

# MENTAL, PHYSICAL AND SOCIAL WELL-BEING

*Course Guide*



D'Affluenza, LLC  
512-743-9898 (CALL OR TEXT)  
[www.daffluenza.com](http://www.daffluenza.com)



# D' AFFLUENZA, LLC

Processing and dealing with layers of individual trauma on top of new mass traumas from COVID-19 adds compounding layers of complexity for individuals to responsibly manage their emotions and express their thoughts, thus increasing the need for conflict, trauma and stress management training and education.

D' Affluenza, LLC utilizes a holistic approach in developing the whole individual by providing developmental accredited Continuing Professional Development (CDP) training covering the categories of the **Mental, Physical** and **Social Well-Being**. See courses categorized below under the headings, Mental, Physical and Social Well-Being.

This holistic approach embedded in our mission is to:

- Provide vernacular training as a resource to at-risk families with the goal of their achieving self- sufficiency.
- Provide accredited professional development training to businesses with the goal of enhancing employee development.



## Table of Contents

<b>MENTAL DEVELOPMENTAL COURSE LIST</b> .....	4
<b>Trauma-Informed Care (TIC) / Developmental Trauma</b> .....	5
<b>Emotional Intelligence EQ-2.0</b> .....	5
<b>Stress Management</b> .....	6
<b>Developing Resilience</b> .....	6
<b>Planning for Change: The Two Powers in Life</b> .....	7
<b>Managing Anxiety</b> .....	7
<b>Crisis Management</b> .....	8
<b>Impulse Control</b> .....	8
<b>Depression</b> .....	9
<b>Suicide Prevention</b> .....	9
<b>Critical Thinking</b> .....	10
<b>Social</b> .....	11
<b>Well-Being Course List</b> .....	11
<b>SMART Goals</b> .....	12
<b>Providing Effective Feedback</b> .....	12
<b>Cross Cultural Communications</b> .....	13
<b>Diversity</b> .....	13
<b>Influencing Skills</b> .....	14
<b>Conflict Handling</b> .....	14
<b>Parent / Child Workshops / John Maxwell</b> .....	15
<b>Basic Presentation Skills</b> .....	15
<b>Self-Development for Managers</b> .....	16
<b>Managing Difficult Behaviors</b> .....	16
<b>Dealing with Challenging People</b> .....	17
<b>Communicating Difficult Messages</b> .....	17
<b>Giving and Receiving Feedback</b> .....	18
<b>Decision Making</b> .....	18
<b>Train the Trainer!</b> .....	18
<b>Resume Development</b> .....	19

**Performance Ready** ..... 19

**Managers Guide to Performance Appraisals** ..... 20

**Get Ready for Your Appraisal (non-supervisor)** ..... 20

**Performance Management** ..... 21

**Mentor Training** ..... 21

**Psychological safety at Work** ..... 21

**Additional Accredited Continuing Professional Development (CPD) Development Courses**..... 22

**Physical Course List** ..... 22

# MENTAL DEVELOPMENTAL COURSE LIST

## Trauma-Informed Care (TIC) / Developmental Trauma

### ***COURSE OBJECTIVES:***

- TIC history: The game changer
- Understand Trauma (Trauma and the Brain, Adverse Childhood Experience, ACE and Resiliency, Triggers)
- Principles of Trauma and Principles and TIC environment)
- Healing and Recovery (Stages of Post Traumatic growth, Trauma Therapies)
- Developmental Trauma

### ***TARGET AUDIENCE:***

Parent, Teachers, Health Human Services providers, counselors, students, and all facing trauma.

\* State trained initiative for Texas in progress:

- Accredited Certificate of Completion provided

## Emotional Intelligence EQ-2.0

### ***COURSE OBJECTIVES:***

- Define emotional intelligence and its importance.
- Describe the components of the EQ-2.0 including defining composite scales and subscales.
- Understand the science behind the EQ-2.0.
- Interpret an EQ-2.0 assessment.
- Explain the benefits of EI to client groups.
- Describe how EI applies to different disciplines.

### ***TARGET AUDIENCE:***

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to obtain knowledge and understanding of emotional intelligence.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Stress Management

### **COURSE OBJECTIVES:**

- Define stress and the effect it has on the body.
- Use of specific relaxation techniques to overcome stress.
- Implementation of a Stress coping model
- Identify methods to avoid stress.
- Introduce the practice of specific stress reducing techniques.

