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Hilltop U

TRAINING CATALOG

Supervisor Learning Opportunities

For New Supervisors

Recruiting Basics

Course Length: 1.5 Hours

Learn all the tips and tricks for effective interviewing and hiring.

Onboarding New Hires

Course Length: 1.5 Hours

Learn why it is so important to onboard effectively. You'll walk away with tips and tricks to improve your onboarding process & experience.

Worker's Comp & Leave

Course Length: 1.5 Hours

Learn the importance of managing ill or injured workers and how to navigate Worker's Comp, FMLA, & ADA with helpful tips to improve your process.

Difficult Conversations

Course Length: 1.5 Hours

Having difficult conversations is part of being a supervisor. Luckily it doesn't have to be as, well, difficult. Learn how to have the hard conversations the easy way.

People Development

Course Length: 1.5 Hours

Creating relationships and completing a job simultaneously. Discover how strong relationships and great results can grow together.

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Supervisor Learning Opportunities

For All Supervisors

Ethics in Action (Great for Teams, Too)

Course Length: 1 Hour

Explore what ethics are, why they matter, common traps to avoid, and steps for making sound decisions when something feels off.

Generational Differences

Course Length: 1.5 Hours

Navigate generational differences at work with practical tips to strengthen relationships with your team, peers, and those you serve.

Hiring for Culture Add

Course Length: 1.5 Hours

Explore interviewing through an Inclusivity + lens—shifting from culture fit to culture add. Learn to break bias and value diverse perspectives.

Showing Appreciation

Course Length: 1.5 Hours

Learn how to show and give recognition using people's appreciation language.

Unlocking Employee Well-being

Course Length: 1.5 Hours

Understand the ways in which the health and well-being of our workforce impacts us all and learn how to promote a culture of wellness.

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Supervisor Learning Opportunities

For All Supervisors

Authentic Leadership

Course Length: 1.5 Hours

Lead with self-awareness, purpose, and integrity. Learn to align your values with your leadership style to build trust and inspire others.

Leading from Above the Line

Course Length: 1.5 Hours

Explore the 15 Commitments of Conscious Leadership and gain tools to navigate challenges, build accountability, and lead from “above the line.”

Creating a Culture of Accountability

Course Length: 1.5 Hours

Build a workplace where ownership thrives. Learn strategies to foster trust, accountability, and alignment for a more engaged, results-driven team.

Interview Training: 3 Part Series

Course Length: 1.5 Hours

In this three-part course learn to lead structured, inclusive, and compliant interviews—and make fair, objective hiring decisions.

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Team Building Opportunities

DiSC Workplace Behavior Styles

Course Length: 2 Hours

Understanding me and understanding you by understanding behavioral tendencies and their effect on others.

Strength Finder Team Workshop

Course Length: 2Hours

Use Gallup Strengths Finder to understand your strengths and learn how to collaborate by leveraging your team's natural talents.

Finding Your Team Why

Course Length: 1.5 Hours

Purpose is a core human need. Uncover your team's core contributions and create a meaningful "why" statement.

EDI Discussions

Course Length: 2 Hours

Topics include polarity training, microaggressions, covering & passing, belonging.

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Professional Development Opportunities

Behavior Change: How to Get Anyone to do Anything

Course Length: 1.5 Hours

Behavior change is easier than you think! Learn Dr. BJ Fogg's methods to understand and manage the building blocks of behavior.

Impactful Communication

Course Length: 1.5 Hours

Explore communication through empathy: 100% of the power is in listening, and 100% of the responsibility is in speaking.

Implicit Bias

Course Length: 1.5 Hours

Understand what implicit bias is, how it influences behavior, and explore ways to reduce its impact in both your professional & personal life.

Framing the Issue: Rethink Stress to Improve Well-being

Course Length: 1.5 Hours

Mindset matters—how we think about stress can shape its impact. Learn practical tools to manage stress and reduce what's unnecessary.

Professional Behavior

Course Length: 1 Hours

Treat each workday like an interview. Learn which behaviors support or hinder your growth and how to improve your opportunities.

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Professional Development Opportunities

Setting Goals That Stick: Secrets to Success

Course Length: 1.5 Hours

Our personal and professional growth is shaped by the goals we set. Learn to turn ambitions into effective goals for a fulfilling life and successful career.

Radical Candor

Course Length: 1.5 Hours

Effective communication starts with Care and Candor—improving every interaction, personal or professional.

The Five Things

Course Length: 2 Hours

The “how” of creating change starts with you. Explore five key areas to bring structure and lead more effectively.

Human Connection: The Key to Becoming our Best Selves

Course Length: 1.5 Hours

When we connect and support each other, we boost team success. Learn how human connection drives engagement, culture, and well-being.

Time Management

Course Length: 1 Hours

Master Time management to boost productivity and fulfillment. Learn practical strategies to manage your time, reduce stress, and reach your goals.

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Professional Development Opportunities

Public Speaking Part 1

Course Length: 1.5 Hours

Introduction to public speaking. Build confidence, ease nerves, and grow your speaking skills in a supportive workshop.

Public Speaking Part 2

Course Length: 2 Hours

For those ready to overcome stage fright and grow speaking skills, this supportive workshop offers interactive learning.

Compliance & Certification Trainings

Qualified Medication Administration Personnel (QMAP)

Course Length: 2 Days

Training is 7 hours each day and includes a lunch break. The appointment you choose will be the first day of class.

First Aid & CPR

Course Length: 4 Hours

Prepare for the unexpected with first aid & CPR training from the American Red Cross.

Ready to learn & grow? Contact us to book a training today!

970.555.5555 | HilltopU@htop.org

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