



SCHOOL READINESS IS EVERYONE'S BUSINESS

WORKPLACE TRAINING OPTIONS

FIRST STEPS BUSINESS ALLIANCE MEMBERS

You can provide your employees with access to the same valuable family-focused seminars and programs that have been developed and presented at some of Minnesota's leading corporations. Training can be provided at your work site or in collaboration with other businesses, or on-line. You will get the benefit of a more productive workforce and more satisfied employees as they learn strategies to increase success at home and at work.

What works best for your business?

HERE ARE SOME OPTIONS:



Family Education Seminars at your work place:

Select from a list of highly successful education seminars that support and educate families in the work place. Choose from our featured programs or let us review the many other choices available to you. You can choose the scenario that best fits your business or employee needs.



Send your employees to Chamber hosted work-life seminars:

If you have a small workforce, it may be impractical for you to offer training for your employees. Fortunately, the Rochester Area Chamber of Commerce and other local employers have agreed to host work-life seminars that your employees can attend.



Distribute Educational Publications:

Send your employees the *Life Balance Digest* or other family education articles. We will deliver the *Life Balance Digest* to you electronically for distribution to your employees six times a year.

“First Steps education programs have exceeded our employees' expectations, providing meaningful information and immediately usable techniques.”

NANCY DOMAILLE, DOMAILLE ENGINEERING

“IBM parents have been very receptive to the First Steps SEEDS sessions held on site earlier this year. There is a major push for work/life balance these days for employees with young children... When IBM helps make the 'life' part of the equation more meaningful and manageable, employees are more able to give to the 'work' part of the equation. The long term health benefits of high quality developmental opportunities for our children are even greater — we're helping prepare our future leaders very early in their development”

WALT LING, IBM VICE PRESIDENT FOR TECHNICAL SALES SUPPORT

FEATURED FAMILY EDUCATION CHOICES

SEEDS of Early Learning

Parents learn fun and creative strategies to promote language development and reading skills in young children to ensure success in school. This four-session series was developed and tested by IBM Rochester—whose employees gave it high ratings. Trainers from Child Care Resource and Referral conduct the trainings.

COST FOR THESE FOUR, ONE-HOUR SESSIONS | ~~\$800.00~~ **\$200.00***

Parent Education Program

Four to ten session program specifically tailored to your employee's parent education and support interests. Parents build connections and skills at work while learning parenting strategies and tips to increase confidence and effectiveness at home. Some topics that may be included: brain development, emotional development, temperament, discipline, transitions and routines, parent and child communication, overindulgence, and teaching responsibility. Brought to you by the Working Family Resource Center in partnership with Rochester's PAIR program.

COST FOR SERIES OF FOUR TO TEN ONE-HOUR SESSIONS | ~~\$1200-\$3000~~ **\$300.00-\$750.00***

Parenting Counts

This research-based nationally recognized series for parents of babies or toddlers was developed by the Talaris Institute. Choose 4 of 7 available topics: setting limits, tantrums, communication, getting in tune with baby, handling stress and calming techniques, recognizing and valuing emotions, and talking with young babies and toddlers. A licensed parent educator from Rochester's PAIR program will lead this training.

COST FOR FOUR, ONE-HOUR SESSIONS | ~~\$800.00~~ **\$200.00***

Success in School: What All Children Need to Be Ready

This session explores the basic skills children need to enter school fully ready to learn. Each participant will walk away with tips for supporting school-ready children in our community.

COST FOR A ONE-SESSION OVERVIEW | ~~\$300.00~~ **\$75.00***



*SEMINAR SUBSIDY MADE POSSIBLE FOR A LIMITED TIME THROUGH A GRANT FROM THE GILLETTE FAMILY FOUNDATION.

WHAT PARTICIPANTS ARE SAYING:

“Very informative, practical and common sense approaches.”

“Above all other programs this class greatly improves my quality of life, my quality of work and my happiness on the job.”

“When I'm ready to go back to work, I'm not as frustrated or concerned about home, I'm more willing to be a lot more understanding, I'd say, when we're dealing with customers.”

TRYING TO DECIDE?

Let us help survey your employees to determine the level of interest in specific programs offered. For more information, please contact First Steps at info-fs@firststeps.us or 507-281-0127.