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to obtain knowledge and understanding of managing stress.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Developing Resilience

### **COURSE OBJECTIVES:**

- Define resilience and explain its importance.
- Differentiate between positive and negative thinking.
- Challenge the way they think.
- Use tools that help them build resilience.
- Develop key Emotional Intelligence skills.
- Help others to build resilience.

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to obtain knowledge and understand the importance of resilience.

\*Accredited Continuing Professional Development (CPD) Certificate provided



## Planning for Change: The Two Powers in Life

### ***COURSE OBJECTIVES:***

- Recognize your journey through change and how you adapt to different situations.
- Distinguish the seven (7) steps to influencing change.

### ***TARGET AUDIENCE:***

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to obtain knowledge and understand steps to manage and cope with change.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Managing Anxiety

### ***COURSE OBJECTIVES***

- Know what anxiety is and what it is not.
- Be able to discuss the impact of anxiety on colleagues, on productivity and working life.
- Know the role of the manager, employer, and colleague of an anxious person – and the role of the sufferer.
- Be able to draw sensible comparisons between anxiety and physical illnesses.
- Have produced a plan to define the action to address the stigma attached to anxiety with a view to improving business performance.

### ***TARGET AUDIENCE:***

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to obtain knowledge and understand the importance of resilience.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Crisis Management

### **COURSE OBJECTIVES:**

- Plan, anticipate and avoid crisis where possible.
- Manage the reputation of your organization when crisis occurs.
- Respond appropriately to crisis.
- Address issues of online reputation
- Develop tools that will help support your crisis management plan.

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to obtain knowledge and understand what crisis management is.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Impulse Control

*While emotion regulation involves managing emotions, impulse control is managing behavior and actions.*

### **COURSE OBJECTIVES:**

- Stay on task using time-management and organization skills.
- Complete steps of a task using action plans.
- Exhibit self-control despite distractions.
- Pay attention to social cues like when to move forward in line.
- Pay attention when adults ask questions.
- Follow directions despite a tempting distraction.
- Resist peer pressure.
- Weigh pros and cons of a situation.
- Differentiate between short and long-term goals.

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to obtain knowledge and understand impulse control.

\*No Continuing Professional Development (CPD) Certificate provided / \*Outsources PhD.

## Depression

*Participants will examine teenage depression: what it is all about, how it feels, and ways to deal with it. This will be accomplished by power point presentation, group discussions, recalling life events that trigger depressive episodes, self-reflection, and topic research.*

### **COURSE OBJECTIVES:**

- To reflect on times in one's own life where one felt sad or down.
- To analyze the changes in feelings, thoughts, and actions that are experienced in times of sadness.  
To learn the difference between "feeling depressed" and clinical depression
- To learn the importance of getting help when needed

*Upon completion, students will have a better understanding of depression and how it relates to their own lives.*

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to obtain knowledge and understand depression.

\*No Continuing Professional Development (CPD) Certificate provided / \*Outsources PhD.

## Suicide Prevention

### **COURSE OBJECTIVES:**

- To learn key concepts of suicide prevention
- To understand the characteristics of students who are at higher risk to attempt suicide, warning signs of suicidal teens, and what to do if a friend is suicidal.
- To practice needed skills by studying stories of suicidal teenagers
- To discern facts and myths of suicide

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to obtain knowledge and understand suicide prevention.

\*No Continuing Professional Development (CPD) Certificate provided / \*Outsources PhD.

## Critical Thinking

### ***COURSE OBJECTIVES:***

- Understand the importance of critical thinking.
- Identify core skills associated with critical thinking.
- Identify barriers that inhibit the development of critical thinking.

### ***TARGET AUDIENCE:***

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to obtain skills in critical thinking.

\*Accredited Continuing Professional Development (CPD) Certificate provided

# Social Well-Being Course List

## SMART Goals

*Specific, Measurable, Achievable, Realistic, Timely (SMART)*

### **COURSE OBJECTIVES:**

- Discuss the importance of alignment of goals/objectives.
- Define and discuss S.M.A.R.T goals.
- Explain how to develop SMART goals/objectives.
- Explain importance of regular 121's assessment process and reviews.

