

# Training Catalogue

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We offer a fast, sustainable, empathy-centred approach to help people and organizations adapt to change, move forward, and thrive through training.



Agilec®

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# Webinars

Virtual Instructor-Led Training



## Artificial Intelligence and Ethical Decisions

**Time commitment:** 2 hours    **Investment:** \$100.00

Recognize and control bias when making decisions. Explore how artificial intelligence influences and affects our ability to make ethical decisions.

## Bridging the Generation Gap

**Time commitment:** 2 hours    **Investment:** \$100.00

We are likely to work with five different generations within the same organization. Explore the benefits of working in a diverse workplace and strategies for managing some of the differences and our biases.

## Bringing Ethics to Life

**Time commitment:** 2 hours    **Investment:** \$100.00

In the rush to reach outcomes and satisfy competing priorities, there's often little time to consider what is happening around us. We will discuss how we make ethical decisions and the biases that can affect them.

## Effective Communication

**Time commitment:** 2 hours    **Investment:** \$100.00

Through the latest workplace research, explore why misunderstandings happen, what gets in the way of effective communication, and what you can do about them.

## How to Build Resilience

**Time commitment:** 2 hours    **Investment:** \$100.00

This training examines mental health, and how we can improve it in the workplace. Find out what you can do to support good mental health and prevent crisis. Separate the myths about mental health from the facts with this informative and thought-provoking session.

## Emotional Intelligence at Work

**Time commitment:** 3 hours    **Investment:** \$225.00

Understanding the eight emotional behaviours that help or hinder your success at work. Take away strategies that will help you recognize and respond to behaviours effectively. Includes an assessment and a meeting with an EBW certified Coach.

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## Giving Feedback

**Time commitment:** 2 hours    **Investment:** \$100.00

Too often giving feedback is a painful or avoided task yet this skill increases the quality of collaboration and workplace satisfaction. Discover what effective feedback sounds like and how to deliver it in a way that works for everyone.

## How to Build Your Influence

**Time commitment:** 1 hour    **Investment:** \$50.00

Leading others requires influence. Learn how to develop your influence by focusing on five critical factors and easy steps for growing your reach.

## Introverts and Extroverts

**Time commitment:** 1 hour    **Investment:** \$50.00

Separate myth from fact with this training that helps you understand yourself and others better. Explore what energizes you and how communication is affected by individual preferences. Improve your ability to collaborate and manage conflict.

## Diversity, Equity, and Inclusion

**Time commitment:** 2.5 hours    **Investment:** \$150.00

Explore the importance of belonging in the workplace with a focus on attitudes and behaviours that support inclusion. Participants explore bias and strategies that support them to challenge stereotypes, eliminate microaggressions, and promote respectful communication.

## Reclaim Your Empathy

**Time commitment:** 1.5 hours    **Investment:** \$75.00

If you are feeling less empathy towards others, you are not alone. Learn why rebuilding empathy will support you to have greater resilience. This training will equip you with the strategies and skills to rebuild your empathy, reduce burnout, and lead others.



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## Leading Generations in the Workplace

**Time commitment:** 1 hour    **Investment:** \$50.00

Leading with strategies that work is critical to your success. This training focuses you on how to lead when generational differences are a factor. Increase your understanding of the generations including how to navigate differences and lead effectively.

## Lessons in Objectivity

**Time Commitment:** 2 hours    **Investment:** \$100.00

Objectivity is critical for ethical thinking and decisions. Examine what gets in the way and the thinking skills, strategies, and standards that can assist you to approach information more critically.

## Knowing Your Why Can Change Everything

**Time commitment:** 1 hour    **Investment:** \$50.00

Where does fulfillment come from? Why do some individuals move through obstacles or defy the “odds”, while others struggle? Attend this informative, fun, and interactive session to discover your why. Discuss your “influencers” and values as we uncover your purpose.

