



Staff Development Day Trainings

CCCSIG offers a wide variety of 'in-person' health, safety, ergonomics, wellness and communication trainings for employees at no additional cost to our member school districts. Below are new additions, however, we also have many customizable trainings!

The Habits of Happy People: Participants will review how healthy lifestyle choices, such as exercise, healthy eating, getting appropriate sleep, choosing optimism, creating an attitude of gratitude, practicing mindfulness, and using humor can assist in creating more happiness in life and reducing one's risk to depression and anxiety disorders. 1-2hrs; any occupation; minimum of 10 participants.

Warm Up, Stretch & Energize Class: Participants will learn an easy, 15-min stretching/warm-up routine they can perform before, during and/or after a 'physical' workday which can assist in preventing injuries while having fun with co-workers. 30-min; any occupation, although designed primarily for classified staff that perform physical tasks throughout their workday; minimum of 10 participants.

Target Your Health: Participants are organized into teams to take 4 quizzes, each 10 questions in length. Each quiz will focus on a health and wellness topic including: Sleep Health, Nutrition and Exercise. At the end of each quiz, there will be a scoring round in which participants will attempt to hit targets of different point values using suction cup balls provided by the trainer. The number of shots each team gets will depend on the number of quiz questions they answer correctly. A large white board is required.

The Building Blocks of Communication: Effective conflict resolutions starts with good communication. This interactive, team-building session includes the main elements of good communication: listening, forming clear questions/statements, importance of eye contact, body language and vocal tone and more!

Adopting Mindfulness as a Lifestyle Choice: The purpose of this training is to help participants manage stress, improve focus and create more happiness in life! In this 1-2hr training, we will define "Mindfulness", review the benefits of practicing mindfulness and unplugging from technology, try different "Mindfulness" activities/techniques, such as creative visualization/guided imagery, progressive muscular relaxation and meditation.

Practical Solutions in Office Ergonomics: This workshop provides participants with an introduction to office ergonomics issues in a practical hands-on training environment. Intended for people who work in offices, design office work areas, or purchase office workstations/equipment, this workshop highlights ergonomic issues that contribute to musculoskeletal disorders (MSDs) in the office environment and emphasizes practical solutions for their control.

Benefits of Attending: Knowledge of how ergonomics can work in your facility; tools to evaluate the office environment; and a practical, cost-effective approach to solution development.

Overview of the Conflict Cycle and Verbal De-Escalation Strategies for Managing Difficult Students: This training provides an overview of the nature of acting out behavior, levels of escalation in the conflict cycle, and strategies to address common problem behaviors in the classroom. Note: This is not a CPI Certification training. 1 hr.; any occupation that works with general education students; Min/max attendees: 10/20.

Utility Cart Training Program: This training provides in-depth instruction on applicable regulations, pre-use inspection, and safe cart operation. Each trainee's knowledge and skill level will be evaluated. Those who pass a written exam and demonstrate a minimum level of operational competence will receive documentation of successful program completion. 1-2hrs; any occupation that is required to operate utility carts (golf carts used to carry materials); Min/max attendees: 5/10.

Taking the War Out of Our Words: This training will help participants to communicate better with colleagues, family and friends. They will learn how to ask non-defensive questions, which can often lead to a better understanding of the message; how to make open, honest position statements, which can convey more meaning to the information being communicated, how to set limits and clearly define boundaries which can prevent conflict later; Min. 10 attendees.
