



Global Training, Coaching & Consulting Services, Inc



Corporate Training Brochure



Global Training, Coaching & Consulting Services, Inc

At Global Training, Coaching & Consulting Services, Inc, we strive to contribute to the mental wellness, growth, and profitability of your organization by providing the appropriate tools and training necessary for emotional wellness and job excellence.

We have been working with businesses like yours since 2005, and draw upon our vast experience spanning across industries, business functions, countries, and culture to deliver a value-adding experience for your most valuable assets -your people.

Our trainings are created to teach valuable insights, proven to work in a “real world” and personal environment.

We are also available to tailor any of our trainings to meet your organization and staff needs.



Global Training, Coaching &
Consulting Services, Inc

Training Available





Pandemic Fatigue -Leading Yourself and Others Through Challenging Times

✓ In this training we will cover:

- Understanding what causes pandemic fatigue
- Identifying how pandemic fatigue affects you
- Knowing how to recognize pandemic fatigue in the workplace
- Strategies to cope with pandemic fatigue to support yourself and your team
- Mindfulness to deal with pandemic fatigue

Supporting Employees Mental Health- A Leadership Management Training

✓ In this training we will cover:

- Shifting our perspective on mental health
- Factors that may influence or change an employee's behavior
- Signs & symptoms of mental health concerns
- Best practices on supporting employees with mental health
- Stress Management
- Burnout Prevention

Mental Health Awareness – Shedding The Stigma

✓ In this training we will cover:

- What is Mental Health?
- What is Stress and the Impact it may have
- Signs & symptoms of mental health concerns
- The Impact that anxiety/Depression is having on people going back to work/employees
- How to promote Mental Wellbeing in the workplace and look after your own Mental Wellbeing and How to support staff



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Mental Health in The Workplace – Awareness Training For Managers and Leaders

- ✓ In this training we will cover:
 - What is Mental Health?
 - What is Stress and the Impact it may have
 - Signs & symptoms of mental health concerns
 - Communication - How to have a supportive conversation with someone about their mental health, in a workplace context
 - How to promote Mental Wellbeing in the workplace and look after your own Mental Wellbeing & How to support staff
 - Self-care and ways of role-modelling this

Preventing Burnout

- ✓ Gain insight on proper ways to handle employee stress, identify burn out and foster a less stressful work environment
 - What is Burnout?
 - Setting Boundaries for you.
 - Prioritizing your health.
 - Connecting with others.
 - How to help employees identify, prevent and bounce back
 - How do you bounce back?



Self-Care and Stress Management- A Mindfulness Approach

- ✓ Learn how excessive stress and worry occur.
 - Learn ultimate self-care tips and ways of dealing with stress in all aspects of life at work, relationships, and business.

Communicating Confidently and Assertively

- ✓ Participants learn a thorough understanding of their personal and professional strengths, as well as the ways in which they naturally communicate best, is an integral first step to creating equitable pathways for communication in the workplace.

Stress Management For Managers: Helping You and Your Team Stress Less

- ✓ Participants will learn and understand the ways in which stress impacts teams and business. They will learn how to recognize the mental and physical symptoms of stress in themselves as well as others.

Put On Your Own Oxygen Mask First – A Stress Release Approach

- ✓ With everything going on in the world today, and the every day busyness, we could all use a little self care!: Dr Stem's goal is to help you put your own oxygen mask, Relax, Replenish and Rejuvenate. In this Program You will learn:
 - Recognize the ways in which stress impacts you and your health.
 - How to stay cool, calm and collected by identifying stress triggers in your life.
 - Learn Mindfulness Breathing Techniques
 - Develop stress busting strategies and find productive stress outlets.



Finding Your Work-Life Balance

- ✓ Juggling all your responsibilities can be quite the balancing act. Learning how to cope with the pandemic has not made it any easier.

In this training you will:

- Evaluate your personal and professional goals.
- Prioritize your work and life responsibilities.
- Optimize your time and task management skills to create more time in your day.
- Identify signs of stress and burn out.
- Discover strategies to boost your mental, physical, and emotional energy.

