

Workplace Seminars Catalog



United Way of Snohomish County is offering free, one-hour seminars to area employers. Just contact your United Way Account Executive to arrange the date, time and place any time of the year.

Accommodating Persons with Disabilities in the Workplace

Instructor: Phil McConnell Work Opportunities

The 1990 Americans with Disabilities Act (ADA) requires that employers with 15 or more employees make reasonable accommodations in the workplace for employees with disabilities. The adjustments or modifications can range from making the physical work environment accessible, providing assistive equipment, offering flexible scheduling, or restructuring some of the tasks of a job. This session will give practical steps to help you determine what modifications may need to be made to the work arena, how to make those alterations, and invite you to recognize and value the skills that individuals with disabilities can bring to your workplace.

Adjusting to Retirement

Instructor: South County Senior Center

Ages and Stages - Child Development

Instructor: Terry Clark Compass Health

Are You Caring for Your Parents

Instructor: Krysta Gibson East County Senior Center

As our population ages, more and more people find themselves as part of the "sandwich generation," raising their own children while caring for their parents. This situation can lead to exhaustion, depression, and can cause a multitude of family problems. There are various programs available to help and we will discuss a few of them during the class as well as talk about some coping skills.

Building Positive Behavior in Kids

Instructor: Christina Brandt Volunteers of America WW

Conflict Management

Instructor: Kathy Rice Volunteers of America WW

Sometimes it seems like there is no way to deal with conflict. We often choose to avoid it rather than to deal with it. But there is a way to get through it. In this session we will talk about how to turn the negatives of conflict into positives. We will present an overview of the principles that create effective conflict management and introduce you to ways to resolve differences. We will explore the various layers that you'll find in every conflict. At the end of the session you will have a new framework for analyzing and managing the conflicts that you encounter.

Developing a Spending Plan/Budget

Instructor: Barbara Copeland Volunteers of America WW

This course introduces a new paradigm for examining how to manage your monthly finances. The seminar will not go into the physical aspects of preparing a spending plan (i.e. Budget). Instead, it delves into what makes a spending plan become a successful and integral part of your everyday life. You will learn how to look at your life, your spending, and your future in new way.

Educational Alternatives for Teens When High School Isn't Working

Instructor: Cathy Reitan

Center For Career Alternatives

Identify the options within your school district. Find out about educational options when a traditional educational setting is not working. Brainstorm strategies to motivate and encourage disillusioned kids to set and reach educational goals.

Estate Planning

Instructor: Panel of estate planning professionals

United Way of Snohomish County

What happens to your money when you're gone? You work hard. Learn how your money can continue to work for you and those you love, even if you're not there. Learn what you need in order to prepare a will, the advantages of living trusts and how to minimize estate taxes. (Note: Please have 10 or more participants.)

Finding Quality Childcare

Instructor: Pam Sipos

YMCA of Snohomish County

Quality child care is essential for optimum growth and development of children. What does quality child care look like? Information will be shared about licensing standards and the elements of quality child care including caregivers, health and safety, the environment, curriculum, materials and parent involvement. Facts and trends related to improving the quality and accessibility of child care and building a better child care system will also be discussed.

Grief in the Workplace

Instructor: Connie

Providence Hospice & Home Care

What we offer is not a "presentation or seminar" on Grief in the Workplace, but rather a facilitation of the grieving process in a group of employees struggling with a death of a colleague or client. While it does involve some education about grief, it is primarily focused on the group dynamic and helping them deal with their loss.

Healthy Aging/Positive Mood

Instructor: Sara Ushler

Senior Services of Snohomish County

As we age, life transitions can sometimes be difficult. Join us to learn about recognizing and coping with chronic stress. Understand the relationship among stress, mood and chronic health issues. Explore ideas for reducing stress, and tips for making lifestyle changes. Learn risk factors for depression, and healthy ways to cope with loss. Learn about available community resources, and how to get the best medical care.

Help, There's a Teenager in My Home!

Instructor: Terry Clark

Compass Health

Helping Your Teen Find a Job

Instructor: Cathy Reitan

Center For Career Alternatives

Learn about minor labor and safety laws. Identify the components of a successful job search plan including how and where to talk to employers. Understand how to complete competitive applications and resumes for teens without any job experience.

Humor at Work

Instructor: Suzan Forrest

YMCA of Snohomish County

This seminar presents some guidelines on using humor at work and includes a discussion designed to help identify what makes something funny to you. The handouts and interaction will provide you with valuable tips and resources to turn to as you lighten up your work environment.

Nutrition Education-Healthy Living for Older Adults

Instructor: Sara Ushler

Senior Services of Snohomish County

This seminar is designed for people caring for aging parents and/or are nearing retirement. Our focus is on how to make small changes in our diet and lifestyle to improve our health. We will discuss the role of specific nutrients in the body and how these needs change through the life cycle as we age. We will look at ways to counteract the growing trend towards overweight and obesity and the health consequences that are a result. The goal of this seminar is to provide you with some insight on how stay healthy and keep active as you age.

Promoting Healthy Development in Young Children (Birth to 5 Yrs.)

Instructor: Bunny Walters

United Way of Snohomish County

A discussion of what we can do now with our children to support their developmental needs and how it will affect their teen years and beyond. We will discuss how to incorporate resiliency in your daily activities with your child and family. Resources for children and families will also be shared.

Stress in Workplace

Instructor: Linda Carlson

Volunteers of America WW

Do you feel tired, overworked, anxious, and never caught up on your workday tasks? You may be feeling the effects of stress. Stress, in and of itself isn't necessarily a bad thing. The real issue is how you react, physically and psychologically to what life (and the workplace) presents you with. Come learn about what stress actually is and how it can (and does) affect us and what we can do about it. Walk away with a clearer understanding of basic stress management techniques, that include identifying what exactly is stressing YOU, how to decrease the negative impact of that stress. Learn how to relax in your chaotic/stressful workplace.

Supporting People Caring for the Elderly & People with Disabilities

Instructor: Sara Ushler

Senior Services of Snohomish County

This interactive workshop discusses the warning signs of stress and identifies strategies to cope with difficult emotions and improve communication. Learn about community resources, long-term care options, how to plan for the future and ways to deal with conflict and be a more effective advocate.

The Basics of Nutrition-Deciphering Confusing & Contradictory Information

Instructor: Wendy Bart

YMCA of Snohomish County

Are you ever confused about the latest fads in weight loss? Do you wonder if "health foods" are really healthy or not? This workshop will help you sort through information to determine fact versus fiction.

Three Cousins - Anger, Stress, Depression

Instructor: Terry Clark

Compass Health

Weight Management As Self Care

Instructor: Wendy Bart

YMCA of Snohomish County

This workshop will provide participants with an overview of the essential components for long-term weight management through self-empowerment. The session will focus on developing a healthy self-image and establishing realistic, individual goals.

What Help Is There For Grandparents Raising their Grandchildren?

Instructor: Jacob McGee

East County Senior Center

And you thought you were done raising children? For various reasons such as the illness or death of a child as well as drug and alcohol problems, grandparents can suddenly find themselves raising young ones again. There are many issues to face such as dealing with the school system or medical professionals as well as the changes in childrearing challenges. There are programs available to help you and we will discuss some of them as well as some coping skills.

Women's Nutrition

Instructor: Wendy Bart

YMCA of Snohomish County

This workshop will provide information specifically related to a woman's health and wellness needs. Learn about coping with the changes unique to women as they age.