



CENTRE FOR HUMAN RESOURCE STRATEGIES ASIA, INC.

## TRAINING PROGRAMS 2021

### WELLNESS PROGRAMS

- MH101: Understanding and Protecting Mental Health
- Thriving, not just Surviving: Resilience & Empowerment in times of Uncertainty
- Mental Health First Aid in Times of Pandemic: Concepts and Skills
- Enhancing Family Resilience Amidst the COVID-19 Crisis
- Understanding and Implementing Mental Health Programs in the Workplace
- ABCs of Authentic Leadership: Awareness, Balance, and Congruence
- Applied Emotional Intelligence at Work and Life

### LEADERSHIP/TECHNICAL/BEHAVIORAL PROGRAMS

- Strategic Thinking
- Dealing W/ Difficult Employees
- Coaching and Mentoring
- Personal Leadership
- Agile Leadership
- Mindful Leadership
- Leading Virtual Teams
- Building Effective Teams
- Stakeholder Management
- Banking Rules, Law and Regulations
- Risk-Based Audit
- Finance for Non-finance
- Bank Frauds and Forgery Detection
- Accounting for Non-Accountants
- Financial Management
- Generational Mix: Managing Generational Diversity in the Workplace
- Values Program
- Complaints Management
- Completed Staff Work (CSW)
- Basic Supervision
- Training for Utility Personnel
- Records Management
- Excellence in Customer Service
- Complaints Management
- Stress Management
- Essential Technical Writing for the Technical Professionals
- Advocacy Communication
- Retirement Planning

### LEARNING BITS PROGRAMS

*Short webinars (online courses) designed to contain specific content and skills training on a virtual platform, providing practical tools & techniques instead of pure theory and provides participants more hands-on discussions in a wired learning platform.*

- Coping with Change – Adapting to the “New Normal” (2 Hrs.)
- How To Keep Employees WFH Inspired & Focused (2 Hrs.)
- Boosting Your Resilience (2 Hrs.)
- Introduction to Creative Problem Solving (3 Hrs.)
- Critical Thinking Fundamentals for Professionals (3 Hrs.)
- 10 Tips for Creativity and Innovation (3 Hrs.)
- Effective Presentation in an Online Platform (2.5 Hrs.)
- Mind Mapping (2.5 Hrs.)
- Etiquette for Online Meetings (2 Hrs)



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## **BUSINESS COMMUNICATION PROGRAMS**

- **English as Business Language**
- **Effective Business Writing**
- **Assertive Communication**
- **Conversational Communication**
- **Speech Writing**
- **Persuasive Writing**

Contact us for your in-house training needs. We can customize them for you.

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