Becoming an inspiring manager and leader

- ✓ The quality of leadership within a business or organization is often a deciding factor in its success. Though many employees give a certain amount of respect and obedience to a senior leader due to their position in the company, simply holding a leadership title does not guarantee that you will lead your team effectively. The best leaders aim to inspire their team toward personal and professional success and create a culture of motivation in their workplace.

Learn the qualities of an inspiring leader and the benefits of being inspired and inspiring.

Mental Health Awareness -Shedding The Stigma

- ✓ In this training we will cover:
- Introduction to Mental Health and Mental Illness
 - Depression and Its Treatment
 - Anxiety Disorders
 - Suicide
 - Coping Skills



Navigating Challenging Situations

- ✓ In this training we will cover:
- Addressing a Situation Immediately
 - Approaching a Situation
 - Handling Interpersonal Differences
 - Incorporating Respect
 - Managing Conflict

Compassion Fatigue and Mindfulness- Understanding and Coping

- ✓ In this training we will discuss:
- What is Compassion Fatigue
 - Recognizing the symptoms of Compassion Fatigue
 - Working in the healthcare setting in the current pandemic and how it contributes to Compassion Fatigue
 - Grief and trauma associated to Compassion Fatigue
 - Symptoms and impact on wellness
 - Prevention and coping skills for Compassion Fatigue
 - How our organization can contribute to the prevention and coping of Compassion Fatigue

Holiday Stress

- ✓ In this training we cover:
- Finding Meaning
 - Evaluate Expectations
 - Reduce Financial Worries
 - Design Your Holiday Experience
 - Relieve Stress
 - Focus on Wellness
 - Holiday Blues



Leadership vs. Management

✓ In this training we cover:

- Leadership Theories
- The difference between leading and managing
- Discussion of why both are valuable in an organization
- Raise awareness of your role

COVID-19: Coping with Anxiety and Stress

✓ In this training we will cover:

- Brief COVID-19 Overview
- Reactions and/or Feelings
- Tools for Coping
- Addressing Children
- Pertinent Resources

COVID-19: Coping with Change

✓ In this training we will cover:

- **Handling Change** - Understanding the impact of change on an individual
- **Developing Resilience** Successfully managing the effects of change
- **Identify Coping Strategies and Resources** Be prepared when challenges arise

Covid 19: Managing Relationships and Family

✓ In this training we will cover:

- Challenges that impact contact with relatives and friends
- Challenges that impact in home relationships and families
- How to build and maintain relationships, so you can manage your day-to-day lives.
- How to deal with difficult conversations and conflict



Training Experience

DrStem and her team have proven expertise in all their training and workshops.

Engagement Participants find our trainings engaging. The continuous

attentions and interest is generated by encouraging lively hands-on

participation by providing real life scenarios both in person and virtual.

Multi-media We include videos and animated slides to keep the interest high.

Simplicity No matter how complex the materials appear; we deliver it in the simplest form that makes it easy for participants to absorb.

Exercises While we keep knowledge, skills and attitude in close balance, we focus on more skill development through carefully chosen hands-on real life exercises.



Below is a list of some of our clients;

- Non-Profit Leadership Center Tampa
- University of Central Florida
- Eastern Bank
- FILAUSA
- Torrid LLC
- ACI Specialty Benefits
- Granite Construction
- Blount Foods
- HMC Group DBA Architects, Inc
- Center for Women Enterprise Boston
- Lutheran Services of Florida
- First Home Care Portsmouth VA
- CalOptima
- Charles E. Smith Jewish Day School of Greater Washington, Inc.
- Adlatem Global Education (Ross University & Chamberlain University) St Martin (Sint Maarten) Barbados, St Kitts
- PetVet Centers
- Department of Interior Credit Union
- Survey and Mapping
- Women of Dominion
- Women of Faith
- Fearless Women's Summit One Woman
- Center for Women Enterprise WOCBS 2020
- Women Entrepreneurs (WE) Reshape Business Building Wealth Panelist

As a former nursing assistant, heart transplant social worker, Hospice social worker and current licensed psychotherapist, I also understand the need for our healthcare worker to receive all of the above trainings.



