUAGE

In this presentation, participants will learn about the history and stigma behind common language still used today and explore the benefits of using “person first” language, practice swapping familiar phrases, and discuss situations when “identity first” language may be more appropriate while accommodating others’ personal preferences.

## EMBRACE THE MESS

Do you find yourself juggling family, professional, and social responsibilities to the point where something has to give? Join us to explore the power of embracing the mess, giving ourselves permission to not have it all together, and learning how to take care of our own needs first so we can continue to take care of those around us.



## THE POWER OF PLAY IN THE WORKPLACE

When is the last time you played at work? Through this interactive and engaging session, you'll learn what play does to the brain, how it affects productivity, and its impact on overall wellbeing. Our team will then lead participants through some guided play activities to promote team bonding, creativity, and relaxation. Play isn't just for the kids!



# MENTAL HEALTH TOPICS

*Offered in-person or virtually*

## MENTAL HEALTH 101

In this session, we will deepen your understanding of mental health conditions and equip you with the skills to be an effective ally. Through discussions on the signs and symptoms of common mental health challenges, the impact of stigma, and the importance of using person-first language, you will gain valuable insights. Participants will leave with practical tools and strategies to support mental health in a compassionate and informed way.

***Also available pre-recorded***



## MENTAL HEALTH 101 FOR LEADERS

Leaders of people will learn about mental health conditions, common signs and symptoms, importance of psychological safety, workplace culture, and how to be a mental health ally with a leadership lens. We'll also explore using person-first language to reduce stigma. By the end of the session, leaders will have gained tools and strategies to support mental health in the workplace.

## BUILDING YOUR MENTAL WELLBEING TOOLKIT

Unmanaged stress and anxiety can lead to a place where people feel overwhelmed, exhausted, and eventually to burnout. Join us to learn about practical tools and strategies to identify stressors, explore self-care strategies, and improve your overall work/life integration.

***Also available pre-recorded***



# FAMILY TOPICS

*Offered in-person or virtually*

## **WHEN YOUR TANK IS ON EMPTY: HOW CAREGIVERS CAN FOCUS ON FILLING UP**

Whether you are caring for a child or an aging parent, caregivers often feel like they are running on empty. Join us to learn about mental health considerations for caregivers, tips to get filled back up, and why you should give yourself—not just those you care for—grace and empathy.



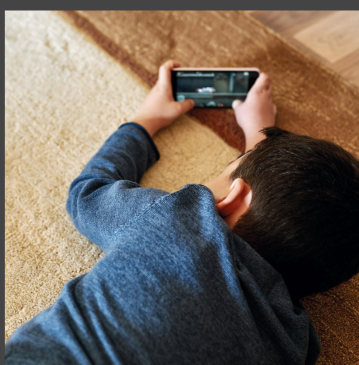
## **CAREGIVER SUPPORT: FOR THOSE CARING FOR AGING ADULTS**

Caregiving is becoming more prevalent across various demographics, often comprised of unpaid family members or friends. This situation profoundly impacts caregivers' overall well-being. We will explore key factors for caregivers to consider, valuable self-care strategies, and provide essential resources for support.

## **MENTAL HEALTH FOR YOUNG PEOPLE**

Parents, and any adult caring for a teenager, can wonder about their teen's mental health. In this webinar, participants will learn about what's typical of young people, how to identify Mental Health warning signs, and when to seek support for your teen.

*Also available pre-recorded*



## **SCREEN SAFETY: SUPPORTING SAFE ONLINE CHOICES AND HEALTHY SCREEN LIMITS**

Parents and caregivers of children face an ever-evolving challenge of keeping kids safe online and guiding them to make wise decisions. Join TWP to learn how to manage online risks, prepare children to make safe choices, and balance healthy use of screen time at all ages.



# FAMILY WELLNESS SERIES

*Offered in-person, virtually, or pre-recorded*  
*Led by Claire Brown*

## FOSTERING EMOTIONAL CONNECTION

How do bonding and attachment impact a child as they grow and what can we do to raise resilient, emotionally healthy children? This session examines how relationships with adults alter children's brains and how we can leverage our emotional connection with our child(ren) to support their mental health.



