

Citywide Training & Development

Community Partner Fall Quarter Course Catalog

October - December 2026



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We are offering 4 free sessions from Columbus Public Health and CelebrateOne this quarter!

Maternal & Infant Health presented by CelebrateOne: October 5

Triple P Parenting Seminars from Columbus Public Health: October 21, November 18, and December 16



If you haven't met us yet, we're Citywide Training & Development! We are a resource that the City of Columbus offers to employees who wish to participate in training on a wide range of subjects, whether in-person at our Jerry Hammond Building location, via Webex, or on their own time using self-guided courses in the Training Gateway. Now that you know what we do, we'd like to introduce the people who make it happen:



DREMA KIRKLING
TRAINING
MANAGER
EST 2012

- Myers Briggs Type Indicator (MBTI)
- True Colors
- Supervisory Skills
- Management
- Leadership



ANDRIA WILLIAMS
LEARNING
SOLUTIONS
ARCHITECT
EST 2009

- Verbal De-escalation
- Rising Above Anger
- Communication
- Neurodiversity
- Best Practice Development



KANISHA DILLARD
EXECUTIVE
LEADERSHIP
DEVELOPMENT
COACH
EST 2022

- Confidence
- Highly Effective Teams
- Coaching
- Interviewing
- Advanced Goal Setting



JARED MORRISON
TRAINING
COORDINATOR
EST 2024

- Emotional Intelligence
- Intentional Communication
- Trust Edge
- Connection & Team Building
- Facilitation Skills



ELISSA LEACH
OFFICE
ASSISTANT 3
EST 2024

- Training Gateway
- Excel
- Smartsheet
- Tableau
- OpenForms

Upgraded Registration Process - Register Today!

No more printing registration forms or filling PDFs. Register online now instead!

Option 1

[Click this link to register](#)

Option 2

Paste or type this URL into your web browser:
bit.ly/4b0skiC

Option 3

Scan the QR Code



Community Partner Costs per Session

for special pricing opportunities, contact Jared at jrmorrison@columbus.gov

Virtual Sessions	\$49.00	In-Person Sessions	\$79.00	Full Series	• The Management Container • 1-on-1 Public Speaking Masterclass	\$299.00
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1-ON-1 PUBLIC SPEAKING MASTERCLASS ELEVATE YOUR EXECUTIVE PRESENCE

Are you tired of feeling anxious before a major presentation or speaking in a meeting?

Great ideas often get lost due to poor delivery or anxiety. Let us help you manage your thoughts and command a room with an individualized, strategic approach tailored to your career goals, personality, and voice.

Working around your schedule within a four to six-week period (45-minute to one-hour window/virtual & in-person), you'll see the following outcomes:

TAILORED STRATEGY

Focusing entirely on your specific growth areas.

ANXIETY MASTERY

Learn proven, highly actionable techniques to channel nervous energy into calm authority, thereby increasing your confidence.

IMMEDIATE FEEDBACK

Get real-time, constructive adjustments on your actual, upcoming presentations and meetings.

DYNAMIC DELIVERY

Master vocal variety, strategic pausing, and commanding body language.

Ready to Command the Room?



[Click this text to read more information and open the Smartsheet interest form](#)

✓ believe
✓ achieve
✓ succeed

OCTOBER

2026

All sessions are held at the Citywide Training & Development training center located in the lower level of the Jerry Hammond building at 1111 East Broad Street, 43205 unless otherwise indicated using the key below:



Webex
Webinar

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Verbal De-Escalation Skills/Techniques 9:00 AM - 11:00 AM	
5	6	7	8	9
Maternal & Infant Health presented by CelebrateOne 12:00 PM - 1:00 PM 	The Management Container: Supervisor Success Series Part 3 9:30 AM - 12:00 PM Power Skills Advantage 11:00 AM - 12:00 PM The Leadership Pivot: Choosing the Right Style for the Situation 1:00 PM - 3:00 PM			
12	13	14	15	16
Indigenous Peoples' Day 	The Management Container: Supervisor Success Series Part 4 9:30 AM - 12:00 PM			
19	20	21	22	23
		Triple P Seminar 1: The Power of Positive Parenting 11:30 AM - 1:00 PM 	Defensive Driving 12:00 PM - 3:00 PM	
26	27	28	29	30
			Leveraging Neurodiversity in the Workplace 2:00 PM - 3:00 PM In-Person & Virtual 	

Verbal De-Escalation Skills/Techniques

Thursday, October 1, 2026

9:00 AM - 11:00 AM

Customer Service Skills

Public sector employees may deal with a customer displaying difficult, hostile, or non-compliant behavior from time to time. An employee's response to the defensive behavior is often the key to de-escalating the interaction. This interactive workshop teaches you the importance of self-control; explores how to recognize nonverbal signals in yourself and the customer; and demonstrates proven verbal de-escalation techniques. Participants will put their de-escalation skills to practice in realistic scenarios.

