BEING PROACTIVE IN THE WORKPLACE; SUPPORTIVE SKILLS FOR HUMAN RESOURCES
PRESENTER: BRANDON SANDS LPC, NCC, CABA, CPSS

Date: Tuesday, April 5th
Time: 7:30 am – 10:00 am
Location: The Abraham Lincoln Hotel
100 N. 5th Street, Reading, PA 19601

Description:
The simple fact is there are millions of people in the US suffering from varying degrees of mental health challenges. An individual’s mental wellness does not exist in a vacuum. It impacts them in their home, workplace, and throughout their daily routines. It benefits both an employer and employee if HR and management can effectively identify and manage mental health issues in the workplace. During this seminar, you will learn:

- The idea of control and being out of control: the effects of mental health on your employees
- The Futile Pursuit of Happiness: how understanding this simple concept can shed light on all of our workplace struggles
- Identifying and Profiling Employees’ Mental Health Traits: A simple observation tool
- Active Listening Skills: Often saying Less is More
- Conflict Resolution Skills: You’ll have to step in
- Reinforcement Skills: Whether it’s a smile or a raise we can impact growth

Contact Us
484-260-3860
berksconnections.org

For more information about this event, email
Kathleen Stone: kstone@bcpsreentry.org

Visit BERKSCONNECTIONS.ORG to register online or mail a check to
BERKS CONNECTIONS/PRETRIAL SERVICES – 19 N 6th Street, 4th Floor, Reading, PA 19601

DEADLINE TO REGISTER: Monday, March 28th