

Create Connection Catalogue

Practical skills to connect with others more effectively.

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. We're happy to assist.

Skills in Life for All!



Pathways to Calm: Supporting Anxious Thoughts

Anxious thoughts exist on a spectrum, and understanding them requires more than surface-level awareness. This interactive seminar helps participants shift their perspective and develop the skills needed to connect more effectively..

You will learn how to:

- Accurately identify and label emotions to bring clarity to what someone is experiencing
- Shift perspective to better understand the impact of anxious thoughts
- Validate and respond in ways that make others feel heard, understood, and supported

Through discussion and practical exercises, you'll gain tools to engage with empathy, strengthen your support skills, and foster meaningful connections, even in high-emotion situations.



Connection vs. Correction - How can you balance both?

People's behaviors are escalating; there is no denying that it is a challenge for everyone. It is important that we make meaningful connections and practice empathy for those we interact with. How can we do both? DBT-informed skills can help. You will discover that acceptance and change, though seemingly opposing forces, can work together in harmony to create powerful transformation when approached with skill and balance. This session introduces you to this core concept and

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equips you with practical skills to begin navigating challenging behaviours more effectively.



Creating Connection and Trust

Expand your repertoire of effective skills for fostering connection, trust, and understanding in both personal and professional settings! Whether you're interacting with those you support, colleagues, or loved ones at home, this session offers an in-depth exploration of the art of validation—teaching you how to recognize and affirm others' experiences in ways that build stronger, more respectful relationships.



Emotional Empowerment: Supporting Others with Care and Confidence

Individuals who struggle with self-confidence may sometimes come across as overly dependent or in need of frequent reassurance, as they seek support to feel more secure. What is going on for them that is causing them to be this way? How can we support them and ourselves to meet their needs while helping us build confidence and courage? It's not easy, and DBT skills can help.



Changing the Narrative With Effective De-escalation Tips

Are you looking for effective ways to manage escalated behaviors? This training session provides practical de-escalation techniques grounded in evidence-based approaches, empowering you to stay calm, communicate clearly, and regain control during high-stress, “flipped-lid” situations. You'll learn how to recognize early signs of escalation, respond thoughtfully, and create safer, more constructive interactions in both personal and professional environments.

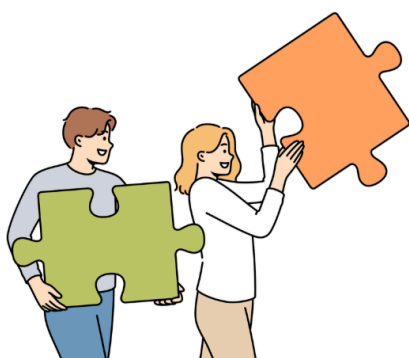
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Mastering Tough Conversations: Skills for Connecting When it Counts

Do you live or work with people who are hard to connect with? This interactive session uses real-world scenarios to explore why communication breaks down and how to rebuild it. Through hands-on activities, participants will learn practical skills for de-escalating intense conversations, taking perspective, and building stronger, more trusting connections. Join us to enhance your ability to communicate effectively—even in challenging moments—and increase the impact of your future interactions.



Living and Organically Modeling Effective Emotion Regulation Skills

A calm, composed workplace starts with practiced emotion regulation. In this session, professionals learn how to model their own emotion regulation skills in an age-appropriate way for teammates, clients, and students. Through authentic demonstration and guided practice, participants cultivate these skills so that individuals can access them during moments of emotional vulnerability—both in daily work interactions and in high-stress situations. Over time, this modeling supports independent use of regulation strategies by others, helping teams, clients, students, and organizations respond more effectively to stress and challenging interactions.

"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.

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