

TIER 2: Foundational Skills

PUBLIC SERVICE FUNDAMENTALS

- [Communication Skills](#)
- [Dealing with Difficult Customers](#)
- [Dealing with Difficult Customers: Phone and Digital](#)
- [Developing Awareness that Leads to Emotional Regulation](#)
- [The Dynamics of Communication](#)
- [How to Show Service-Oriented Attitude in the Public Sector](#)
- [Persuasive Communication Techniques](#)

RACIAL EQUITY & SOCIAL JUSTICE

- [An Introduction to Unconscious Bias](#)
- [Be an Upstander](#)
- [Empathy in the Workplace](#)
- [Identifying Microaggressions](#)
- [Inclusive Language & Communication](#)
- [Macro Effects of Micro Aggressions](#)
- [Generational Differences](#)
- [Understanding Gender](#)
- [What Is Belonging?](#)
- [What Is Privilege?](#)
- [Why Diversity Matters](#)

COMPUTER & SOFTWARE KNOWLEDGE

- [Adobe Acrobat DC Pro: Advanced](#)
- [Adobe Acrobat DC Pro: Beginner](#)
- [Collaborating in Microsoft 365](#)
- [eLearning: Articulate Storyline 360](#)
- [Excel 365: Advanced](#)
- [Excel 365: Beginner](#)
- [Excel 365: Intermediate](#)
- [MS 365 OneNote: Meeting Notes](#)
- [MS 365: OneDrive](#)
- [MS 365: OneNote Beginner](#)
- [MS 365: Overview - Beginner](#)
- [MS Forms Essentials](#)
- [MS PowerPoint 365: Fundamentals](#)
- [MS Teams 365: Beginner](#)
- [MS Word 365: Intermediate](#)
- [Outlook 365: Beginner](#)
- [SQL Beginner: Part 1](#)
- [SQL Beginner: Part 2](#)
- [SQL Beginner: Part 3](#)
- [SQL Beginner: Part 4](#)
- [SQL Beginner: Part 5](#)
- [SQL Beginner: Part 6](#)
- [SQL Beginner: Part 7](#)
- [SQL Fundamentals](#)

SAFETY & SECURITY

- [Active Shooter](#)
- [Back Injury Prevention](#)
- [Dealing With Conflict](#)
- [Defensive Driving](#)
- [Distracted Driving - Global](#)
- [Add Movement Into Your Day](#)
- [How to Adjust Your Chair](#)
- [How to Adjust Your Desk](#)
- [How to Adjust Your Devices](#)
- [How to Adjust Your Display](#)
- [How to Adjust Mobile Devices](#)
- [Excavation/Trenching Safety](#)
- [Fall Protection \(US\)](#)
- [Fire Extinguisher Safety](#)
- [First Aid Basics](#)
- [General Office Safety](#)
- [Hand and Power Tools](#)
- [Conflict Management](#)
- [Hazard Communication for CA](#)
- [Hearing Conservation](#)
- [Heat Stress](#)
- [Incident Investigation - Global](#)
- [Injury & Illness Prevention Prog](#)
- [Office Ergonomics for CA](#)
- [OSHA: CPR Resuscitation](#)
- [OSHA: Ladder Safety](#)
- [Personal Protective Equipment](#)
- [Respiratory Protection](#)
- [Slip, Trip, and Fall Prevention](#)
- [Sonoma County Telework Policy Ergonomics Training](#)

PRODUCTIVITY & WELLNESS

- [5-Min Guided Breathing Meditation](#)
- [Breaking the Stress Cycle](#)
- [Developing Self-Regulation](#)
- [Effective Time Management](#)
- [Email Etiquette](#)
- [Giving Positive Feedback](#)
- [How to Receive Feedback](#)
- [Navigating Your Mental Health](#)
- [Relax](#)
- [Seated Desk Yoga](#)
- [SMART Goal Setting](#)
- [SMART Goals Meditation](#)
- [Time Management Tips](#)

ELECTIVES & PROFESSIONAL DEV

- [Best Practices for Creating a Resume](#)
- [Creating a Powerful Resume](#)
- [How to Create a Mentoring Program](#)
- [Impress at Job Interviews](#)
- [Interviewing Skills for Employees](#)
- [Landing the Job: Interview Techniques](#)
- [Rules for Discussing Politics at Work](#)
- [Write to Be Understood](#)
- [Writing: Taking Notes in Meetings](#)

FY25/26 Web-Based Classes

TIER 3: Supervisors & Managers

- [Becoming an Effective Manager: Giving Effective Feedback](#)
- [Build Your Inclusive Leadership Skills](#)
- [Coaching Skills: The Coaching Conversation](#)
- [Grant Seeking Fundamentals](#)
- [Inclusive Leadership for Leaders & Managers](#)
- [Leadership Fundamentals: The Leadership Toolkit](#)
- [Leadership of a Diverse Group](#)
- [Managerial Courage: Managing Difficult People](#)
- [The Manager's Role as Communicator](#)
- [Managing Performance: Individual Development Plans](#)
- [Managing Prejudice Within Your Team](#)
- [Mediating Employee Conflicts](#)
- [Overview of Oracle Planning & SCLabor](#)
- [Supervision: 8 Steps to Effective One-on-Ones](#)
- [Tackling Race Bias in the Workplace: A Guide for Managers](#)

TIER 4: Executive Skills

- [Becoming an Effective Manager: Giving Effective Feedback](#)
- [Build Your Inclusive Leadership Skills](#)
- [Coaching Skills: The Coaching Conversation](#)
- [Grant Seeking Fundamentals](#)
- [Inclusive Leadership for Leaders & Managers](#)
- [Leadership Fundamentals: The Leadership Toolkit](#)
- [Leadership of a Diverse Group](#)
- [Managerial Courage: Managing Difficult People](#)
- [The Manager's Role as Communicator](#)
- [Managing Performance: Individual Development Plans](#)
- [Managing Prejudice Within Your Team](#)
- [Mediating Employee Conflicts](#)
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Opportunity. Diversity. Service.



Room to Move. Room to Grow.