
Lunch Learn Series

FAMILIES

Bridging the Gap Between Parents and Teenagers

- What is the "gap?"
- Identifying ways parents or teenage children widen the gap.
- Develop a personal plan for narrowing the gap.

Caring for the Elderly

- Understand "aging" through the eyes of the elderly.
- Assist the elderly in managing healthcare options: It's okay to ask questions.
- Explore financial and legal matters.
- List of resources: Day care centers, senior centers, etc.

Cool Summer for Kids

- Learn how to invest in your relationship with your children.
- Learn what it takes to foster your children's physical, intellectual, spiritual, and social growth.
- Receive an assortment of handouts.

Coping with Divorce

- Understanding your emotions.
- Cope with the loss.
- Adjust to the changes.
- Help your children understand.
- Going forward with your life.

Dealing With Grief

- How does grief feel?
- How long does grief last?
- How will I know when I'm done grieving?
- How does grief differ from depression?

How to Have Valentine's Everyday

- Share ideas for celebrating Valentine's day.
- Learn ways to incorporate Valentine ideas into everyday relationships.
- Identify signs that your relationship may need some special treatment.

Over The Line - Is It "Normal" Behavior or a Psychological Disorder?

- Learn to recognize the signs of emotional or psychological disturbance in your family members.
- Learn what support groups are available in our area.
- Learn how to handle this challenge at work and at home and develop tools.

The Step-Family Journey: Making Your Step-Family The Best

- Defining the roles of step-parents and step-children.
- Plan time for family activities.

MONEY MANAGEMENT

Affluenza

Affluenza is the trendy word for a dysfunctional relationship with money or the pursuit of money.

- Understand the causes of over-consumption of goods and services.
- Diagnose yourself to determine if you are a victim.
- Learn the symptoms of Affluenza.
- Understand the treatment.

Budgeting to Make and Save Dollars

- Learn the fundamentals of personal budgeting.
- Practice how to reduce financial pressures and save money.
- Receive tips and tools to effectively manage your money.
- Feel good about developing a viable financial plan.

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Managing Two Incomes: Yours, Mine, and Ours

- Find out how to use one checkbook for finances.
- Learn how to divide financial responsibility.
- Learn how to merge dual monies to meet your current and future needs.
- Learn how to maintain your financial independence.

Money Management - The Basics

- Learn the principles of money management.
- Understand the importance of a budget.
- Identify ways to deal with creditors.
- Learn how to reduce expenses and increase income.

Personal Finances in Troubled Times: Surviving the Current Financial Tsunami

You didn't cause not do you control the world financial crisis.

- Learn how to minimize the effect the crisis will have on you.
- Learn where you are wasting money and unnecessary spending
- Learn new ways to save money and maximize the benefits of saving

Plastic Money

- Understand your use of credit cards.
- Discuss ways to decrease credit card debt.
- Make a commitment to decrease credit card debt.

Sharing Ideas for Saving Money

- Understand why saving is important.
- Discover three ways to save money.
- Make a commitment to saving this year.

Sharing Ideas for Saving Money

This interactive workshop with participants contributing their own suggestions for saving money on groceries, utilities, housing, clothing, insurance, etc.

- Enjoying sharing your ideas about saving money.
- Learn how to save on groceries, utilities, housing, clothing, insurance, etc.
- Find out how a dollar here and a dollar there can really add up.

Simple Abundance: Learning to Live Simply

Do you feel like your life is too complicated and filled with "too much stuff?" Do you remember the last time you really laughed and felt joy in your life? Do you do the things you really want to do or are you on a treadmill that won't stop? You may want consider getting back to the basics.

- Discuss the pros and cons of simple living.
- Identify ways in which you can simplify your life.
- Make a commitment to change at least one thing that needs changing.

When You Find Yourself in A Hold - Stop Digging!

- Learn tips on saving money.
- Learn how to set up an emergency fund.
- Learn how to work your way out of debt.

When Your Finances Change

- Learn how to manage increases or decreases in your income.
- Discover how to manage your money and not let it manage you.

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Who Owns Your Paycheck? You or Your Credit Card Company?

Credit cards are good - if you know how to use them wisely. But if you don't, they can nibble away at your future like termite a feeding frenzy.

- Understand how credit cards have become a national obsession.
- Learn the ways credit cards can be used judiciously.
- Explain how credit cards are misused.
- Explain how credit cards affect credit reports and how credit reports affect lives.
- Learn tips for controlling credit card spending.

