

Healthy Living

Contra Costa County Schools Insurance Group New Health & Safety Trainings



CCCSIG believes that employees who participate in regular and consistent health and safety activities at work and at home are more likely to choose and maintain a healthy lifestyle, which will not only decrease the frequency and associated costs of on-the-job injuries, but more importantly will also contribute to their overall quality of life. Happy and healthy employees are more likely to be 'present' in their work and enthusiastic to do their best, which ultimately enhances student learning and retention.

H&S TRAININGS ARE:

- * Conducted by qualified trainers
- * Customizable to each district & occupation
- * On-site or at CCCSIG
- * Interactive & fun; variety of teaching tools used
- * 30-min to 3-hr in length
- * Perfect for staff trainings, in-service days, brown bags or any other team building trainings

TO LEARN MORE:

Visit www.cccsig.org or contact the Health & Safety Services Dept. at 1 (866) 922-2744!

Nonviolent Crisis Intervention Training (CPI) for Campus Supervisors & Administrators

Participants learn how to identify behaviors that could lead to a crisis, how to most effectively respond to each behavior to prevent the situation from escalating, how to use verbal and non-verbal techniques to defuse hostile behavior and resolve a crisis before it becomes violent. Instructor for this course is certified through the Crisis Prevention Institute (CPI). Restrain techniques are not covered unless co-presented with district CPI-certified instructor.

Enhancing Your Influence with Effective Communication

This fun and interactive workshop explores the characteristics and challenges of being a good communicator and team player. It will help participants understand the skills needed to be a better employee and part of a successful team. You will engage in group exercises that address: characteristics of effective teams, team development, barriers to teamwork, and team problem-solving techniques. Additionally, you will determine what type of communicator you are and ways to improve your communication style. Participants will learn how to maximize interactions with others through active listening and expressing messages assertively - no matter what the situation.

Ergonomics in a Computer-Based World

By the end of this ergonomics presentation participants will be able to define ergonomics and its benefits, identify parts of the body most likely to be injured in an office environment, identify work activities that can lead to an injury, list examples of ergonomic principles that reduce risk of injury, how to recognize and report signs and symptoms of injury early, and self-care techniques that will prevent ergonomic-related injuries.

Resiliency in Action

When it seems that "the job" is what an unsatisfying life is all about, chances are it's not about the job; it's about our personal abilities to cope, thrive, and own up to our responsibilities. No matter the economic conditions or other high stress situations affecting us, our role is to take care of our health. Resiliency is generally defined as strength in the midst of change and stressful life events; the ability to spring back from and successfully adapt to adversity. This training provides participants with the opportunity to assess their individual qualities that facilitate resiliency and to determine how these qualities can best be applied to current life problems and stressors.

Fitness Fun on the Foam Roller

Foam roller exercises offer a unique way to promote balance and stability, core strength, good posture, flexibility, proper alignment, relaxation and massage therapy, all "rolled" into one. Participants will be able to recall and perform various foam roller exercises on their own. By the end of the class, they will feel warmed up, worked out, loosened up, relaxed and massaged. Note: Participants will be asked to sit down and eventually lie down on the foam roller (it's helpful for participants to realize this in advance; they must be somewhat agile to be able to do this).

Protecting Your Brain for the Long Haul

Participants will learn the difference between dementia and Alzheimer's disease, how Alzheimer's disease develops and its risk factors. As we age, the brain experiences a long, slow gradual decline. The speed at which we think slows by a millisecond for every year we live. We will learn how to minimize cognitive losses by exercising in a specific way, eating foods that are rich in antioxidants and Omega 3 fatty acids and challenging the brain by staying engaged and socially active.

