Training and Workshops

www.giveanhour.org/learn
About Us

Give an Hour prioritizes mental health and wellness and believes that every person should have access to mental health care with as little burden as possible.

Mental health and emotional wellness are a global health priority. Taking care of yourself, your team and your community is more important now than ever before.

Give an Hour offers communities and organizations personalized training and workshops to meet short-term needs and long-term goals when it comes to supporting mental health and emotional wellness.

Our programs deliver the tools to empower individuals, teams and communities to develop the skills that allow them to better care for themselves and those they love.

- A personalized approach to training and capacity-building
- Delivered in a live, interactive setting (virtually or in-person)
- Tailored to the specific needs of your group.
- Informed by evidence and current best practices and designed using adult learning theory

Whether you are seeking a one-time workshop, a series of trainings or ongoing assistance with organizational or community change, Give an Hour is here to help. Workshops and coaching encompass topics that include mental health, emotional wellness and prevention. Give an Hour is available to support your community or organization with training and capacity building in mental health, emotional wellness and prevention topics. Below are samples of the workshops we offer.
Helping the Helpers: Understanding and Preventing Vicarious Trauma/Compassion Fatigue
Helping others is heavy and exhausting work and has the potential to lead to burnout. In this workshop, participants will learn about vicarious trauma and its effects on helpers. They will be able to assess their exposure to vicarious trauma, address the effects and, most importantly, learn how to prevent it.

Beyond the Bubble Bath
Participants in this workshop will explore mainstream and lesser-known self-care routines and the evidenced-based practices to help make them stick. They will identify current self-care habits; list additional habits they want to incorporate; and identify and remove barriers keeping them from their best, self-care life.

Building a Strong and Healthy Family
Every family has strengths and every family faces challenges. In this workshop, participants will learn to practically apply the evidence-informed Strengthening Families Framework, which includes the five Protective Factors that build strong and healthy families and communities.

Motivational Interviewing: Change is HARD
Motivational Interviewing is often recommended as an evidence-based approach to behavior change and was developed by William R. Miller and Stephen Rollnick. It is a collaborative, goal-oriented style of communication with particular attention to the language of change. Motivational interviewing is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion. In this introductory workshop, participants will learn the core elements of Motivational Interviewing, as well as Prochaska and DiClemente’s Stages of Change model.

Boundaries: The Art of NO
Personal and professional boundaries are an absolute necessity to achieve and maintain personal and professional wellness. This workshop allows participants to explore the black, white and gray areas of boundaries. They will learn: how to navigate the gray; the art of balance; and to say no.