

**True North**

Great workshop for opening up the school year with teachers and staff. This is a motivational workshop that encourages participants to think positive, and to create a personal mission and vision for oneself.

**Relationship Strategies**

Allows participants to look at self and helps them understand why they and others behave/react in situations.

**Stress Management**

Teaches doable stress management techniques. Discusses seriousness of unchecked stress. Good mid-year booster workshop.

**Conflict Resolution**

Teaches participants how to look at conflict, how to manage conflict and strengthen relationships by becoming conflict partners.

**Sexual Harassment**

Teaches participants what sexual harassment and how it is dealt with. Discusses sexual harassment laws. Appropriate for all employees.

**Signs Symptoms of Chemical Dependency (for Supervisors)**

Great workshop for managers/principals. Describes the symptoms of substance abuse, and gives helpful information on what to do if substance abuse is present in the workplace.

**Signs and Symptoms of Chemical Dependency (for employees)****Time Management**

Time management skills to help participants plan and prioritize their work. Teaches participants how to make an A, B, C list to management their time.

**Supervisory Training**

This is great for all managers/principals. This workshop teaches supervisor's how to deal with resistant/defiant employees, and how to open up a conversation to discuss with an employee the behaviors that need to be addressed.

**Building Instant Rapport**

Teaches participants the strategies for building rapport with co-workers, customers etc. in order to improve and build lasting relationships.

**Positive Language**

Participants examine their personal communication style to understand the impact it makes on others. Great for beginning of the year.

**Is Depression Impacting You at Work?**

Learn the signs and symptoms of depression in the workplace.

**Keirsey Temperament**

This is a short, similar version of the Myers/Briggs. Allows participants to look at their preferences in communication, behavior, and processing styles in professional and personal relationships.

**Team Building**

Discusses the characteristics of high performing teams. Great anytime and for all types of audiences.

**Home/Work Balance**

Helps participants look at their current lifestyle between home and work. Discusses ways to balance life in order to experience richer, healthier, and more meaningful relationships.

**Leader vs. Boss**

Discusses the differences between leading people and bossing people. Examines personal leadership styles. Great for all managers and principals.

**Anger Management/Anger Styles**

Participants look at different anger management styles and examine their personal style. Discuss healthy/unhealthy anger expression. Good for all audiences.

**Increasing Self-Esteem**

Improve self-confidence and self-esteem. Learn how to feel good about yourself and be assertive. Good for all employees.

**Terri Cicero will also develop a workshop to fit the specific needs of your school/department. If you would like to schedule a workshop please call me at 390-2441 or e-mail me at [cicerot@duvalschools.org](mailto:cicerot@duvalschools.org)**