



Lunch and Learn Series

Workshops are delivered over the lunch hour or possibly as part of another training event in your organization. Sessions are about one hour long and can address personal and workplace topics generated by employees and employers. The sessions tend to be more informal and are often voluntary.

Session topics can include:

- ✓ Writing in the Workplace
- ✓ Balancing Work and Family
- ✓ Blended Families
- ✓ Getting and Staying Organized
- ✓ Communication by Email
- ✓ Budgeting
- ✓ Teens- Why Do They Do That?
- ✓ Leading a Meeting
- ✓ Public Speaking
- ✓ What is Family Literacy?
- ✓ Bullying
- ✓ Motivation – It's More Than \$\$\$



LutherCare Communities' staff