

# MORAINE PARK

## ECONOMIC AND WORKFORCE DEVELOPMENT

PERFORMANCE-MINDED BUSINESS SOLUTIONS

***Your business demands diverse solutions.  
Our training approach is adaptable.***

Moraine Park Technical College trainers collaborate with your team to craft tailored solutions that enhance the competencies your business requires for success. Whether you prefer on-site or off-site training, we accommodate your schedule to align with your business objectives.



### Trauma Informed Workplace

Trauma, along with toxic stress, is prevalent and affects employees daily. Understanding trauma and incorporating trauma informed workforce solutions is necessary for all organizations. In this series participants will explore the variety of sources of trauma, the effects on the individual and the workplace, and identify key principles and guiding practices to create a workplace culture that is supportive and trauma informed.

**Training Length: 8 Hours**

### Resilience: How to Keep Going When the Going Gets Tough

The average worker encounters many stressors during the day – due dates, meetings, disagreements, difficult clients, and a never-ending flow of assignments. As employees balance all these situations while working for 40 hours or more a week, emotional resolve starts to weaken. When this happens, workers lose patience with each other, find their jobs less meaningful, and even develop health issues.

**Training Length: 4 Hours**

***Moraine Park offers customized partnerships to provide the right performance-minded business solutions for your organization. Visit [morainepark.edu/training](http://morainepark.edu/training) to learn more.***

### Contact Us:



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