

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.

AJA ANDERSON *CEO*



Aja Anderson is a nonprofit executive and community systems leader advancing health equity across the Omaha metro as CEO of The Wellbeing Partners. She specializes in people-led leadership, community engagement, and cross-sector strategy, helping organizations move from conversation to coordinated action. Aja is trained in facilitation and strategic planning using the Technology of Participation (ToP) approach, designing inclusive processes that lead to clear, actionable outcomes.

A sought-after speaker and facilitator, she leads sessions on people-led leadership, community-driven strategy, collective impact, and advancing health equity in practice. Aja partners with health systems, public health, and community organizations to align stakeholders, strengthen systems, and drive measurable impact.

LORI THOMAS *DIRECTOR OF STRATEGY & OPERATIONS*



Lori is a recognized thought leader, speaker, and facilitator with more than 20 years of experience advancing workplace culture, employee wellbeing, and strategic planning. She brings a practical, people-centered approach to helping organizations create environments where individuals and teams can thrive.

Trained in the Technology of Participation (ToP) approach, Lori leads inclusive, engaging sessions that help organizations build trust and turn insight into actionable outcomes. She is a certified Adult Mental Health First Aid Instructor, and has been recognized on the Marquis Who's Who list and named a Marquis Top Professional.

CLAIRE BROWN *PROGRAM MANAGER, CHILD & FAMILY WELLBEING SPECIALIST*



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.

CLAUDIA GRANILLO *WELLBEING SPECIALIST*



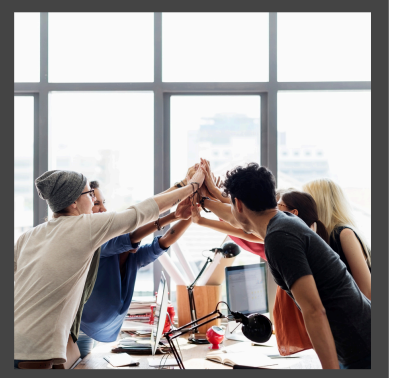
Claudia aids in the brainstorming, strategy, and implementation of various community programs such as our mental health stigma reduction campaign, a youth mental health literacy project in schools, and a Safe Routes to Healthy Places project at Southside Terrace. Claudia earned a Master of Science in 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!

WORKPLACE TOPICS

Offered in-person or virtually



HUMANS, NOT RESOURCES: RETHINKING WORKPLACE CULTURE

This session highlights why people-first workplace culture is essential to engagement, innovation, and retention. Participants will learn practical strategies for building empathetic, connected environments where employees feel valued and can thrive. Designed for leaders and teams, this presentation offers actionable tools to strengthen both culture and performance.

FROM OVERWHELMED TO EMPOWERED: NAVIGATING STRESS

A practical, supportive session that helps participants identify their stress triggers, recognize early warning signs, and build simple, personalized strategies for resilience and self-care. Perfect for anyone looking to manage stress with more confidence and clarity.



KEEPING YOUR COOL WHEN THINGS HEAT UP: SKILLS FOR CIVIL, EFFECTIVE COMMUNICATION

A practical session that helps participants communicate with poise and respect, even in tense moments. Learn constructive conversation techniques, non-judgmental listening, civility basics, and de-escalation strategies to create more positive, empathetic interactions at work and beyond.



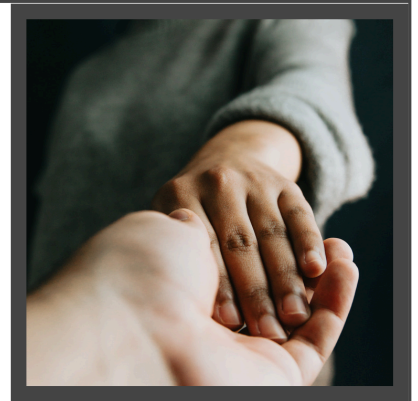
MENTAL HEALTH TOPICS

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



BURN BRIGHT, NOT OUT: THRIVING THROUGH STRESS AND UNCERTAINTY

This interactive workshop helps participants spot early signs of stress and burnout, understand their causes, and build simple, practical strategies for resilience. Through reflection, discussion, and actionable tools, attendees learn to manage stress, protect their energy, and sustain their wellbeing at work and in life.