Maternal & Infant Health presented by CelebrateOne WEBINAR

Monday, October 5, 2026

12:00 PM - 1:00 PM

Health & Wellness

This webinar will provide a foundational understanding of maternal health, including challenges individuals and families may experience during pregnancy and postpartum periods. We will explore why maternal health matters and the impacts on families, the workspace, and our communities. There will also be a review of available resources. The goal is to increase awareness, equip employees with practical knowledge and empower them to take better care of themselves.

The Management Container: Supervisor Success Series Part 3

Tuesday, October 6, 2026

12:00 PM - 1:00 PM

Supervisory Skills Series

Session 3: Conflict can be the dread of so many. In this session, participants will understand the definition of conflict, how to recognize it, dispel myths about conflict, analyze positives and negatives of conflict, understand different styles to approach conflict, and practice working through conflict.

Power Skills Advantage WEBINAR

Tuesday, October 6, 2026

11:00 AM - 12:00 PM

Professional Growth

Ready to level up how you communicate, collaborate, and show up at work? In this webinar, you will learn power skills to help you stay adaptable, connect authentically, and handle tough moments with confidence. You'll walk away with tools you can apply the same day, including:

- A communication technique that instantly reduces misunderstandings
- A simple emotional intelligence technique for handling pressure with ease
- A collaboration method that builds trust and credibility
- A reframing tool to stay adaptable amid change

The Leadership Pivot: Choosing the Right Style for the Situation

Tuesday, October 6, 2026

1:00 PM - 3:00 PM

Professional Growth

Leaders have the opportunity to cultivate an understanding of various leadership styles and to determine when it's time to pivot and choose the most effective style for any given situation,

The Management Container: Supervisor Success Series - Session 4 of 4

Tuesday, October 13, 2026

9:30 AM - 12:00 PM

Supervisory Skills Series

Session 1: Participants will complete the EQ-i2.0 prior to registration and receive their report in session 1. The session will explain the EQ-i2.0 model for emotional intelligence (EQ), include individual and group activities to apply EQ, discuss EQ for managers, and include an action plan for improving aspects of participants' own EQ.



Triple P Seminar 1: The Power of Positive Parenting WEBINAR

Wednesday, October 21, 2026

11:30 AM - 1:00 PM

Health & Wellness

The Positive Parenting Program is for parents and caregivers of children ages 0–12 who want guidance on supporting their child's growth. You'll get practical ideas, connect with other parents, and get support with parenting challenges. Each session runs about 60 minutes plus 30 minutes for questions. Topics include:

- Having a loving, safe and interesting environment
- Having a positive learning environment
- Using assertive discipline
- Having realistic expectations
- Taking care of yourself as a parent

Presented by Columbus Public Health

Defensive Driving

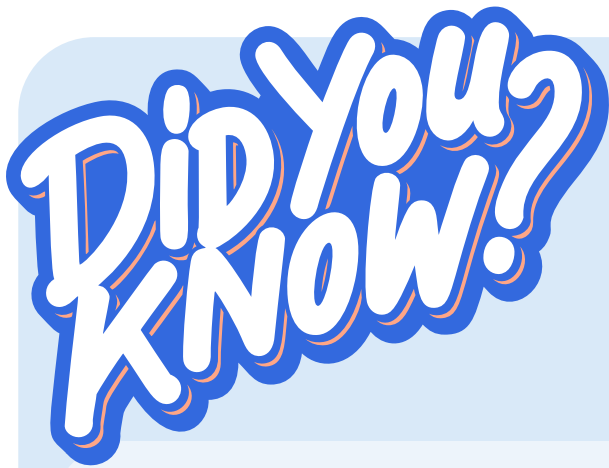
Thursday, October 22, 2026

12:00 PM - 3:00 PM

Safety

This course motivates participants to change their behind-the-wheel behaviors and attitudes. It gives them key understanding, skills and techniques to avoid collisions and reduce future violations. The result is a more responsible driver who grasps best practices to prevent injury and death while operating a motor vehicle.

