



CENTRE FOR HUMAN RESOURCE STRATEGIES ASIA, INC.

TRAINING PROGRAMS 2022

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**

MATERIALS FOR ASYNCHRONOUS LEARNING

Development of modules ready for uploading to your Learning Management System (LMS)

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

Email us @trainings.chres.com.ph | @chres.asia@gmail.com