

Choose Your Thoughts Change Your Life

- Understand the connection between your thoughts, feelings, and behaviors.
- Discover how your life's history impacts your life today.
- Determine what is making your life more difficult than it needs to be.
- Gain practical tips on how to make desired changes in your life.
- Apply practical knowledge to enhance your mental and spiritual wellness.
- Understand how being mentally and spiritually healthier will positively impact interaction with others.

Why Stress Weighs You Down and Wise Ways to Lighten Up

- Understand the physiology of stress and how it affects the body.
- Understand the psychology of stress and how it affects the mind and soul.
- Evaluate the stress levels in your life and how you cope with stress.
- Learn wise ways to lower your stress levels in your life.

Tame the Toxic Emotions of Anger, Depression and Anxiety

- Define anger, depression, and anxiety and recognize the signs and symptoms of each emotion.
- Understand the physiological and psychological effects of these toxic emotions on your mental, physical, emotional, and spiritual well-being.
- Determine your current levels and/or symptoms of anger, depression, and anxiety and how to appropriately handle those emotions in your life.
- Utilize proven methods to manage anger, depression, and anxiety.

Let's Talk About and Resolve the Inevitable Conflicts in Life

- Learn valuable personal communication skills.
- Understand how conflicts arise between people.
- Learn to apply communication and conflict resolution skills to your life.
- Identify the difference between assertiveness and aggression.
- Learn effective ways to be more assertive in your personal and professional life.

That's Not How We Did It!" Blending the Generations at Work

- Identify the four generations currently in the workforce and your place in history.
- Understand what makes each generation "tick."
- Learn how each generation communicates and embrace the different communication styles.
- Know what generational cohorts expect at work from supervisors and co-workers.
- Maximize the similarities and minimize the differences of each generation.

"If Everyone was Perfect Like Me..." Embracing Different Personalities in Life

- Determine your own personality type.
- Know your own strengths and weaknesses in your personality.
- Begin to minimize the weaknesses and maximize the strengths in your personality.
- Understand the personality types of the people around you.
- Learn how to interact with the other personality types more effectively.
- Maximize the similarities and minimize the differences of each personality type.

“Should I or Shouldn’t I?” Making Ethical Decisions in Life

- Know the similarities and differences of ethics, morals, and values.
- Understand what factors contribute to unethical decision-making.
- Know the most common unethical behaviors at work.
- Learn how to implement practical steps in the ethical decision-making process.
- Practice making ethical decisions regarding real workplace dilemmas.

Being Sensitive to Your Co-worker’s Life: What to do When They Need Some Help

- Recognize signs and symptoms of drug and alcohol abuse, mental illness, and potential suicide.
- Understand the importance of intervening in another’s life.
 - Learn appropriate intervention techniques.
 - How to approach the person.
 - What to say to him or her.
 - When to encourage them to seek professional help.

All topics can be taught from a Christian perspective using scriptural references to support and enhance the meaning and life-applications of each of these areas for the believer.

Being spiritual enhances each and every aspect of a person’s life— both at home and at work.

Discover Your Spirituality and Find Meaning and Purpose in Life

- Discover the gift of forgiveness — of yourself and/or others.
- Begin the steps to find purpose in your life and to find a life of purpose.
- Develop realistic and achievable goals in your personal and/or professional life.

Nurture Your Soul Learn to be Kinder to Yourself and Others

- Understand the importance of being kind to yourself and those around you.
- Appreciate what kindness is and learn how to incorporate kindness into your life on a regular basis.
- Know the value of having a healthy self-esteem and self-concept.
- Recognize how your self-esteem and self-concept affects your lives and the lives of those around you.
- Gauge your current levels of self-esteem and your general self-concept.
- Learn practical and realistic steps to enhance your self-esteem and self-concept.

Providing solutions for individuals,
families, groups, churches,
and businesses

www.LifeWorkSoul.org

e • info@lifeworksoul.org
p • 407.415.2493
f • 888.216.6045

Life & Work Solutions



caring for your mind & soul

10 top solutions

For Life’s Problems

Looking for Solutions to Life’s problems?

Our team provides counseling, consulting, and training services that are Christ-centered, biblically-based, and Spirit-filled for the blessing and healing of people’s minds and souls all to honor and glorify God. We are committed Christ-followers who are clinically trained and professionally licensed and dedicated to helping you find the solutions to life’s problems that you are looking for.