

Dana Nowling, Coordinator

Certified:

- **Maxwell Leadership Trainer, Coach & Speaker**
- **ASIST Trainer** (*Applied Suicide Intervention Skills Training*)
- **safeTALK Trainer** (*Suicide Alertness Workshop*)
- **Mental Health First Aid, Adult & Youth Trainer** - in person & online
- **Advanced Grief Recovery Method Specialist** - in person & online
- **MBTI® Level 1 & 2 Facilitator** (*Myers-Briggs Type Indicator*)

Dana has over 30 years of experience as a training and development professional working with a wide range of large and small organizations in the US and abroad. Dana has provided training and leadership development in the fields of Law Enforcement, Fire Service, Probation, Corrections, Healthcare, Education, and the Nonprofit sector.

dnowling@plumasruralservices.org
530-283-2735, ext. 856
FAX 530-283-3647

711 E. Main Street
Quincy, CA 95971

www.PlumasRuralServices.org



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Community Training & Development



Organizational & Workplace Development

Mental Health Awareness Training

Custom Designed Support

www.PlumasRuralServices.org
530-283-2735

Training & Development

Our Community Training Department is proud to offer regular training programs related to leadership and supervisory skills, customer service, team building, mental health and wellness, grief recovery, and personal professional development, to name a few.

Our aim is to provide quality training and development support to individuals and businesses, to empower them to achieve their dreams and goals.

Mental Health & Wellness

We provide a variety of evidence-based certification courses, as well as designing training specifically for the needs of your organization.

We offer certification courses in:

- Mental Health First Aid - Youth, Teen & Adult, with special focus available for Veterans and First Responders
- ASIST - Applied Suicide Intervention Skills Training
- safeTALK - suicide alertness workshop

We also design custom workshops for the workplace for those who don't have time to complete a full certification.



More information about community and custom training opportunities can be found here.

Organizational & Workplace Development

We offer a collection of training and development opportunities to support your business, agency or organization with:

- Organizational Development
- Management & Leadership Training
- Strategic Planning
- Staff Development & Customer Service
- Ongoing Coaching & Mentoring
- Mental Health & Wellness Workshops

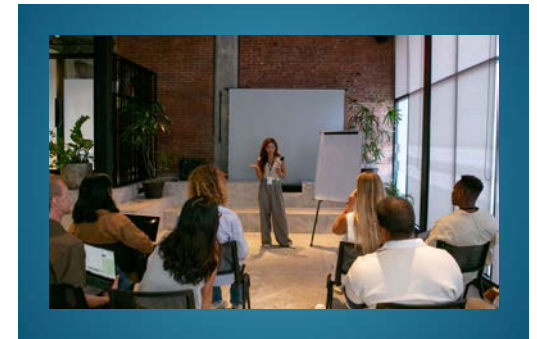
Our Community Training Manager will schedule an Assessment Session with you. Depending on your unique needs and goals, she will present you with a tailor made package. Training topics and timing are customizable.

Examples of trainings and workshops designed for clients:

- Customer Service - A Trauma-Informed Approach
- Assisting Young People with Mental Health
- Suicide & Depression Awareness for College Students
- Mental Health & Wellness for Educators
- Cultivating Resilience - Teacher Development

Development Seminars

- Customer Service - A Trauma-Informed Approach
- Leadership Impact at Work
- Management Skills at Work
- Emotional Intelligence at Work
- Courageous Conversations at Work
- Leading through Crisis at Work



Grief Recovery Method

The Grief Recovery Method is an educational program delivered in a safe environment, where participants reflect on their beliefs about loss, explore losses that have affected their life and take new actions toward the completion of pain related to one of those losses. The program is offered 1-on-1 or in a group setting.

Those who interact with children can attend the Helping Children With Loss series to support their recovery from losses such as death, divorce, pet loss, moving, and other losses.