## CHILD DEVELOPMENT & DISCIPLINE STRATEGIES

How could what we know about kids' brains change the discipline strategies that we choose? This session will dive into child development milestones and apply that information to successful strategies for supporting positive behavior in young children.



## HAPPY MEALTIMES FOR THE FAMILY

Why are mealtimes such a stressful time for many families? How does what we know about children's bodies help us make mealtimes happier and healthier for everyone? This session covers strategies to help kids eat the foods they need and make mealtime an enjoyable time of connection.



## PLAY AND THE BRAIN

What's happening inside a child's brain when they play and how can families make the most of this vital part of childhood? This session will explore the importance of play, physical activity, and togetherness to support strong and connected families.



# SEASONAL TOPICS

*Offered in-person or virtually*

## **BACK TO SCHOOL BLUES**

"Back-to-School" time brings changes to schedules for families, new stressors for everyone, and often new behavior challenges for children. Learn how to support your child(ren) through this difficult time of the year, how to partner with teachers, and how to rock the school year routines.



## **SEASONAL SELF-CARE**

Money and family responsibilities are among the top sources of stress in the United States, and the end of the year is when these stressors tend to be most prevalent. Join The Wellbeing Partners for a virtual webinar where we will discuss ways to navigate the feelings of overwhelm that many people experience as the year ends and provide self-care tips using the 8 dimensions of wellbeing to manage that overwhelm.

## **PARENTING THROUGH THE HOLIDAYS**

Presents galore, a break from school, time with extended family--the holidays are a special time for families, but also create new stresses and parenting challenges. In this session, participants will consider how to support their children through the holiday season, balance the magic with the mundane, and come out the other side of the holidays feeling fulfilled.





# PROFESSIONAL DEVELOPMENT FOR EDUCATORS

*Offered in-person or virtually*

## **VITAL CONNECTIONS:**

### **HOW TO BUILD UP PARENTS AS THEIR CHILD'S MOST IMPORTANT BOND (FOR EDUCATORS)**

Educators know how important the parent/child bond is, but how do we support parents in forming these vital connections with their children? What kinds of strategies can we offer when parent struggle? Participants will leave this session empowered to come alongside parents as they prioritize early bonding.



## **LOOK LISTEN LINK:**

### **IMPLEMENTING MENTAL HEALTH LITERACY PROGRAMMING IN SCHOOLS**

Join TWP staff to learn about the Look Listen Link Curriculum and how it can be implemented in schools to support student mental health. Session includes information about the in-school curriculum, supports for families, and resources to create a holistic and effective mental health program at your school.



## **WHEN YOUR TANK IS ON EMPTY:**

### **HOW CARE PROVIDERS CAN FOCUS ON FILLING UP**

Teachers and care providers often feel like they are running on empty. Join us to learn about mental health considerations for caregivers, tips to get filled back up, and why you should give yourself—not just those you care for—grace and empathy.



**CHECK OUT OUR FAMILY WELLNESS SERIES ON PAGE 7, TOO!  
THOSE SESSIONS CAN BE ADAPTED FOR PROFESSIONAL AUDIENCES.**

# TESTIMONIALS

“

I am grateful my employer offered this to me and I will continue to use and practice these ideas for years to come. I highly respect the presenter and her knowledge and am so grateful to get to know her and learn from her.”



Thank you for providing these webinars. I have found them extremely beneficial and find comfort that I am not alone in my challenges.

”

“

An employee’s life is not exclusively work. There are many factors that affect employees’ lives and caregiving has a substantial impact on a person’s day-to-day well-being and mental health. For an employer to recognize the employee as a person and offer support that helps the employee nurture/care for/navigate/discover the whole self makes a better person overall and can have the benefit of developing the best employee.





# THANK YOU!

*We appreciate you browsing through our catalog. If you have any unique needs, we would be delighted to hear from you. Don't hesitate to get in touch and let us help you achieve your goals.*

## Contact Us



[info@thewellbeingpartners.org](mailto:info@thewellbeingpartners.org)



[www.linktr.ee/thewellbeingpartners](http://www.linktr.ee/thewellbeingpartners)

