

### Growth from Nurtur Performance

## Seminars and workshops

- Work-life and Wellness Seminars
- Management Training and Programs
- Career Development and Transition
- Support Groups

## Benefits

### For employers

- Develop skills and potential
- Increase productivity
- Enhance employee performance
- Decrease turnover

### For employees

- Enhance work-life balance
- Learn to manage common challenges
- Gain confidence and knowledge
- Increase job satisfaction

# learning to be productive

Employees in any organization struggle with a variety of challenges everyday in their quest to balance being productive at work and handling the ongoing demands of everyday life.

Managers recognize the work-life demands that their employees face. Issues at home – such as childcare, elder care, financial concerns, and personal health – prevent employees from being productive at work. By facilitating employees in achieving work-life balance, managers can maintain a highly productive workplace.

At Nurtur®, we believe that the key to productivity is knowledge. We offer **Growth** professional training as an important part of effective employee

assistance, wellness and work-life initiatives. Programs are designed to work at every level of an organization – from working with individuals, to strengthening teams, to examining changing workforce dynamics.

Nurtur offers 88 professional training courses in four program areas including work-life, health and wellness; management training; career development and transition; and support groups. Nurtur professional training presenters are experienced instructors, work-life subject matter experts, social workers, nurses, registered dietitians, exercise physiologists and HR practitioners.



The Growth Professional Training 2010 Course Catalogue provides an outline of all programs and descriptions of the content area covered.

Select and customize the **Growth** professional training programs that best meet the needs of your unique population. Seminars are generally an hour in length. Management workshops range from one to four hours. Both seminars and training programs can be presented either face-to-face or online via webinar. Most include a combination of lecture, discussion, experiential exercises and handouts.

PROGRAM AREAS	DESCRIPTION	SAMPLE TOPICS
Work-life and Wellness Seminars	Employees need support to address issues of everyday concern. From single parenting to stress management, programs provide tips and tools to help employees succeed at work and in life.	<ul style="list-style-type: none"> <li>• College planning</li> <li>• Managing your money</li> <li>• Personal fitness</li> </ul>
Management Training and Programs	Effective management skills mean greater employee retention, improved employee morale and higher levels of productivity. Management training programs provide innovative tools and inspire greater achievement.	<ul style="list-style-type: none"> <li>• Stress in the workplace</li> <li>• Effective time management</li> <li>• Dealing with grief and loss in the workplace</li> <li>• Managing conflict in the workplace</li> </ul>
Career Development and Transition	Today's work environment is ever-changing, not to mention challenging. Tailored seminars can offer proactive solutions to a variety of workplace needs.	<ul style="list-style-type: none"> <li>• Basic skills training</li> <li>• Making the most of change</li> <li>• Effective transitioning</li> <li>• Executive coaching</li> </ul>
Support Groups	Nurtur can lend support relative to a variety of topics and sensitive situations.	<ul style="list-style-type: none"> <li>• Caregiver support</li> <li>• Smoking cessation</li> <li>• Women on the move</li> <li>• Single parenting</li> </ul>

**Take flight with Nurtur.** Call us today at 800 293 0056 or email [marketing@nurturhealth.com](mailto:marketing@nurturhealth.com) for more information or to schedule a time to talk with a Nurtur sales representative.



Our name is about the passion we bring to those we serve. We view life and health as a transformational journey. We are transforming our company, our industry, the relationship between life and health and, most importantly, the lives of the individuals we serve.

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