

Helper's Resource Hub: Tiered Workplace Training Solutions

Where High Standards Meet Humility.

Helper's Resource Hub (HRH) delivers practical, results-driven professional development focused on burnout prevention, emotional regulation, and high-performance workplace culture. Our therapist-designed training systems equip teams with actionable strategies to improve outcomes in high-stakes, high-impact environments. Trusted by clinicians, educators, supervisors, and leadership teams across industries, our methods are grounded in trauma-informed care and built for sustainable impact.

HRH TRAINING SYSTEM: SCALABLE SUPPORT FOR WORKPLACE WELLNESS

Our tiered training system mirrors proven trauma-informed models used in education and healthcare, adapted for organizational environments. Each level deepens awareness, strengthens leadership, and integrates long-term support systems.

Tier	Focus	Audience	Format	Rate (Per Person)
Tier 1	Awareness & Prevention Understanding stress load, early signs of burnout, 100-80-60 Method™, regulation strategies Outcome: Improved understanding of stress response and capacity. Tools to reduce burnout and absenteeism.	All staff	1-Hour Training + Workbook	\$50
Tier 2	Team-Level Implementation Vicarious trauma, communication under stress, PAUSE Method™, capacity-building tools Outcome: Managers respond effectively to team fatigue, enhance psychological safety, and reinforce performance integrity.	Supervisors, clinicians, direct service	4-Hour Workshop + Companion Tools	\$150

Tier	Organizational Integration Policy	Leadership, HR, Admin	1-Day Retreat + Strategic Planning	Custom Quote
3	alignment, retention strategies, culture design, systems planning. Outcome: Leadership alignment, reduced turnover, integrated wellness systems that match operational needs.		Includes deliverables such as: • Burnout tracking systems • Policy and procedure audits • Internal wellness infrastructure planning • Feedback loop creation	

Custom packages and flat rates available for small teams, nonprofits, and bulk bookings.

WHY THIS WORK MATTERS

- Designed for high-pressure environments where performance and people intersect
- Content is direct, measurable, and rooted in proven behavioral health strategies
- Tools are applicable across sectors: government, healthcare, corporate, education, first response
- Outcomes focus on productivity, retention, and improved team communication

"Sustainability in the workplace starts with understanding human capacity—and building systems that protect it."

ORGANIZATIONAL BENEFITS

- Lower absenteeism and turnover
- Improved performance consistency
- Stronger leadership under pressure
- Clearer communication across departments
- Better alignment between policy and practice

NEXT STEP: CONSULTATION & IMPLEMENTATION

Let's identify the right tier and format for your team.

Email us to schedule a consultation: helpersresourcehub@gmail.com

Visit: www.helpersresourcehub.com

High-capacity teams aren't born. They're trained.