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.



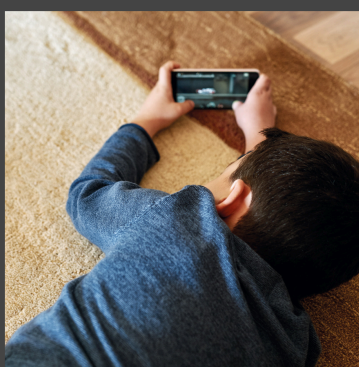
CAREGIVER SUPPORT: FOR THOSE CARING FOR AGING ADULTS

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 TOPICS

Offered in-person or virtually

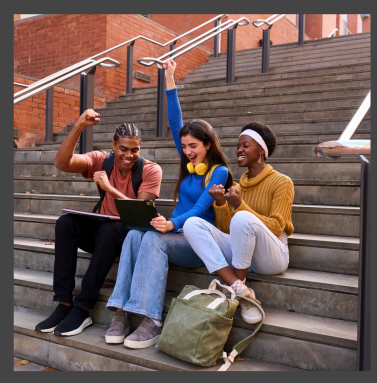
DIGITAL WELLBEING: CHOOSING HEALTHY HABITS IN A DIGITAL WORLD

This presentation focuses on adults reflecting on their own digital use—identifying cultural influences, understanding the state of the current digital landscape, and adopting tools to foster a healthy relationship with technology. Additionally, this presentation includes information on digital wellbeing for older adults and the specific challenges that they encounter.



GUIDING HEALTHY DIGITAL HABITS: SUPPORTING TEENS IN A DIGITAL WORLD

This presentation is intended for adults who are supporting teens. Topics include the adult's role in teaching healthy habits, the current reality that teens face, and how adults could respond to a variety of digital challenges, from online bullying to inappropriate photos. Participants leave with actionable strategies focused on collaboration, respect, and problem solving with their teens.



GUIDING HEALTHY DIGITAL HABITS: SUPPORTING CHILDREN IN A DIGITAL WORLD

This presentation is designed for parents or caregivers of children, birth through age 13. Topics include the adult's role in supporting healthy habits, how to manage digital usage by age, and how to respond to a variety of challenges, from screentime meltdowns to porn exposure. Participants leave with actionable strategies focused on collaboration, respect, and problem solving with their children.

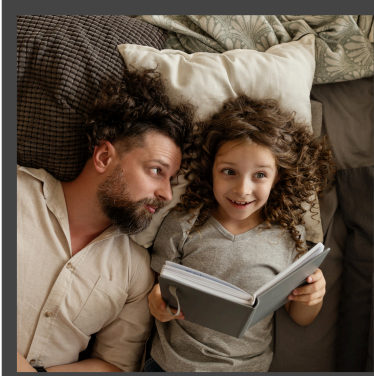


FAMILY WELLNESS SERIES

*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

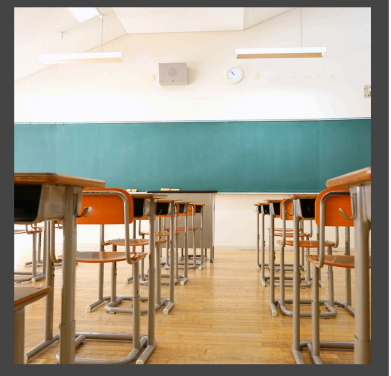
What's happening inside a child's brain when they play and how can families make the most of this vital part of childhood? This session will explore the importance of play, physical activity, and togetherness to support strong and connected families.

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 9, 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.

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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



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www.linktr.ee/thewellbeingpartners

