



# LAKELAND CARE PLUS CONSULTING

## Focused Training Pricing Structure

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Highly engaging and interactive, in person or virtual learning opportunities to support individual or organizational needs.

*Training sessions are priced for groups of 25 or less for optimal effectiveness.*

### GROUP STANDARD TRAINING

	Corporate Rate	Nonprofit Rate
1-Hour Session Rate	\$500	\$300
Additional Time	\$125/15 min	\$75/15 min
Additional Participants	\$20/person	\$12/person

### GROUP CUSTOM TRAINING

	Corporate Rate	Nonprofit Rate
1-Hour Session Rate	\$750	\$500
Additional Time	\$185/15 min	\$125/15 min
Additional Participants	\$30/person	\$20/person

\*In addition to the above noted pricing, a travel fee of \$50/session will be charged for any travel under 75 miles. Additionally, all out-of-pocket expenses incurred by LCI will be reimbursed by the participating organization. Out-of-pocket costs may include travel beyond 75 miles, lodging, meals, unplanned material costs, etc. Travel will be reimbursed at the Federal rate. Expenses larger than \$250.00 will be preapproved with the designated contact from your organization.



## Focused Training

## Standard Training Session Descriptions

In alphabetical order below is a list of currently offered standard trainings.

### **Empathy Evolution: Embracing Compassion Resilience**

Compassion resilience is the ability to maintain your physical, emotional and mental well-being while responding compassionately to the suffering of others. Resilience is important because it is needed to process and overcome hardship. When we are not resilient, we can become easily overwhelmed, exhausted, have trouble concentrating and more. This interactive session will help you to understand the concept of compassion resilience and gain strategies to move through difficult situations.

### **Courageous Communication: Conquering Conflict & Difficult Conversations**

Experiencing conflict and navigating difficult conversations is a part of our daily lives and is influential in the development of our relationships. Whether you are comfortable in conflict, or it makes you uncomfortable, there is work that we can do to get the most out of conflict conversations. Having the right approach can help to turn tough talk into constructive dialogue. This session will help you to understand your conflict management style and build strategies to manage conflict in both an effective and appropriate way, as well as examine some challenging situations in the workplace and provide you with skills to improve your ability to have difficult conversations in a more confident and constructive way.

### **Thriving Together: A Journey to Cultivate Positive Work Culture**

A positive culture in the workplace is essential to foster a sense of pride and ownership among employees. According to Forbes, a positive culture improves teamwork, raises morale, increases productivity and efficiency, and enhances retention of the workforce. In this interactive session, you will build strategies to connect employees to a purpose and build skills to lead a culture of excellence.



## Focused Training

## Standard Training Session Descriptions

### **Motivate to Elevate: Reaching New Heights Through Motivational Interviewing**

Are you facing challenges when initiating partnerships with employers? Has the door ever been closed on you before you walked in? Using Motivational Interviewing as a strategy can support you in building those partnerships. This session will teach the process of Engage, Focus, Evoke, which will support you in communicating with employers to overcome ambivalence and cultivate change.

### **Performance Potential: A Coach Approach to Navigating the Path To Excellence**

Effective coaching is an important driver of team member performance. Whether you are guiding people toward success in new or challenging situations, or helping people improve or enhance their work performance, the ability to coach and provide feedback can propel performance to its highest level. This session will build your understanding of a coach approach and provide tools and strategies to implement coaching into your leadership style.

### **Self-Awareness + Strengths = Excellence in Customer Service**

The actions you take affect the way that people feel about you, about the situation, or even about the company. If you are unaware of how you are making people feel, you could be setting the wrong tone in the customer service you are providing. Being self-aware gives you an opportunity to set the right tone for your interactions with others and the power to diffuse tough conversations into something productive. This session will help you to understand the role of self-awareness in providing excellent customer service and discover ways that you can use your strengths to increase your self-awareness..

### **Time Management: Your Life in 4D**

Is your day stressful? Is your “to do” list never ending? Strategies surrounding Time Management can offer a light at the end of the tunnel where your work becomes more enjoyable, stress is reduced, and you gain time back in your schedule for things that matter, all while increasing productivity and improving the care you provide to others.



Register Today!

To register scan the QR code below to register on our website.



Alternatively, you can reach out via email or phone to register.



[info@lcplusinc.com](mailto:info@lcplusinc.com)



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