

Hundreds of Courses Available Contact Melissa Fish / 916.484.8061 / fishm@arc.losrios.edu / www.LosRiosTraining.org

NEW in 2018-19 Transformational Workplace Skills for the 21st Century Workplace		
Evidence Based Courses for Building Optimistic, Positive and Productive Workplaces (Watch for Catalog - Fall 2018)		
The Foundations of Well-Being in the Workplace and Beyond	Full Day or in partial day sessions over several week	
Overcome Information Overload to Thrive in Today's Workplace		
Overcome information overload to minve in roday a workplace	1 Day	
Resilience: Building and Modeling Resilience in the Workplace	1 Day	
Habits: A Science-based Method for Developing Good Ones	,	
and Dropping Bad Ones	1 Day	
The New Science of Making Better Decisions	1 Day	
Influence, Persuade, Nudge: The Science of Getting People to	Ţ.	
Take Action	1 Day	
The Science and Art of Motivating Ourselves and Others	1 Day	
Learning How to Learn: A Vital Skill for Success in the Modern	- ,	
Workplace	1 Day	
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Persistence and Grit: A Key to Workplace and Career Success	1 Day	
The Transformational Power of Questions	1 Day	
The Science and Art of Motivating Ourselves and Others	1 Day	
A Science Based Approach to Creativity	1 Day	
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	inking and mara	
ırses for Analysts (Problem solving, decision making, critical th		
Critical Thinking Tools	1 Day	
Critical Thinking Tools Problem-Solving Skills		
Critical Thinking Tools	1 Day	
Critical Thinking Tools Problem-Solving Skills	1 Day 1 Day	
Critical Thinking Tools Problem-Solving Skills Essential Analytical Skills	1 Day 1 Day 1 Day	
Critical Thinking Tools Problem-Solving Skills Essential Analytical Skills Completed Staff Work	1 Day 1 Day 1 Day 2 Days	
Critical Thinking Tools Problem-Solving Skills Essential Analytical Skills Completed Staff Work Interpersonal Skills for Analysts	1 Day 1 Day 1 Day 2 Days 1-2 Days	
Critical Thinking Tools Problem-Solving Skills Essential Analytical Skills Completed Staff Work Interpersonal Skills for Analysts Writing Skills for Analysts	1 Day 1 Day 1 Day 2 Days 1-2 Days 1-3 Days	
Critical Thinking Tools Problem-Solving Skills Essential Analytical Skills Completed Staff Work Interpersonal Skills for Analysts Writing Skills for Analysts Project Management for Analysts	1 Day 1 Day 1 Day 2 Days 1-2 Days 1-3 Days 1-2 Days 1 Days	
Critical Thinking Tools Problem-Solving Skills Essential Analytical Skills Completed Staff Work Interpersonal Skills for Analysts Writing Skills for Analysts Project Management for Analysts Principles of Government Administration and Organization Presentation Skills for Analysts	1 Day 1 Day 1 Day 2 Days 1-2 Days 1-3 Days 1-2 Days 1 Day 1 Day	
Critical Thinking Tools Problem-Solving Skills Essential Analytical Skills Completed Staff Work Interpersonal Skills for Analysts Writing Skills for Analysts Project Management for Analysts Principles of Government Administration and Organization	1 Day 1 Day 1 Day 2 Days 1-2 Days 1-3 Days 1-2 Days 1 Days	
Critical Thinking Tools Problem-Solving Skills Essential Analytical Skills Completed Staff Work Interpersonal Skills for Analysts Writing Skills for Analysts Project Management for Analysts Principles of Government Administration and Organization Presentation Skills for Analysts Roles and Responsibilities of a Superior Analyst	1 Day 1 Day 1 Day 2 Days 1-2 Days 1-3 Days 1-2 Days 1 Day 1 Day 1 Day	
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Critical Thinking Tools Problem-Solving Skills Essential Analytical Skills Completed Staff Work Interpersonal Skills for Analysts Writing Skills for Analysts Project Management for Analysts Principles of Government Administration and Organization Presentation Skills for Analysts Roles and Responsibilities of a Superior Analyst The New Science of Making Better Decisions Ethical Decision Making: Tools and Techniques to Decrease Bias and Make Better Decisions. Application Project for Analysts: From Project Charter to Completed Project (generally done over a three month period) Introduction to Inferential Statistics for Analysts Leading Up: Building a Better Relationship with Your Boss Inses for Aspiring or Pre-Analysts Introduction to Analytical Skills Critical Thinking Skills	1 Day 1 Day 1 Day 2 Days 1-2 Days 1-3 Days 1-2 Days 1 Day 1 Day 1 Day 1 Day 1 Day 2 Days 1 Day 1 Day 1 Day	

Writing Courses for All Staff	l .
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One to Three Day Writing Courses available	1 - 3 Days
Grammar and Punctuation	1 Day
Editing for Maximum Effectiveness	1 Day
Technical Writing	2 Days
Writing For and Presenting to Executives	1 Day
Leadperson Training	1 Day
Preparing for Supervision: Making a Decision and a Plan	1 Day
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Supervising for Performance	
Many courses for supervisors available, including:	
Coaching for Results	
Coaching and On-the-Job Training (OJT) for Supervisors	1-4 Days
Courses for Supervisors of Analysts	
Foundations of Analysis for Supervisors	2 Days
Coaching to Optimal Analytical Performance: Coaching Craft	2 Days
and On-the-Job Training	2 Days
· · · · · · · · · · · · · · · · · · ·	2 Days
Presentation Skills	1 Day
Writing Skills	1 Day
Interpersonal Skilss	1 Day
Ethical Decision Making: Tools and Techniques to Decrease	
Bias and Make Better Decisions.	1 Day
Exploring Public Policy in a California Public Agency Context	1 day
Comprehensive Supervisory Training for Bublic Sector	2.0.00
Comprehensive Supervisory Training for Public Sector	2- 8 Days
The Supervisor as Leader	
Performance Management	
Interviewing and Hiring	
Labor Relations, Employee Benefits and the Fair Labor	
Standards Act, EEO, Preventing Discrimination and Sexual	
Harassment, Resonable Accomodation	
Team Development	
Lean Principles and Tools	
Management of Time and Workspace	
Leading Change	
Loading Change	
Managerial Level Courses	
Strategic Thinking	1 Day
Solving Managerial Problems	1 Day
Critical Thinking Skills	1 Day
Negotiation Skills	1 Day
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Leadership Series (Customized for Agency/Client)	l
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The Leadership Challenge	3-5 Days
The Good to Great Model	3-5 Days
Skills for Performance Improvement	<u> </u>
Meeting Improvement	1 Day
Project Management	1-2 Days
Change Management	
Managing Stress & Maximizing Time	1-2 Days
	1 Day
Listening Skills	1 Day
Effective Communications	1 Day
Keeping Your Team on Course	1-2 Days
Lead Person Training	2 Days
Memory Fit: Making the Most of Your Memory	1/2 - 1 day
Managing Competing Priorities	1/2 - 1 day
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Software Applications	
Access Level I, II & III	Each 2 Days
Word Level I, II & III / Excel Level I, II & III	Each 1 Day
Powerpoint Level I and II and many other applications	Each 1 Day
Upward Mobility	
Introduction to Analytical Skills	2 Days
Completed Staff Work	2 Days
Writing Excellent Letters, Memos, and Emails	1 Day
Grammar for Professional Documents	1 Day
Critical Thinking Skills	1 Day
Time and Workspace Management	1 Day
Interpersonal Skills	2 Days
Introduction to Computer Applications	2 Days

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