## Personalities at Work

**Time commitment:** 1 hour    **Investment:** \$50.00

We often judge others by their behaviour and ourselves by our intention. Working well with others requires us to recognize different drivers of behaviour. Identify the drivers of behavior and how to respond when behaviour turns toxic.

## Personality Dimensions

**Time commitment:** 2 hours    **Investment:** \$150.00

Explore personality preferences and understand how these influence behaviour. Participants discover how to work even more effectively together by understanding personality similarities and differences. Participants complete an assessment and receive a behaviour report.

## Suicide Awareness and Prevention

**Time commitment:** 3 hours    **Investment:** \$150.00

Suicide is a leading cause of death in Canada, but many suicides are preventable. Attending this training will increase your knowledge, awareness, and confidence to intervene when someone is at risk.

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## Team Health

**Time commitment:** 2 hours    **Investment:** \$100.00

Team health is something we often take for granted, yet it's critical to team effectiveness and engagement. Team activities help participants examine the ingredients of healthy working relationships and what it means to work well together.

## Time Management

**Time commitment:** 1 hour    **Investment:** \$100.00

Managing your time will improve the quality of your life and your work. Learn proven techniques to become more efficient and effective at completion of multiple tasks and projects with a course that focuses on what works.

## Why Mental Health Matters for Leaders

**Time commitment:** 2 hours    **Investment:** \$125.00

Examine mental health and how we can improve it in the workplace. This includes what you can do personally within your team or organization to support and prevent crisis.

## Why Mental Health Matters: What You Need to Know

**Time commitment:** 2 hours    **Investment:** \$100.00

This resilience-building training will assist you to recognize the warning signs of disabling stress and discuss the individual, team, and organizational strategies for improving mental health in the workplace.

## Four Ways to Attract and Retain Millennial Staff

**Time commitment:** 1 Hour    **Investment:** \$50.00

Identify and discuss what sets millennials apart from other generations and gain knowledge and strategies necessary to lead millennial staff.

## Influencing Change Through Feedback

**Time commitment:** 2 hours    **Investment:** \$100.00

Examine the do's and don'ts of giving feedback, how to give feedback effectively to staff, and steps that will turn your feedback into action.

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## Creating Psychologically Safe Workplaces

**Time commitment:** 1 hour    **Investment:** \$50.00

How do we create workplaces that are a safe place to work, learn, and grow? We model, reinforce, and celebrate behaviours that are supportive. As leaders, we influence the development of our work culture. Discover principles and practices that leaders can use to create environments where individuals will thrive.

## Conflict Resolution Strategies

**Time commitment:** 1 hour    **Investment:** \$50.00

This course examines the forces that are at the heart of every conflict. Discover the principles, skills, and strategies that will transform conflicts into opportunities.

## Bullying in the Workplace

**Time commitment:** 1 hour    **Investment:** \$50.00

How does a leader identify and respond to bullying in the workplace? This training identifies bullying behaviours and warning signs. Leaders learn how to spot bullying and what to do about it.

# Mental Health First Aid Trainings

## 1. Mental Health First Aid Essentials Certificate

**Investment:** \$225.00

Boost your understanding of mental health with our certificate course, designed for busy professionals. This practical program can be completed in one **full day or two half-day sessions**, giving you essential tools to recognize and support mental well-being in the workplace. Perfect for those seeking quick, impactful learning.

## 2. Mental Health First Aid Certification

**Investment:** \$350.00

Take your expertise to the next level with our Mental Health Certification, valid for three years. This comprehensive **two-day program** equips you with advanced strategies to foster resilience and create a supportive environment. Ideal for leaders, HR professionals or anyone committed to improving long-term mental health in the workplace.

*Certificates and Certification issued by Opening Minds/Mental health Commission of Canada.*



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# Motivational Interviewing

Inspiring change through collaboration.

