

# Self Esteem Boston Staff Development Programs

State Training List Prices

COURSES	DESCRIPTION	HOURS	MIN SIZE	MAX SIZE	PRICE/PERSON
Self Esteem Principles & Practices (SEPP)	Level 1 (No Prerequisite)	8	12	30	\$256.60
Coaching Clients to Move Forward: Why Self-Esteem Matters	Level 2 (Prerequisite SEPP or FQP Skills For Success)	8	12	30	\$260.76
Skills For Success Facilitator Qualiafication Program (FQP) (Group Leader Training)	Level 1 (No Prerequisite)	24	6	12	\$1,537.00
Team-Building/Stress Management	Team-Building Stress Management	4	12	50	\$132.50
Communicating Effectively with Self-Esteem	<ul style="list-style-type: none"> <li>• Communication Guidelines</li> <li>• Understanding "I" Messages</li> <li>• Assertiveness Assessment</li> <li>• Listening Skills</li> </ul>	4	12	50	\$132.50
Time Management & Managing Stress	<ul style="list-style-type: none"> <li>• Techniques For Relaxation</li> <li>• Priorities</li> <li>• Balance in Life</li> <li>• Health &amp; Well Being Assessment</li> </ul>	4	12	50	\$132.50
Motivation For Change	<ul style="list-style-type: none"> <li>• Positive Attitude Assessment</li> <li>• Path To Your Dreams</li> <li>• Response Power</li> <li>• Guidelines for Self-Motivation</li> </ul>	4	12	50	\$132.50
The Goal-Setting Process	<ul style="list-style-type: none"> <li>• Goal-Setting Skills Assessment</li> <li>• Goal-Setting Guidelines</li> <li>• Goal Contracts</li> <li>• Identifyinig &amp; Overcoming Obstacles</li> </ul>	4	12	50	\$132.50

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Self-Awareness Skills Development	<ul style="list-style-type: none"> <li>• Self-Concept Assessment</li> <li>• From Awareness to Positive Change</li> <li>• Expressing Anger</li> <li>• Transforming Fear</li> </ul>	4	12	50	\$132.50
Essential Customer Service Skills	<ul style="list-style-type: none"> <li>• Communication Guidelines</li> <li>• Listening Skills</li> <li>• Response Power</li> <li>• Handling challenging Situations</li> </ul>	4	12	50	\$132.50
Resolving Conflicts with Self-Esteem	<ul style="list-style-type: none"> <li>• Conflict Escalators</li> <li>• Conflict Resolution Skills Assessment</li> <li>• Attitudes Toward Conflict</li> <li>• Handling Challenging Relationships</li> </ul>	4	12	50	\$132.50
MANAGEMENT & SUPERVISORY SKILLS					
Customer Relationship Management and Developing Staff: Resolving Conflicts with Self-Esteem	<ul style="list-style-type: none"> <li>• Conflict Escalators</li> <li>• Conflict Resolution Skills</li> <li>• Attitudes Toward Conflict</li> <li>• Handling Challenging Relationships</li> </ul>	4	12	25	\$132.50
Customer Relationship Management and Developing Staff: Communicating Effectively with Self-Esteem	<ul style="list-style-type: none"> <li>• Communication Guidelines</li> <li>• Understanding "I" Messages</li> <li>• Assertiveness Skills Assessment</li> <li>• Listening Skills</li> </ul>	4	12	25	\$132.50

