

MENTAL HEALTH TRAINING

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INTRODUCTION

This training boasts an interactive experience that outlines the KHAOS Mindset along with activities that further enhance the understanding of its skills.

TRAININGS

KHAOS Mindset

The audience learn how to implement the KHAOS Mindset in their lives personally and professionally to reduce the effects of toxic and traumatic stress in their lives.

- Toxic and Traumatic Stress
- Relationship Trauma Repair
- Frozen Moment
- Psychodramas
- Co-Parenting Experience

COMPLEMENTING RTR ACTIVITIES

Pair/Share

In My Shoes

Social Atoms

Trauma Timeline

Feelings Floor Check (I Stand Here Because...)

TRAINING INVESTMENT

Organizations will receive 9 hours of training for their professionals which encompass both the full KHAOS Mindset and 3 activities of your choice.

Total investment: \$10,000