

Async - Professional Skill-Building




Trainings	Training 1	Training 2	Training 3	Training 4	Training 5	Training 6
Title	Effective Storytelling	Promoting & Building Skills	Giving Effective Directions	Tips & Tricks for Universal Language Learning	Substance Use 101	Substance Use 102
Key Takeaway	Explore the role of storytelling in health education Discuss the elements of appropriate storytelling	Describe the importance of and approaches to skill building. Identify techniques and apply practice	Identify techniques for providing explicit directions Explain and analyze the impact of behavior narration.	Learn how to navigate multi-lingual classrooms	Gain basic knowledge of commonly used substances	Understand misuse, addiction, and public health impacts Prepare to serve communities with awareness and empathy
Length	60 min	60 min	60 min	60 min	60 MIN	60 MIN
Release Date	October 20 6:00 AM PT 7:00 AM MT 8:00 AM CT 9:00 AM EST	November 17 6:00 AM PT 7:00 AM MT 8:00 AM CT 9:00 AM EST	December 15 6:00 AM PT 7:00 AM MT 8:00 AM CT 9:00 AM EST	January 19 6:00 AM PT 7:00 AM MT 8:00 AM CT 9:00 AM EST	February 16 6:00 AM PT 7:00 AM MT 8:00 AM CT 9:00 AM EST	March 16 6:00 AM PT 7:00 AM MT 8:00 AM CT 9:00 AM EST




Async - Leadership, Community & Communication




Trainings	Training 1	Training 2	Training 3	Training 4	Training 5	Training 6
Title	Building Community and Leadership	Conflict Resolution and Communication Skills	Understanding Power Dynamics	Culturally Responsive Facilitation and Inclusive Health Education	Substance Use 101	Substance Use 102
Key Takeaway	Discuss how awareness of self and community supports health	Provide techniques to resolve disputes in constructive, healthy ways	Define power and power dynamics in youth-adult relationships and explore tools for sharing power and fostering mutual respect	What does it mean to build "belonging"?	Gain basic knowledge of commonly used substances	Understand misuse, addiction, and public health impacts Prepare to serve communities with awareness and empathy
Length	60 min	60 min	60 min	60 min	60 MIN	60 MIN
Release Date	October 20 6:00 AM PT 7:00 AM MT 8:00 AM CT 9:00 AM EST	November 17 6:00 AM PT 7:00 AM MT 8:00 AM CT 9:00 AM EST	December 15 6:00 AM PT 7:00 AM MT 8:00 AM CT 9:00 AM EST	January 19 6:00 AM PT 7:00 AM MT 8:00 AM CT 9:00 AM EST	February 16 6:00 AM PT 7:00 AM MT 8:00 AM CT 9:00 AM EST	March 16 6:00 AM PT 7:00 AM MT 8:00 AM CT 9:00 AM EST




Async - Mental Health & Wellbeing




Trainings	Training 1	Training 2	Training 3	Training 4	Training 5	Training 6
Title	Self-Care 101	Building Resilience and Protective Factors in Youth	Social Media, Identity, and Mental Health	Showing Up for Gen Z & Gen Alpha	Substance Use 101	Substance Use 102
Key Takeaway	Learning to care for self in order to do care for others	Explore tools for sharing power and fostering mutual respect to engage in dialogue	Understand how social media affects youth mental health and identity	Understanding their values, concerns, and unique cultural context and learn strategies to foster trust and relevance	Gain basic knowledge of commonly used substances	Understand misuse, addiction, and public health impacts Prepare to serve communities with awareness and empathy
Length	60 min	60 min	60 min	60 min	60 MIN	60 MIN
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