This course will introduce neurodiversity and its importance for managers, but it is open to all. It will demonstrate how organizations can improve workplace practices to be more inclusive for neurodivergent individuals, and ultimately, better support all employees.



Our in-house team specializes in custom training for your workplace!

CONTACT US TODAY TO LEARN MORE ABOUT:

- ★ **Popular Assessment Tools**
- ★ **Strategic Consulting**
- ★ **Custom Training**

Identify your strengths with team or individual coaching from CTD's certified coaches

Citywide Training & Development's personalized coaching program is **designed for people at all organizational levels and experience.**

Our Certified Executive & Leadership Development Coaches partner with individuals in a **thought-provoking and creative process that inspires them to maximize their professional potential** by unlocking previously untapped sources of imagination, productivity and professional development.

NOVEMBER

2026

All sessions are held at the Citywide Training & Development training center located in the lower level of the Jerry Hammond building at 1111 East Broad Street, 43205 unless otherwise indicated using the key below:



Webex
Webinar

Please see the pages following the calendar for course descriptions and further details. We hope to see you soon!

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Unity in Action: Resolving Conflict with Coworkers 2:00 PM - 3:00 PM 		True Colors 1:00 PM - 3:00 PM	
9	10	11	12	13
			Veterans Day 	
16	17	18	19	20
	Career Development: Mastering the Interview 10:00 AM - 11:15 AM Career Development: Vocabulary Bling 1:00 PM - 2:30 PM 	Triple P Seminar 2: Raising Confident, Competent Children 11:30 AM - 1:00 PM 		
23	24	25	26	27
	Resume Refresh 1:30 PM - 2:45 PM 		Thanksgiving Day 	

Unity in Action: Resolving Conflict with Coworkers WEBINAR

Tuesday, November 3, 2026

2:00 PM - 3:00 PM

Personal & Professional Development

Getting along with coworkers can be tricky—but possible. This course guides you on how to work through conflict with coworkers to achieve positive outcomes. You'll discover why workplace conflict can be a good thing, how to have a difficult conversation, and how to seek help when progress is at a standstill.

True Colors

Thursday, November 5, 2026

1:00 PM - 3:00 PM

Personal & Professional Growth

Each of us has our own style, preferences and ways of operating. So how can we all work together? This interactive, information-packed Personal Success Workshop helps participants explore their own distinctive personality strengths and stressors, learn to respect and appreciate differences in the ways people function and lays the foundation for relationship building, effective communication and team building.

Career Development: Mastering the Interview WEBINAR

Tuesday, November 17, 2026

10:00 AM - 11:15 AM

Professional Growth

The interview is one of the key elements of the job search process. As with any skill, we can get better at it with preparation and practice. This insightful workshop explores how to prepare for an interview and become familiar with the types of questions to expect, as well as the questions job candidates should think about asking.

Career Development: Vocabulary Bling

Tuesday, November 17, 2026

1:00 PM - 2:30 PM

Professional Development

Turn your everyday words into professional language with Vocabulary Bling! Participants will be empowered to formulate their own with professional summaries for resume building, confidence for interviewing and professional networking.

NEW Triple P Seminar 2: Raising Confident, Competent Children FREE WEBINAR

Wednesday, November 18, 2026 11:30 AM - 1:00 PM

Health & Wellness

The Positive Parenting Program is for parents and caregivers of children ages 0–12 who want guidance on supporting their child’s growth. You’ll get practical ideas, connect with other parents, and get support with parenting challenges. Each session runs about 60 minutes plus 30 minutes for questions. Topics include:

- Showing respect to others
- Being considerate
- Having good communication and social skills
- Having healthy self-esteem
- Being a good problem solver
- Becoming independent

Presented by Columbus Public Health

Resume Refresh WEBINAR

Tuesday, November 24, 2026 1:30 PM - 2:45 PM

Professional Growth

Move past the basics and elevate your impact by turning generic job duties into data-driven accomplishments. Learn to choose powerful vocabulary, bypass Applicant Tracking Systems (ATS) with targeted keywords, and use AI tools responsibly for formatting without losing your personal voice.



