

PDP Class Overviews

The following classes will be offered monthly:

Money Management: Managing your Budget - Creating and maintaining a household budget sounds like one of the easiest things in the world to do but something that many of us are not really successful at. Do you complete a monthly budget at the present time? If you have excess expenses, do you have a plan on how to get your expenses back in line with your income? If developing your own budget is of interest, join us for this class on money management.

- 1) *Class Requirement: This is the required 1st class*
- 2) *Session length: 120 minutes*
- 3) *Gift card received for attending: \$10*

Money Management: Goal Setting - Goal setting can be the single most important event of your life and almost everyone will tell you they have goals but do they really? What are your financial goals? How about your career goals or your family goals? There are at least 8 different categories of goals and we'll review them in this session. We'll talk about why goal setting can make a difference in your life and we'll help you set your goals.

- 1) *Class Requirement: Have attended the "Managing Your Budget" class*
- 2) *Session length: 90 minutes*
- 3) *Gift card: \$20*

Money Management: Financial Fitness for the Future - What are your financial goals? How's your present financial situation? Are you completing a budget each month or do you know what your net worth is? Have you run a credit report recently and if so, do you know how to read it? Interested in learning how to invest your money for the future? Join us for all of this and more!

- 1) *Class Requirement: Have attended the "Managing Your Budget" class and the "Goal Setting" class*
- 2) *Session length: 120 minutes*
- 3) *Gift card received for attending: \$20*

The following class will be offered bi-monthly:

Nutrition and Healthy Eating - Weight concerns? Health concerns? Not sleeping well? Maybe a little stress in our lives? How we eat each day and knowing whether we are eating in a nutritious way can impact these concerns and ultimately affect our health. Join us and learn more about how to balance the foods on your plate to get the best nutrition for your body. Optimize your health and your energy by joining us in the class and ultimately eating better...and feeling better!

- 1) *Class Requirement: None*
- 2) *Session length: 90 minutes*
- 3) *Gift card received for attending: \$20*

PDP Class Overviews...continued

The following classes will be offered periodically throughout the year:

Great Expectations - What are your expectations in life? Do you expect good things to happen each day or do you find yourself in a “bad place” more often than you want? During this class, we’ll watch a 20-minute video that is very uplifting and shares four basic steps on how you can make each day a better day. We’ll then review those steps and work together to find ways to positively affect our expectations. There are no guarantees in life and we have no idea how long we’ll be here so shouldn’t we set high expectations for ourselves and strive to meet those expectations?

- 1) *Class Requirement: None*
- 2) *Session length: 120 minutes*
- 3) *Gift card received for attending: \$20*

Interviewing Skills - Why should we hire you? What happened in your last job? Why did they let you go? Interviewing is anything but natural. Like so many things in life, it is a learned skill with specific approaches that must be mastered. In this class, we introduce you to the **three** key steps to good interviewing: knowing your strengths, enthusiasm and being yourself. We will also role play and give you an opportunity to practice and apply what you are learning with a trained career coach. Join us and find out the best kept secrets on how to get a job offer!

- 1) *Class Requirement: Attendance at 4 or more other classes, a current resume submitted prior to registration, and currently looking for a job*
- 2) *Session Length: 90 minutes*
- 3) *Gift card received for attending: \$20*

Transforming How Stress Affects You - Life can be hard and change happens, but how can you respond to the stress caused by these changes in a way that serves you best? How can you be more resilient when facing stress? Resilience is defined as the ability to recover from, or adjust easily, to misfortune or change. Join us for a discussion on the many ways that chronic stress can impact your health, learn techniques to help you manage stress and even harness the power of stress to become more resilient, be your best and thrive.

- 1) *Class Requirement: Attendance at 4 or more classes prior to registration*
- 2) *Session length: 90 minutes*
- 3) *Gift card received for attending: \$20*

Shopping and Cooking on a Budget - Do you find yourself spending too much on groceries? Do you wish you could feed your family more nutritious foods on a daily basis? Health affects every aspect of our lives, and eating healthy food contributes to your wellbeing. In this class we will consider recommendations for healthy meals, take a look at what foods are in your pantry and which foods you could add to improve your health.

- 1) *Class Requirement: Attendance at 4 or more classes prior to registration*
- 2) *Session length: 90 minutes*
- 3) *Gift card received for attending: \$20*

To sign up for one of these classes, send an e-mail to bblackburn@crisiscontrol.org (or call 336-724-7875 x1021) with your name, telephone number, and e-mail address and we will contact you with schedule and registration information.