If you are seeking a diverse and well-versed trainer to conduct training please contact me for more details.

Training is Available to leadership and staff in:

- Small and Large Corporations
- Medical Facilities and Groups
- Home Care Agencies
- Nursing Homes
- Nursing Agencies
- Case management
- Residential Staff
- Congregations/Churches



Choose Your Training/Workshop Package

Please Note: Packages are for 1-hour workshops. Virtual Workshops can be recorded if required. Workbook and Handouts available with each training and/or workshop. Inquire about our 2 hour, half day or day long workshop/training packages.

The Single Seminar

Contact us For Pricing

A single, live, online workshop/seminar to help busy professionals, congregants and adults gain clarity on at least one of our Most Popular Self-Care Wellness Programs.

- One Live Seminar with Q&A, Online
- Let's Talk About Stress is recommended, though any seminar can be chosen.
- Free eWorkbook with resources with each training
- recording available



The 4 Seminar Series

Contact us For Pricing

A series of 4 wellness seminars designed to introduce a solid foundation of stress, burnout, self-care, exercise and wellness knowledge.

Includes:

- 4 Virtual Live Seminars/Workshops with Q&A, Support
- Any 4 Virtual seminars can be chosen or custom made
- Free eWorkbook with resources with each training
- Seminar recordings available

The 360 Annual Series

Contact us For Pricing

A full year of wellness education to empower your team with the knowledge they need to stay healthy, motivated and productive from home or the office. The 12 seminars can be presented monthly or on your preferred schedule.

Includes:

- 12 Live Seminars with Q&A, Online
- Includes dedicated page with access to all recordings of Seminars
- Any 4 Virtual seminars can be chosen or one can be created to meet your needs
- Free eWorkbook with resources with each training



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Trainer, CEO and Founder Bio



Born and raised in Zimbabwe, Africa, Dr. Stem (Sithembile Mahlatini) is the Vivacious, Life Plus President and Founder of The Bounce Back Empowerment Conference, The DrStem Empowerment Academy For Women Risers and Achievers at www.drstemmie.com, The Global Training, Coaching & Consulting Services, Inc and a Certified John Maxwell leadership Trainer. She currently resides in Orlando Florida, USA for the past 35 years. DrStem has been conducting trainings, seminars, and workshops in addition to her private practice for over 20 years. In addition, Dr Stem is a prolific author of over 35 empowerment and inspirational books on www.amazon.com. Her Passion is Empowering Others to Lead Successful Stress-Free Lives through her Motivational Speaking as well as her Personal and Professional Development Workshops and Trainings. Her goal and mission is to bring HOPE (that is Helping Other People Excel by living stress-free lives, pursuing their purpose and passion.)

Inquiries and Contact: drstem14@gmail.com Web: www.drstemmie.com

T. (781) 254-1602



Testimonials

Speaker, Self-Awareness Trainer, Confidence Coach

“DrStem is one of our top most requested trainer for our trainings”. Rhea M. ACI Training

“ Thank you for your leadership and wisdom in your trainings, DrStem! Non Profit Leadership Center NLC

“Dr. Stem's seminar presentation on Feel the Fear and Do It Anyway, was very easy to understand and a great benefit or any company in search of a competitive edge in the market”

– Lee Furusa, President **WOVEN** (women of vision empowering nations), mA

“Dr. Mahlatini's break-out session on overcoming obstacles in life and work received the highest rating from our conference attendees”

– marvelous Women of **Dominion International**, Indiana

“Thank you for an insightful training and helping our employees with transitioning during our downsizing”

– Renee RR Donnelley, Westford, mA.

“Dr. Mahlatini was very enlightening and engaging in her training “Common Sense Leadership” Saru Walsh, The 27th Annual national Independent Living Conference



DR. STEM MAHLATINI EDD, LICSW



DR. STEM TV AND RADIO SHOWS



Dr. Stem is the Executive Producer and Host of the Dr. Stem TV and Radio Shows, which are Teen-Parent Motivation, Inspiration, Empowerment and Encouragement shows on Local Access TV, & You Tube.

The Dr. Stem Show motivates, inspires encourages all to shift and create your best life.