PARENTING

1-2-3 Magic: Discipline for 2-12 Year Olds (Adapted from the book, "1-2-3 Magic," by Dr. Thomas Phalen)

- Learn the overall philosophy and application of 1-2-3 Magic discipline strategies.
- Increase awareness of your emotional reaction to your difficult child.
- Learn to view parenting with realistic expectations that are congruent with your child's emotional and physical developmental level.
- Learn the impact of significant care-givers' "PACE" (patience, acceptance, consistency and emotional reactivity) on discipline.
- Increase your level of confidence and knowledge in effective parenting strategies.

Active Parenting Today

- Learn ways to understand your child.
- Learn how to communicate effectively with your child.
- Develop strategies to discipline and encourage good behavior in your child.
- Remember that you are the parent.

How to Raise a Criminal: Parenting Pitfalls and How to Avoid Them

An updated version of a 1950's Ann Landers column for parents of twens and teens.

- A look at common mistakes made by parents that can lead children toward drugs and delinquency.
- Learn ways to avoid those mistakes.
- The three simple steps to raising a "good kid."

It's Not Pestering: It's Parenting (Keeping Kids Drug-Free)

Kids who learn from their parents about the dangers of underage drinking, drugs and other harmful substances are less likely to use those substances. This workshop addresses what you need to do to keep the children you love safe, happy and drug-free.

- Identify ways parents influence their children's behavior.
- Discuss ways to keep children away from drugs.
- Discuss ways to create an environment that includes talking and action.
- Learn ways of open communication between parents and their kids.
- Identify teachable moments.

Keeping Kids Busy During the Summer

- Discover loads of fun, summer activities for you and your children.
- Receive a guide of cool places in Columbus to visit with children.
- Receive a listing of local camps and classes for children.
- Enjoy hearing what other parents have planned for their children this summer!

Parenting a Teen

This workshop is aimed at preventing teen addition and delinquency while defining the common myths about children and drugs. You will be given practical tools for successful parenting of teens while learning what corrective action for dysfunctional parenting steps need to be taken.

- What adolescents need
- How teens react to unmet needs
- Parenting styles most common with adolescent addition, unwed pregnancy, school drop-out and other anti-social behaviors.
- Recognize the progressive steps toward addition

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Parenting the Spirited Child

Learn how to set limits when parenting the strong-willed child.
Learn how to foster cooperation and growth for the parent and the child.
Get helpful tips for parenting children with Attention Deficit Disorder (ADD).

Parenting to Inspire Values

Identify one area of your life and how you want it to be.
Know how to set a SMART goal.
Set one specific goal for yourself.

Single-Parenting: Managing Your Children and Career

Learn how to balance work and family life.
Learn to manage the challenge of raising children alone.
Learn to give both your children and your career the time needed.

Stressed Out Moms and Dads

Find out ways that a parent can cope with the stresses of life.
Learn to help your child cope with daily stresses.
Organize and manage time effectively to keep from being "stressed."

The gNR8N d/c b/t Ps n tns: Understanding your teen's electronic language.

Look at the way teens use their own shorthand language to fit their IM, Twitter or text message limitations.
How this keeps parents from knowing what they are saying

Understanding Your Teen's Language

Examine the underground language of today's teens and the criminals who prey on them.
Look into the shorthand used by today's teens through email, texting and instant messaging.
Obtain a complete take-home dictionary of slang and shorthand associated with today's drug culture.

RELATIONSHIPS

Do Men and Women Think Differently?

Learn about physical differences.
Mental and verbal differences.
Ways differences translate into daily living.

Getting Along With Difficult People

Discover the different kinds of difficult people.
Learn the four choices of dealing with difficult people.
Learn coping and communication styles for the different types of difficult people.

He Said...She Said: Bridging the Communication Gap Between the Sexes"

A humorous look at why men and women do not naturally communicate clearly. Ways to avoid arguments and make life more harmonious both at work and at home.

How to make your spouse happy
How to speak the love language of the opposite sex
Differences in the values and motivators for men and women
Easy ways to avoid fights and get what you really want for your spouse

How to Find the Man or Woman of Your Dreams

Learn to communicate with the opposite sex.
Find out how to develop positive relationships.
Find out how to deal with conflicts.

Learning to Forgive and Forget

Learn what it really means to forgive.
Learn why it is important to forgive yourself and others.
Learn the harms of harboring resentment and/or bad feelings.
Find out if it's really possible to forget.
Learn what to do when you can't forgive and forget.

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Love and Relationships

What are the hallmarks of successful love relationships?

- Honoring each other.
- Turning towards vs. turning away.
- Deescalating conflict.
- Consistent efforts to build the couple's friendship.

