



# PROJECTCONNECT

## Professional Development Courses

Employee burnout and turnover remain at an all-time high coming out of the pandemic. ProjectConnect offers professional development courses that improve employee engagement, well-being, and retention.

If you are a Massachusetts *for-profit* business with under 100 employees, **you can receive the trainings below at no cost to you.** The [Workforce Training Fund Express Program](#) will reimburse you for 100% of the program cost.

Businesses with more than 100 MA payroll employees are eligible to apply for a grant to cover the cost of the training through the [Workforce Training Fund General Program](#).

If you are interested in learning more about these programs and exploring whether or not they're a good fit for your business, please reach out to me [jessica@projectconnect-us.com](mailto:jessica@projectconnect-us.com). If you decide you would like to move forward with a training, I'll walk you through the simple process of applying for funding.

### **ProjectConnect Facilitator Certification: building employee relationships to improve retention**

*May be offered virtually or in-person. Minimum of 4 participants.*

*6 hours. Can be scheduled in one day or over the course of three 2-hour sessions.*

According to a study by Cigna, each lonely employee costs their employer \$4200 a year in lost productivity ... and 6 out of 10 employees are lonely. Helping employees build positive workplace relationships is one of the most powerful things businesses can do to improve engagement, productivity, and retention. The ProjectConnect program provides a proven, step-by-step roadmap for helping small groups of employees get to know each other and form positive relationships over the course of 6 sessions. This training can be offered virtually or in-person and includes presentation, discussion, and small group practice. Upon completion, participants are certified to lead ProjectConnect groups and build stronger connection and community within their workplace.

98% of participants say they would recommend ProjectConnect to a co-worker.

## **Actualize! A step-by-step roadmap to achieving your goals**

*May be offered virtually or in-person. Minimum of 4 participants.*

*Offered over the course of three 2-hour sessions (6 hours total)*

Many people set personal and professional goals but get derailed on the follow through, and struggle to accomplish the things that matter most to them. This mini-course helps participants clarify what's important to them, identify and prioritize specific goals, and develop the attitudes and skills needed to achieve them. The course is offered live over Zoom or in-person, and is highly interactive, including presentation, discussion, writing, and small group work. Participants will identify a specific goal to work on throughout the course and will receive a pdf workbook with a toolbox of evidence-based exercises to accelerate their personal and professional growth.

## **Actionable Strategies to Reduce Burnout, Address Stress and Improve Well-being**

*2-hour workshop offered virtually or in-person for up to 50 participants.*

Burnout remains at an all-time high post-pandemic, with 59% of American employees reporting at least moderate levels of burnout. This takes an enormous toll on employee engagement, retention, and well-being.

This workshop explores the factors that contribute to stress, burnout, and disengagement, and outlines the benefits of creating a healthy workplace culture. Participants will learn 5 quick, evidence-based exercises that reduce stress and replenish energy. The workshop is offered live, virtually or in-person, and is highly interactive, including presentation, discussion, and small group practice. Participants will practice each strategy, determine which will work best for them, and create a personalized burnout prevention plan.