DECEMBER

2026

All sessions are held at the Citywide Training & Development training center located in the lower level of the Jerry Hammond building at 1111 East Broad Street, 43205 unless otherwise indicated using the key below:



Webex
Webinar

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	The Power of Yet: Developing A Growth Mindset 2:00 PM - 3:00 PM 		Handling Stress, Pressure, and Burnout 2:00 PM - 3:00 PM 	
7	8	9	10	11
	Pronouns: A Guided Conversation 9:00 AM - 10:30 AM			
	From Doubt to Dare - Unleash Your Confidence 10:00 AM - 11:00 AM 			
14	15	16	17	18
	Career Development: Mastering the Interview 1:00 PM - 3:00 PM	Triple P Seminar 3: Raising Resilient Children 11:30 AM - 1:00 PM 		
23	24	25	26	27
				
28	29	30	31	
				

The Power of Yet: Developing A Growth Mindset WEBINAR

Tuesday, December 1, 2026 2:00 PM - 3:00 PM

Personal & Professional Development

Developing a growth mindset allows you to realize potential, increase resilience, and achieve success. A growth mindset can unlock your capacity to learn, grow, and thrive—regardless of your current abilities or skill level. Participants will learn about the differences between a fixed mindset versus a growth mindset; explore how a growth mindset can benefit you and your team; and uncover specific strategies to develop a growth mindset expanding your possibilities.



Handling Stress, Pressure, and Burnout WEBINAR

Thursday, December 3, 2026 2:00 PM - 3:00 PM

Personal & Professional Development

Ever feel stressed at work? How do you react to high-pressure situations? Is burnout a threat to your well-being and productivity? This course will help you define stress, pressure, and burnout, recognizing the unique ways they show up for you. You'll also get valuable strategies to manage the effects of stress, pressure, and burnout. By the end of the webinar, you'll have a clearer understanding of how these forces affect you—and what you can do about it.

Pronouns: A Guided Conversation

Tuesday, December 8, 2026 9:00 AM - 10:30 AM

Personal Growth & Belonging

Pronouns are the words we use to describe someone when we don't use or don't yet know their name. Using the right pronouns to refer to a person can be one of the easiest ways to build rapport, show respect, and affirm someone. This training expands on LGBTQIA+ basic terminology, encourages confidence normalizing correct pronoun use, and promotes safe, open dialogue. The City of Columbus's LGBTQIA+ Employee Resource Group (ALL OUT) and Co-leader, B, invite you to join our guided Safe Space conversation. All are welcome.

From Doubt to Dare - Unleash Your Confidence WEBINAR

Tuesday, December 8, 2026 10:00 AM - 11:00 AM

Personal & Professional Development

Ready to boost your self-assurance? Build confidence with strategies to excel. Learn mental strategies for lasting confidence, physical cues to boost confidence, excel in diverse situations and

Career Development: Mastering the Interview

Tuesday, December 15, 2026 1:00 PM - 3:00 PM

Personal & Professional Development

The interview is one of the key elements of the job search process. As with any skill, we can get better at it with preparation and practice. This insightful workshop explores how to prepare for an interview and become familiar with the types of questions to expect, as well as the questions job



Wednesday, December 16, 2026 11:30 AM - 1:00 PM

Health & Wellness

The Positive Parenting Program is for parents and caregivers of children ages 0–12 who want guidance on supporting their child’s growth. You’ll get practical ideas, connect with other parents, and get support with parenting challenges. Each session runs about 60 minutes plus 30 minutes for questions. Topics include:

- Recognize and accept feelings
- Express feelings appropriately
- Have a positive outlook, including being optimistic, interested and content
- Develop effective ways of coping
- Manage strong emotions and unpleasant situations
- Cope with stressful life events

Presented by Columbus Public Health

Signature TOPICS



**DREMA KIRKLING,
TRAINING MANAGER**

- Myers Briggs Type Indicator (MBTI)
- True Colors
- Supervisory Skills
- Management
- Leadership



**ANDRIA WILLIAMS,
LEARNING SOLUTIONS
ARCHITECT**

- Verbal De-escalation
- Rising Above Anger/Anger Management
- Communication
- Neurodiversity
- Best Practice Development



**KANISHA DILLARD,
EXECUTIVE LEADERSHIP
DEVELOPMENT COACH**

- Confidence
- Highly Effective Teams
- Coaching
- Interviewing
- Advanced Goal Setting



**JARED MORRISON,
TRAINING COORDINATOR**

- Emotional Intelligence
- Intentional Communication
- Trust Edge
- Connection & Team Building
- Facilitation Skills