## Motivational Interviewing - Introductory

**Time commitment:** 1 hour    **Investment:** \$35.00

Motivational interviewing is an approach that can support individuals to resolve ambivalence about changes they want to make. This introduction will provide you with a basic understanding of concepts and the skills used.

## Motivational Interviewing - Foundational (Level 1)

**Time commitment:** 8 hours    **Investment:** \$200.00

Based in the theories of Motivational Interviewing (MI) and Stages of Change, identify when resistance is present and develop skills to engage with the individual, helping them to move past resistance and toward change.

## Motivational Interviewing - Intermediate (Level 2)

**Time commitment:** 8 hours    **Investment:** \$200.00

Build on your knowledge of discord and resistance, develop skill competency, and practice motivational interviews by navigating the conversation and recognizing/responding to change talk.

## Motivational Interviewing - Advanced (Level 3)

**Time commitment:** 8 hours    **Investment:** \$200.00

Further develop and enhance the technical skills that are required and become strategic in use of motivational interviewing skills and evoking ambivalence with individuals who are pre-contemplative.

## Group Motivational Interviewing Coaching

**Time commitment:** 2 hours    **Investment:** \$450.00

Becoming skilled with motivational interviews requires you to try, make mistakes, and learn from them. Grow your confidence by practising in a safe space and receiving helpful feedback.





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# eLearning

Asynchronous eLearning courses offer a flexible, informative, and cost-effective training option.

## Emotional Intelligence at Work

**Investment: \$120.00**

This training is designed to help individuals understand the importance of emotional intelligence in the workplace, why it's important, and what success looks like at work. Boost your emotional intelligence with the Emotions and Behaviours at Work (EBW) Assessment.

## Motivational Interviewing - Foundational and Intermediate

**Investment: \$325.00**

Motivational Interviewing (MI) is a proven psychological, client-centred approach that helps individuals overcome ambivalence and build their own argument for change.

## How to Build Resilience

**Investment: \$50.00**

This training goes beyond the typical understanding of resilience. It looks at the connection between our resilience and good mental health. The principles and factors that shape our resilience and strategies for building it and rebuilding it.

## Effective Communication

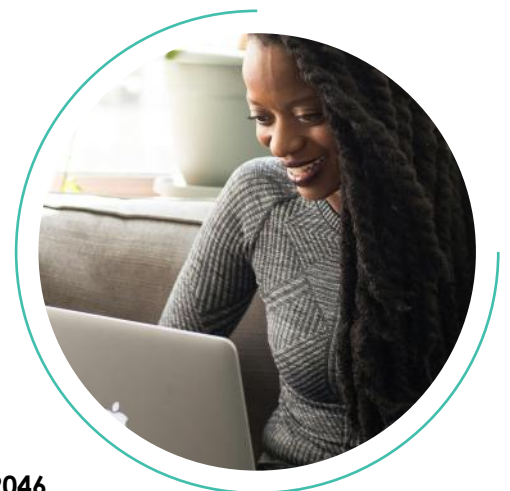
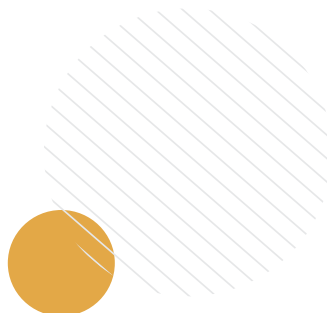
**Investment: \$50.00**

This training shares the latest workplace research related to clear communication and communication problems.

## Giving Feedback

**Investment: \$50.00**

This training course focuses on how to give feedback effectively. Discover steps that will turn your feedback into action.





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## Influencing Change Through Feedback

**Investment: \$50.00**

How do we provide feedback that encourages others to act? This course focuses on how to give feedback effectively and to discover three steps that will turn your feedback into action.

## Effective Communication for Leaders

**Investment: \$50.00**

Explore why misunderstandings happen, what gets in the way of effective communication, and what leaders can do about them. This training shares the latest workplace research related to clear communication and communication problems.