Men Are From Mars, Women Are From Venus

Ever wondered what planet your spouse or partner came from? Men and women approach life differently, which can lead to some interesting times between them.

- Recognize the differences between men and women.
- Identify the assumption that men and women make about each other.
- Explore the strengths and weaknesses of the partner from the other planet.
- Identify ways to connect with your partner.

TEENS: Drugs, Sex and Rock 'n' Roll

- Review updates on teen drug & sexual activity
- Discuss well researched ways to raise healthy teens
- Explore developmental assets
- Address questions

The Secret to Understanding Your Mate

- Find out how to communicate effectively with your mate.
- Learn ways to make your mate understand you.
- Find out the secrets to a happy relationship.

Treating Your Significant Other Like Your Valentine

- Evaluate your "Romance-ometer."
- Learn tips to remind your special someone they really are special.
- Learn ways to focus on your partner's strengths.
- Determine if you may be taking your significant other for granted.

Where Do I Stop and You Begin?

Healthy relationships at home and work have something in common - each person respects the boundaries of the other, the place where one person starts and the other begins.

- Understand the meaning of boundaries.
- Learn the reasons why boundaries in relationships are important.
- Identify physical, emotional and intellectual boundaries.
- Discuss the symptoms of boundaries and how they become damaged.
- Identify ways to heal from boundary damage.

SELF IMPROVEMENT

"Who Moved My Cheese?" (Based on "Who Moved My Cheese?" by Spencer Johnson)

"Who Moved My Cheese?" is an enlightening story of four characters who live in a "Maze" and look for "Cheese" to nourish them and make them happy. Two are mice named Sniff and Scurry. And two are "Little-people" beings the size of mice who look and act a lot like people. Their names are Hem and Haw.

- Learn the benefits of anticipating and actually embracing change rather than resisting it.
- Reveal the profound truths about change that give people and organizations a quick and easy way to succeed in changing times.

Ageing Well: Getting Older Is Not For Sissies

- How to lessen the effects of aging.
- Learn how to manage sickness, depression and loneliness, activity and sense of control.
- Learn the three components to successful aging.

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Are You Listening?

Why listening is the problem or the solution?
The three modes of listening.
Listening to angry people/customers.

Bringing Values Back Into the Holidays

How to infuse your values into the holidays.
Reflect on why the holidays are important to you.
Learn creative ways to make your own traditions.

Conflict Resolution

Identify the difference between conflict and anger.
Making conflict work for you.
Conflict resolution possibilities.

Coping With Stress

Find out what causes your stress.
Learn how to counteract stress and find ways to relax.
Learn how to say no and to take things one step at a time.

Enjoying Middle Age: Smart Enough to Enjoy It

Define middle age.
Discuss common life events in middle age.
Middle age muscle.

Getting Things Done (Based on "Getting Things Done: The Art of Stress-Free Productivity" by David Allen)

Learn how to collect and process.
Seven steps to developing lists to organize.
Why review?

Hassle Free Holidays

Identify typical holiday stress habits.
List holiday stress busters.
Discuss top 10 stress busters for the holidays.

Hassle Free Holidays (Different Facilitator)

Learn how to plan ahead! Develop a plan for spending, visiting, gift giving, etc.
Understand the importance of taking time out for yourself (quiet time).
Learn how to reduce stress during the busy season.

Holiday Helper

Sharing your gift wrapping ideas.
Being stress-free during the holidays.
Family projects with children.

How to Stop Postponing Your Life

Identify personal motivators.
Clearly articulate a personal or professional goal.
Develop concrete steps to attain that goal.

If You Don't Know Where You're Going, You May End Up Somewhere Else

Most of us don't want to wander aimlessly through life. We want to know where we're going so we'll know when we get there. The trouble is many of us don't set clear and achievable goals.

Identify one area of your life and how you want it to be.
Know how to set a SMART goal.
Set one specific goal for yourself.

I'm Late...Are You Waiting For Me?

Six cures for the chronically late.
Four strategies for those left waiting.

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It's Time for Me

- Develop ways to take time out for yourself.
- Learn the importance of relaxation.
- Acquire skills to balance work and family life.

Let Fun Replace Your Stress

- Learn techniques for relieving stress.
- How fun learning how and doing it.

Life is Not Work and Work is Not Life

- Breaking the "Myth of the Super Woman."
- Tips on how to balance your work and home life.
- How to make room in your life for YOU.
- 24 hours in a day, how to get it all done "well."

Networking

Networking enables you to accomplish more because you rely on a network of individuals to help you.

- Define the goals of networking.
- Identify who should be part of your network.
- Learn the skills for effective networking.