Dr. Stem TV is available to watch online on Salem Access TV's monthly VOD Spotlight & on DrStem Show YouTube Channel.



DrStem Show Radio on You Tube, Spotify - iTunes; IHeart radio, Spotify.




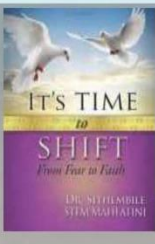
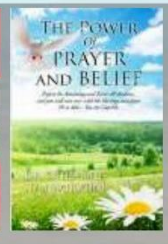
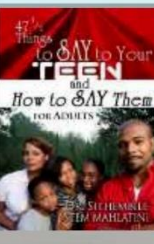
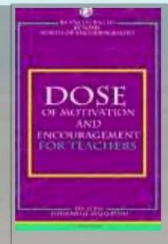
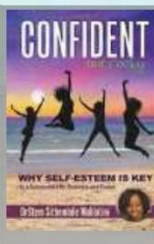
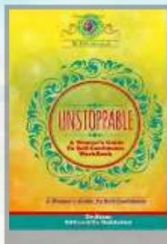
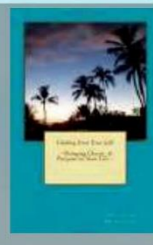
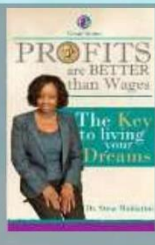
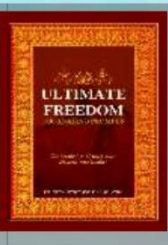
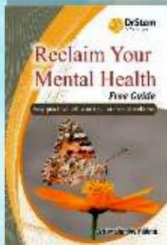
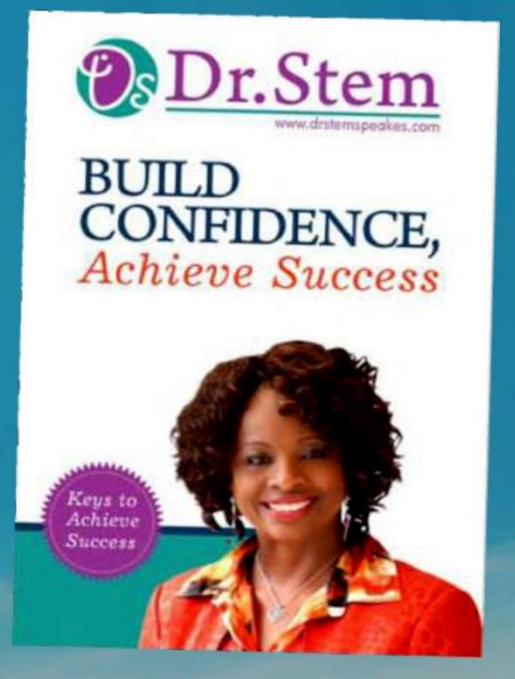


DR. STEM MAHLATINI EDD, LICSW

DR. STEM – AUTHOR Over 35 Books

Dr. Stem has authored books, including her Memoir *Beyond the Tears - A story of hope & encouragement*; co-authored eight books with the PWN (Professional Woman Network) and co-authored one book with Zimbabwe Motivation Life Career Coaches. All eBooks available on Website.

Purchase Dr. Stem's books on 

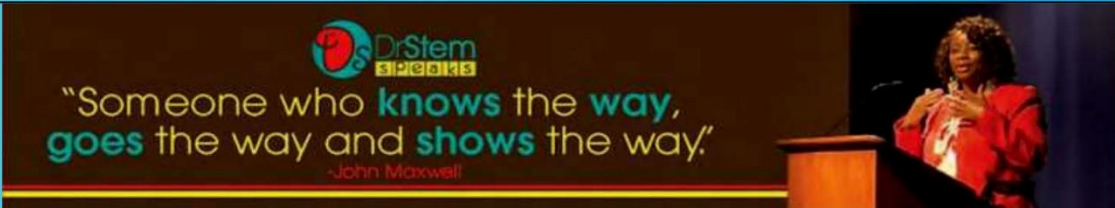


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DR. STEM MAHLATINI EDD, LICSW



Contact Dr. Stem

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