

# *Commitment Conditioning*

## Professional Development Workshops

<u>Workshops for Managers</u>	<u>Workshops for Front-Line Staff</u>
<p><b><i>Conflict Resolution Training</i></b></p> <p>Resolving conflict is not about what you need to say, but rather how you need to listen.</p>	<p><b><i>Self-Care for Caregivers</i></b></p> <p>How much care can you provide if you yourself are “burning out”? This workshop can help.</p>
<p><b><i>Overcoming Procrastination</i></b></p> <p>Procrastination is the “silent killer” of productivity. New research from the field of Positive Psychology can help you break through it!</p>	<p><b><i>Mental Illness “101”</i></b></p> <p>Learn to recognize and understand the signs and symptoms of mental illness in the people that we serve.</p>
<p><b><i>Work-Life Balance</i></b></p> <p>Learn strategies to avoid the common traps of Role Overload and Role Interference.</p>	<p><b><i>The Stages of Change</i></b></p> <p>The people we support are not always ready to change. Learn how to time your help and advice for the best effect.</p>



Jonathan Zinck earned his Bachelor’s Degree with Honours in Psychology from Dalhousie University in Halifax, and is a **Charter Associate of the International Positive Psychology Association**. Living in Timmins for the last 10 years, Jonathan has been working to motivate and inspire people to take care of their bodies and minds through workshops and coaching.



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