Putting the Happy Back into the Holidays: Holiday Survival

- Learn how to handle stress during the holidays.
- Discover healthy ways to cope.
- Ways to avoid being alone during the holidays.
- Make a plan for the holidays.

Retirement Readiness: Are You On Track?

- Overview of preparing for retirement.
- How to determine retirement readiness.
- What needs to be done in your 30's, 40's, 50's, 60's, and 70's?
- How to help your parents get ready.
- How to catch up.

Stay In Your Own Hula Hoop

- Determine if you are a Helper or a Giver.
- Meeting your own needs first.
- Learn not to try meeting others needs before meeting your own.

Stress Busters: Getting Back in Balance

- Develop strategies to help you really relax.
- Learn to accomplish what you need to get done.

Stress Management: If You're Burning the Candle at Both Ends, You're Not That Bright!

- Learn how to get stress under control.
- Learn success techniques for beating stress.

The Little Book of Letting Go (Based on "The Little Book of Letting Go" by Hugh Prather)

- Discover what it means to "let go."
- Learn the steps of letting go.
- Practice letting go.

The Power of Attitude

It's not what happens to you that counts. It's how you react to what happens to you.

- Learn strategies for keeping yourself thinking and acting positively.

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Things We Can Learn From a Dog!

A humorous look at life's lessons for each of us from a dog's perspective

- Important relationship reminders
- Practical but simple financial advice
- A novel approach to personal improvement

What Makes Successful People Successful?

There is success in everyone.

- Learn how to draw out success from your own unknown knowledge.
- Learn how to develop successful thinking techniques.
- Learn how to set objectives.
- Learn how much your life can change if you achieve the success you're looking for.

Winning Attitudes

- Define attitude/optimism/pessimism.
- Identify those things that impact attitude.
- Discuss the magic of choice.

SELF IMPROVEMENT

Being a "Reel" Man

A Professional Bass Fisherman will teach some helpful tips on being a better fisherman and will show how these tips help re to being a better husband, father or friend.

- The art of perfecting casting.
- A simple guide to life for men.
- Women pick up hints for their special guy.

WORKPLACE ISSUES

Are You Business Savvy?

- What is Business Savvy?
- Learn how to make lasting first impressions.
- Become confident in business situations by knowing what to say and do.
- Enhance your career opportunities through your professional presence.

Business Etiquette

- What is business etiquette?
- Learn how to make lasting first impressions.
- Become confident in business situations by knowing what to say and do.

Communication in the Workplace: Tips for Men and Women

- Identify ways that men communicate.
- Identify ways that women communicate.
- Discuss the importance of listening.

De-Stress at Work

- What is stress?
- Learn the ten stressors at work.
- Work from your de-stress to-do list.

Get the Job You Want and Need

- Learn how to evaluate your skills and experience.
- Learn where to look for job openings.
- Learn how to look: use today's technology.
- Learn how to look good on paper - your resume.

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How to be a Star at Work

Discover the characteristics of a Star Performer.
Learn the 10 weapons of success.
Learn 10 ways to make your co-workers not like you.
Learn five ways to stand out in the crowd.
Discover how to keep your Star Rating.

Humor 101 for the Workplace

How humor can positively impact both employees and organizations.
Use of appropriate humor in the workplace.
Humor: a diffuser of stress.
Take a humor quiz.

No More Blue Mondays (Based on "No More Blue Mondays" by Robin A. Sherrer)

Learn the four keys to finding fulfillment at work.
Turn work into an opportunity for self-expression and personal growth.
Keep from getting derailed.

Professional Presence

Discuss what professional presence is.
Learn how to make lasting impressions.
Enhance your career opportunities through your professional presence.

Professionalism in the Workplace

Learn the three characteristics of professionalism.
Understand the five professional values.
Manners matter: email/voicemail best practices.

Questioning, Persuading and Referring (QPR)

Realize that suicide is a serious problem and is a concern for the workplace.
Recognize the warning signs of suicide and the symptoms of depression.
Learn how to respond to a suicidal crisis by Questioning, Persuading and Referring the person for help.

The Control Freak

Identify the difference between rigidly controlling and setting vital boundaries.
Understand if it's the person or the environment creating the sense of control.
Are you the Control Freak? Five ways to stop being that way.

The Management Generation Gap

Introducing Generation "GI" to Generation "Y"
Bridging the gap between Baby Boomers and Tech Savvy Generation X
Understanding what motivates each generation and how they learn
Finding leaders lurking in your organization

To Paper or Not to Paper - That is the Question!

Is your desk a disaster or is it organized?
Do you communicate electronically or with paper?
Files - What files?