

# Inspire Change Seminars

Welcome to the SILA Skills Build Resilience Seminar Catalogue. We offer practical, impactful, Dialectical Behavior Therapy (DBT)-informed training that helps people develop life-changing skills for a kinder, gentler world, one interaction at a time.

Our workshops and seminars are designed to develop lasting, transformative skills.

*For training inquiries, customized pricing, or organization-specific requirements, please email [info@SILAskills.org](mailto:info@SILAskills.org). We're happy to assist.*

**For any training requests, inquiries about our customized pricing, or to discuss a specific requirement tailored to your organization, please email us at [info@SILAskills.org](mailto:info@SILAskills.org). We'd be happy to assist you!**

*Skills in Life for All!*

## Workshops for your staff

### 1-Day Workshop - Unlock the Power of Emotional Mastery

Skills focusing on ourselves:

1. **Mindfulness Skills:** Learn to stay present and aware, allowing you to navigate life's twists and turns with a clear mind.
2. **Distress Tolerance Skills:** Discover how to effectively handle even the most chaotic situations, maintaining your composure and inner peace.
3. **Emotion Regulation Skills:** Gain control over your emotions, enabling you to respond to life's challenges with wisdom and grace.

### 1-Day Workshop - Elevate Your Interactions with Crucial Skills!

Skills to help in your relationships with others:

1. **Relationship Mindfulness:** Enhance your awareness and presence to foster deeper, more genuine connections.
2. **Validation:** Master the art of affirming others while building trust and understanding.
3. **Transactional Awareness:** Gain insights into the dynamics of your interactions, ensuring your communication is both effective and empathetic.

Explore our current offerings below

Contact us for a no-obligation consult and customized pricing at [info@SILAskills.org](mailto:info@SILAskills.org)

For direct inquiries or to discuss a tailored program, email [info@SILAskills.org](mailto:info@SILAskills.org)

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## A Problem-Solving Tool That Works!

Interested in using DBT-informed skills to resolve team challenges more effectively? This session introduces practical tools to analyze situations and guide collaborative problem-solving. You'll learn key skills, including mindful communication to stay present and focused, emotional validation to acknowledge and respect others' feelings, and effective listening techniques to foster understanding and trust. These skills will help create a collaborative environment where everyone feels heard, validated, and engaged.



## From Self-Care to Collective Well-Being

In today's work environments, leaders face emotional and interpersonal challenges. This session centers on leaders in the workplace and why caring for your own well-being is essential to effectively support staff, colleagues, and stakeholders. Learn practical DBT-informed skills to maintain emotional regulation, empathy, and clear communication. Gain immediate tools to interact more constructively, resolve conflicts calmly, and foster a healthier, more resilient culture. These skills aim to sustain your energy and presence so you can better support your team.

*"I felt this session was incredibly inspiring. This session focused on connection and how to establish such with individuals who exhibit behaviours that we may feel negatively toward - hitting home and making me tear up several times."*

We add new seminars and workshops throughout the year! To ensure you don't miss out, check back often and [subscribe to our newsletter](#) for the latest updates.

For any training requests, inquiries about our contract pricing, or to discuss a specific requirement tailored to your organization, please email us at [info@SILAskills.org](mailto:info@SILAskills.org). We'd be happy to assist you!