## Conflict Resolution Strategies

**Investment: \$50.00**

In this training, we will examine the forces that are at the heart of every conflict while working to discover the principles, skills, and strategies that will transform conflicts into opportunities.

## Attracting and Retaining Staff

**Investment: \$50.00**

Attracting and retaining staff has become a challenge for many organizations. Whether caused by external factors or something happening internally, it is important that we try to uncover the reason behind the challenges and develop ways to successfully attract and retain staff.

## Leadership that Works

**Investment: \$50.00**

This training is designed to provide individuals with the critical skills needed to perform effectively in their role as a leader of others.

## Why Mental Health Matters

**Investment: \$50.00**

This training examines mental health and how we can improve it in the workplace including what you can do personally, within your team, and as an organization to support good mental health and prevent crisis.



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## AI and Ethical Decision Making

**Investment: \$50.00**

The goal of this training is to shake things up by examining commonly held beliefs and realities of ethical decision-making. We share research on the topic of effective ethical decision-making and assist you in understanding the effect of AI on our decision-making and what we can do about it.

## Lessons in Objectivity

**Investment: \$50.00**

In an era of quick information and 'fake news', lessons in objectivity are critical for ethical thinking and decisions. This training examines the thinking skills, strategies, and standards that assist us to approach information and situations more objectively. Discover what gets in your way and how you can move past it.

## Bringing Ethics to Life

**Investment: \$50.00**

In the rush to reach outcomes and satisfy competing priorities, there's often little time to consider what is happening around us. We explore how we make ethical decisions and the biases that can affect them.

## The Impact of Unconscious Bias in the Workplace

**Investment: \$50.00**

Learn about the types of bias and how each one can play a role in the way we form assumptions about others. You will also learn how to implement strategies to question your own previously held beliefs and how you can reduce the biases you form toward others. We will introduce ways we can start conversations around bias towards others.



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# Certificate Programs

## Mental Health and Wellness Certificate

**Time commitment:** 20 hours    **Investment:** \$525.00

This certificate program includes a blend of live webinars and eLearning for the following training:

- Emotional Intelligence at Work
- How to Build Resilience
- Crisis Intervention
- Mental Health First Aid
- Suicide Awareness and Prevention
- Why Mental Health Matters

## Workplace Communications Certificate

**Time commitment:** 13 hours    **Investment:** \$400.00

This certificate program includes a blend of live webinars and eLearning for the following training:

- Emotional Intelligence at Work
- Giving Feedback
- Conflict Resolution Strategies
- Personality Dimensions
- Influencing Change Through Feedback
- Bridging the Generational Gap
- Effective Communication

## Team Health and Organizational Culture Certificate

**Time commitment:** 10 hours    **Investment:** \$500.00

This certificate program includes a blend of live webinars and eLearning for the following training:

- Team Health
- Personality Dimensions
- Bridging the Generational Gap
- Emotional Intelligence at Work
- Effective Communication
- Giving Feedback

## Ethics in the Workplace Certificate

**Time commitment:** 8 hours    **Investment:** \$190.00

This certificate program includes the following eLearning courses:

- Bringing Ethics to Life
- Artificial Intelligence and Ethical Decision Making
- Lessons in Objectivity
- Unconscious Bias

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# What people are saying about Agilec training

"The training is excellent. The content, delivery, and support are all top-notch, and I've found it to be incredibly effective."

"Excellent training with a lot of great points that I wouldn't have considered unless I completed this eLearning."

"Engaging training course, well-designed, amazing trainer, and valuable content."

"The information was concise and clear. The trainer was pleasant and positive despite addressing uncomfortable information making the training a good experience."



## Interested in training for a team?

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We offer group rates for teams of 5 or more.  
Contact us to learn more.

**training@agilec.ca | 1-800-361-4642 ext. 2046**