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to develop knowledge around goal setting.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Providing Effective Feedback

### **COURSE OBJECTIVES:**

- Provide skills and a model to deliver positive feedback in any situation.

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to communicate effectively.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Cross Cultural Communications

*Describe how messages are more effective through the “practice makes perfect” concept.*

### **COURSE OBJECTIVES:**

- Identify preparation steps needed prior to administering the communication process.
- Identify the positive impact of pre-planning messages with clarity.

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to manage their messages.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Diversity

### **COURSE OBJECTIVES:**

- Emphasize the legal framework when addressing diversity.
- Promote a culture valuing differences in people.
- Define diversity, bullying and harassment practices.
- Identify effective leadership role in challenging inappropriate behavior.

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to understand and cope with diversity.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Influencing Skills

### ***COURSE OBJECTIVES:***

- State the fundamental principles of influencing other people individually or in groups.
- Describe the role of power with regards to influencing
- Identify their preferred influencing style and the impact this has on others.
- Identify Barriers and Enablers to Influencing
- Describe and demonstrate their influencing skills via group exercise.

### ***TARGET AUDIENCE:***

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to understand and use influence.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Conflict Handling

### ***COURSE OBJECTIVES:***

- Define conflict and how to identify it.
- Explain positions and interest and why conflict is so hard to resolve.
- Identify the stages of conflict and how the five methods of dealing.
- Follow set of approaches to handling conflict.

### ***TARGET AUDIENCE:***

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to understand how to handle conflict.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Parent / Child Workshops / John Maxwell

### ***COURSE OBJECTIVES:***

- View and Discuss: Did You Know 2017 video.
- Discuss initial/original data from Child Development Survey.
- Discuss the Purpose of Parenting.
- Discuss four characteristics of a developing child.
- Define components needed to engage children/family in effective social behavior.
- Discuss tools needed to engage in child/parent communication.
- Examine steps useful in handling problems.
- Provide briefing on Trauma Informed Care.

### ***TARGET AUDIENCE:***

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to understand parent / child relationships.

\* **TBD:** Accredited Continuing Professional Development (CPD) Certificate

## Basic Presentation Skills

### ***COURSE OBJECTIVES:***

- Discuss processes involved in planning and making presentations.
- Recognize the qualities of a Good Presenter.
- Discuss the importance of non-verbal communication and the use of visual aids.
- Describe the structure of an effective presentation.
- Discuss how to develop Objectives for presentations.
- Deliver five-minute presentation.

### ***TARGET AUDIENCE:***

Parent, Teachers, Health Human Services providers, counselors, students, and anyone who wants to develop their presentation skills.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Self-Development for Managers

### ***COURSE OBJECTIVES:***

- Describe the philosophy of self-development.
- Describe the skills, functions, and qualities of a manager.
- Assess self-deployment needs.
- Identify and develop key management skills and qualities.
- Set goals and create a self-deployment plan.

### ***TARGET AUDIENCE:***

Parent, Teachers, Health Human Services providers, counselors, leaders/management, students, and anyone who wants to develop their skills in management.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Managing Difficult Behaviors

### ***COURSE OBJECTIVES:***

- Identify the root cause to tension in the workplace/home.
- Recognize common triggers and inhibitors of behavior.
- Explain the attitude and behavior cycle.
- Demonstrate behaviors for diffusing/calming situations.

### ***TARGET AUDIENCE:***

Parent, Teachers, Health Human Services providers, counselors, leaders/management, students, and anyone who wants to understand how to manage behaviors.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Dealing with Challenging People

### ***COURSE OBJECTIVES:***

- Understand how different biases will color our judgement of people.
- Explore the elements of trust and how to build.
- Demonstrate what happens when we are in conflict with others.
- Use techniques to keep balanced when overwhelmed.

### ***TARGET AUDIENCE:***

Parent, Teachers, Health Human Services providers, counselors, leaders/management, students, and anyone who wants to understand how to manage or cope with different opinions and beliefs.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Communicating Difficult Messages

### ***COURSE OBJECTIVES:***

- Identify best methods for communicating for the topic.
- Prepare and structure effectively in order to communicate.
- Use techniques to overcome personal barriers in communicating.
- Facilitate effective communication session.

