

# WELLNESS BLOCK TRAINING Proposal



**STRONGER  
FAMILIES**

**Kirkland Fire Department**  
Attention: Joe Sanford

## Stronger Families will deliver:

The Train-The-Trainer Wellness certification for up to 10 trainers on all 6 topics. The certification includes training material, facilitator scripts, videos, and powerpoint presentations. Each topic includes a study guide, pen, and OXYGEN Assessment for each participant. The training can be conducted over two days, four hours each day, or 8 hours over one day.



\*Detail on each topic above can be found on page 2

## Kirkland Fire will deliver:

- The training facility to lead the certification training.
- Cost of facilitator fee for two trainers (see quote below)
- Shipping cost for all materials (see quote below)

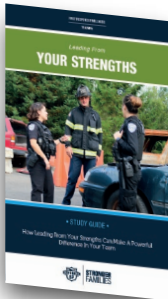
Image	SKU	Product	Quantity	Price	Total Price
		Wellness Block Training / 6 Topics / 2 Trainers	1	\$5,000.00	\$5,000.00
		FR Wellness Block Certification - 6 Topics - Participant Fee	10	\$300.00	\$3,000.00
		OXYGEN FR Wellness Block Training - 6 Topic Kit	140	\$44.00	\$6,160.00
		Product Shipping \$100	1	\$100.00	\$100.00
<b>Subtotal</b>					\$14,260.00
<b>Cart Discount</b>					-\$1,500.00
<b>Total</b>					\$12,760.00

# WELLNESS BLOCK TRAINING



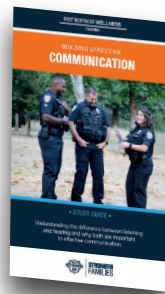
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## First Responders Wellness Block Training Frequently Asked Questions



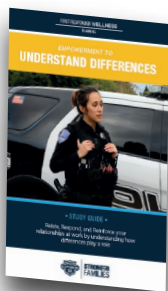
### LEADING FROM YOUR STRENGTHS TRAINING

- Discover how leading from your strengths can improve team morale
- Understand how difference on a team can be an asset
- Unlock the power of 'right seat on the right bus' for the workplace



### COMMUNICATION TRAINING

- Discover Differences that may be affecting your Communication
- Explore the Art of Listening
- Discuss Empathy & Tools that help people communicate effectively



### UNDERSTANDING DIFFERENCES TRAINING

- Explore how to relate to people with different personalities
- Discover how to respond, relate, and reinforce those in your department
- Understand what is motivating you and those in your department



### CONFLICT TRAINING

- Discover Your Conflict Persona
- Explore the Layers of Conflict & Original Emotions behind them
- Discuss Alternate Actions that turn Conflict into Collaboration



### NAVIGATING TRANSITIONS TRAINING

- Discover how transitions affect us
- Explore how past strengths can get you through today's transition(s)
- Learn how to navigate life's transitions in ways that strengthen relationships communicate effectively



### APPRECIATION STYLES FOR THE WORKPLACE TRAINING

- Discover Your Unique Relational Style in the Workplace
- Learn healthy ways to relate to your Team Members