

CHOICES: DROP IT AT THE DOOR

**A Two Day Workshop That Will Reduce Juvenile Justice Staff Turnover
Stop the “Boomerang Effect” of Anger, Fear & Stress in the Workplace & Home**

CHOICES: Drop It At The Door is a unique training program centered on equipping juvenile justice staff with tools they need to control anger, stress, and tension at work and home. CHOICES is specifically designed to help line staff overcome the unique challenges that inhibit optimum performance, cause health problems, excessive absences, compensation claims, burnout, high turnover rates, and conflict between staff and the youth in their care.



CHOICES will provide the following benefits to your department:

1. Using our 10+ years of experience training Department of Juvenile Justice staff, ARISE has developed creative and memorable strategies for your staff to manage anger and defuse hostility in a compassionate manner.
2. CHOICES offers practical techniques for handling angry, hardened youth who are beyond caring what happens to them. Through listening non-judgmentally, positive body language, impulse control, and other tactics, your staff can become mentors to these troubled youth.
3. Your staff will come away with a solid understanding of how they can choose to communicate on a positive basis no matter how negative the atmosphere or the people they work or live with.

CHOICES provides the skills needed to “de-stress” from difficult situations on the job and off.

This intensive staff training workshop is guaranteed to improve individual effectiveness by providing the know-how needed to dramatically decrease and avoid angry outbursts, loss of self-control, and meltdowns that cause stress and frustration at home and in the workplace. This training consists of two separate days of anger and stress management. Each day of training can be offered separately or combined for maximum impact.



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CHOICES is a Painless Antidote for Workplace Anger, Stress & Negativity

Participants will come away with a solid understanding of how they can choose to drop anger, stress, negativity, and frustration at the door. Today, it makes sense to alert justice staff that life's problems should not be carried back and forth from work to home and vice-a-versa. ARISE CHOICES provides the keys for handling and defusing anger and stress. Wonder-of-wonders, once this information is absorbed, we can finally make sense of the relentless tension and pressure we all face. This new awareness immediately increases personal and work-related performance. CHOICES provides numerous "ah-ha moments." Your staff are sure to exclaim: "Now I understand!" and "I get it!"

CHOICES: DROP IT AT THE DOOR - DAY 1

In seven insightful hours justice staff learn that CHOICES: Drop It At The Door is not magic, it's people using brand new skills. Those fortunate enough to attend will learn the art of dealing with the often angry and violent youth in their care and the rules of engagement for handling those intentionally pushing their buttons. Your line staff will discover that anger is a secondary emotion, the causes of anger, and what anger feels and look like. Staff will learn that anger is a choice and how they handle it is also a choice.

CHOICES: DROP IT AT THE DOOR - DAY 2

Throughout day two of CHOICES: Drop It At The Door, juvenile detention staff will acquire new skills to use immediately at home and at work. They will be surprised to learn how easy it is to bring out the best in the youth and people they work with. For example, who knew how powerful a smile could be? Your staff will also learn that body language is an important part of communicating with others.

Your staff will be taught to recognize the important difference between listening and hearing and learn the power of paraphrasing. They will learn to remove barriers that often keeps angry and stressed people from really hearing what is being said. Staff will leave day two of CHOICES with the essential skills to stand tall in their jobs without being overbearing or menacing. CHOICES will ultimately transform the way staff view their jobs and those they are responsible for. *This skill is equally effective where one earns his daily bread and where one bakes his daily bread.*

Training Information & Fees:

CHOICES: Drop It At The Door

Time Commitment: 2 Days Consecutively

\$5,000.00 Plus Trainer Travel Expenses

Participants: Approximately 30

CHOICES Resource Manual \$29 each.

Combination Training

CHOICES (2-days of Training) Including

ARISE Life Management Instructor Training (1-day)

Time Commitment: 3 Days Consecutively

\$6,500.00 Plus Trainer Travel Expenses

Participants: Approximately 30

Established in 1986, ARISE has trained and certified over **5,000 Instructors** who have taught in excess of **4,000,000 hours** of ARISE life skills lessons. ARISE is a leader in the development and design of interactive life-management skills lessons for at-risk youth and staff training. Since 1996, ARISE curricula and staff training has been used statewide in Florida Department of Juvenile Justice facilities and in over 100 Department of Youth Services facilities in Washington DC. In addition, ARISE social skills curricula are used in public, alternative and charter schools, faith-based groups, the Salvation Army, Arnold Schwarzenegger's After-School All-Stars, and other organizations in the United States, Mexico, Puerto Rico, Jamaica, England, Canada, Australia, Bahamas, Bermuda, New Zealand, Bosnia, Kazakhstan and Central Asia.



Call Us or Register Online

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