### ***TARGET AUDIENCE:***

Parent, Teachers, Health Human Services providers, counselors, leaders/management, students, and anyone who wants to understand how to deliver an effective message.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Giving and Receiving Feedback

### **COURSE OBJECTIVES:**

- State importance of giving and receiving of feedback.
- Identify how to give positive feedback.
- Explain how to give constructive feedback.
- Recognize various models to use when giving or receiving feedback.

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, leaders/management, students, and anyone who wants to understand how to effectively provide feedback.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Decision Making

### **COURSE OBJECTIVES:**

- Explore decision types and their difference from outcomes.
- Evaluate decision making alternatives.
- Understand how to make decisions as a team.
- Overcome decision traps.
- Review decisions as part of self-development.

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, leaders/management, students, and anyone who wants to know how to make the right decisions.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Train the Trainer!

### **COURSE OBJECTIVES:**

- Train subject matter experts to develop and deliver training courses.

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, leaders/management, students, and anyone who wants to know how to develop and deliver training.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Resume Development

### **COURSE OBJECTIVES:**

- Explore resume development format.
- Develop a resume (in class).

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, leaders/management, students, and anyone who wants to know enhance their resume.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Performance Ready

*Identify needs relevant to career aspirations and development.*

### **COURSE OBJECTIVES:**

- Discuss the importance of reviewing performance in readiness for appraisal.
- Discuss the need to review behaviors in readiness for appraisal.
- Discuss the importance of collecting supporting evidence to prepare for appraisal.

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, leaders/management, students, and anyone who wants to effective and productive performance appraisals.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Managers Guide to Performance Appraisals

### ***COURSE OBJECTIVES:***

- Explain the end-to-end process of holding effective appraisals.
- Recognize the need to review both performance and behaviors.
- Describe the importance of preparation and evidence for appraisals.
- Identify various models to help give effective appraisals.

### ***TARGET AUDIENCE:***

Parent, Teachers, Health Human Services providers, counselors, leaders/management, students, and anyone who wants to deliver an effective performance appraisal.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Get Ready for Your Appraisal (non-supervisor)

### ***COURSE OBJECTIVES:***

- Recognize the need to review performance in readiness for your appraisal.
- Recognize the need to review behaviors in readiness for your appraisal.
- Describe various ways to provide evidence for your appraisals.
- Identify any development and career aspirations.

### ***TARGET AUDIENCE:***

Parent, Teachers, Health Human Services providers, counselors, leaders/management, students, and anyone who wants to learn how to engage in effective conversation during a performance appraisal.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Performance Management

*Identify needs relevant to career aspirations and development.*

### **COURSE OBJECTIVES:**

- Discuss the importance of reviewing performance in readiness for appraisal.
- Discuss the need to review behaviors in readiness for appraisal.
- Discuss the importance of collecting supporting evidence to prepare for appraisal.

### **TARGET AUDIENCE:**

Parent, Teachers, Health Human Services providers, counselors, leaders/management, students, and anyone who wants to more about performance management.

\*Accredited Continuing Professional Development (CPD) Certificate provided

## Mentor Training

### **COURSE OBJECTIVES:**

- Explain the mentor/mentee relationship, roles, and responsibilities.
- Develop a clear set of guidelines and principles for a successful mentor relationship.
- Understand and use specific tools to help you provide effective support for the mentee.

## Psychological safety at Work

### **COURSE OBJECTIVES:**

- Explain the concept of psychological safety.
- Measure how psychologically safe your workplace is currently.
- Identify what might be hindering psychological safety in your team.
- Create actions to help you build a psychologically safe workplace.

## Additional Accredited Continuing Professional Development (CPD) Development Courses

### ***Available Upon Request***

1. *Leading Meetings*
2. Good, Bad, Ugly of Customer Service
3. Interview Skills
4. Professional Emails
5. Great Leadership
6. Participating in Meetings
7. Team Building
8. Food and Health Regulations
9. Basic Health and Safety
10. Substance Abuse
11. Project Management

\*Accredited Continuing Professional Development (CPD) Certificate provided

### Physical Course List

*Coming Soon*

