



EMPLOYEE SOLUTIONS

Course Catalog



EmployeeSolutions.org

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EMPLOYEE SOLUTIONS

We provide 100% online wellness and educational courses designed to support employees as they navigate challenges in both their personal and professional lives. Our programs focus on education, self-awareness, and practical skill-building to help employees make healthier decisions, improve performance, and strengthen overall well-being.

These services are available to all employees and their families and are delivered in a convenient, accessible format to fit busy schedules. By offering supportive, non-judgmental education, we help individuals address concerns early, build resilience, and create positive, lasting change that benefits both the employee and the workplace.

What Sets Us Apart?

Our courses are...

- 100% Online
- Accessible from any device, 24/7
- Self-paced and easy to use
- Modernized - we consistently update content
- Interactive - participation is required to complete courses

*COURSES VARY IN LENGTH FROM
30MINS TO 32HRS*



ANGER MANAGEMENT

- Anger and It's Purpose
- Mental Health and Anger
- Thinking Errors
- Boundaries and Communication
- Letting Go and Seeking Support
- Conflict Management Skills



SELF-SCORING ASSESSMENTS

- Do I Have An Anger Problem?
- Domestic Violence Risk Assessment
- Am I a Good Parent?
- What's My Parenting & Discipline Style?



AWARENESS & BOUNDARIES

- Child Sexual Abuse Awareness
- Digital Citizenship Awareness
- Domestic Violence Victim Awareness
- Boundaries with Children
- Boundaries with Adults



PERSONAL GROWTH

- Decision Making & Good Judgment
- Motivation
- Positive Thinking
- Reach Your Full Potential
- Responsibility
- Self Esteem
- Values

DRUGS, ALCOHOL AND HEALTH



- Alcohol Awareness
- Alcohol and Your Personal & Professional Life
- CBD/THC
- Drug and Alcohol Education
- Drug Facts
- Drug Awareness Guide for Parents
- Heroin and Fentanyl
- Legal Consequences of Alcohol
- Marijuana 101
- Opioid Education
- Responsible Drinking
- STDs and STIs in Detail
- Quitting Smoking
- Vaping and E-Cigs
- Responsible Drinking
- Legal Consequences of Alcohol
- Alcohol Awareness for Minors



FOOD SAFETY

- Food Handling and Food Safety

GENERAL LIFE SKILLS



- Communication Skills
- Cognitive Thinking
- Conflict Management Skills
- Crisis Intervention
- Decision Making Skills
- Developing Support Systems
- Integrity and Character Building
- Impulse Control

FAMILY AND PARENTING



- Child Abuse and Neglect
- Child Endangerment
- Child Support and Child Visitation
- Cooperation Between Parents
- Co-Parenting Through a Divorce/Separation
- Family Conflict
- Parenting Basics
- Parenting Through a High Conflict Divorce
- Parenting Skills
- Relationships and Your Children
- What Children Need and Deserve

WORKPLACE SKILLS



- Cell Phone Use at Work
- Codes of Conduct
- Conflict Resolution, Management and Transformation
- Understanding Your Co-Workers
- Time Management
- Workplace Harrassment
- Workplace Safety
- Teamwork

MORAL RESPONSIBILITY FOR TODAY (MRT) 32-HR COURSE

MRT is a 32-hour cognitive-behavioral program designed to help individuals examine their thinking patterns, increase self-awareness, and develop the skills needed for responsible, law-abiding behavior. The course teaches accountability, moral reasoning, and long-term behavior change.

BEYOND ANGER 20-HR COURSE

The "Beyond Anger" program is designed to address hostility, anger, aggressive behavior, and promote improved decision-making. The program teaches cognitive-behavioral strategies focused on moral reasoning, accountability, and self-reflection for self-awareness and respectful interactions with others.

Other Courses



CBD AND SAFETY
SENSITIVE EMPLOYEES



COCAINE & OTHER
STIMULANTS



DRIVE SMART & BE SAFE
DRIVER EDUCATION



DRIVING UNDER THE
INFLUENCE (DUI)



DOT SAFETY PROGRAM



DRUG OFFENDER EDUCATION
PROGRAM (DOEP)



FINANCIAL
MANAGEMENT



FMCSA CLEARINGHOUSE - WHAT CDL
DRIVERS NEED TO KNOW



GUN & WEAPON SAFETY
COURSE



LIFE SKILLS



MODERN MANNERS



RESPONSIBILITY &
CHARACTER BUILDING



RESPONSIBLE PET
OWNERSHIP



THEFT AND SHOPLIFTING
INTERVENTION



TRUANCY INTERVENTION FOR
PARENTS (TIPP)



VICTIM IMPACT PANEL (VIP)

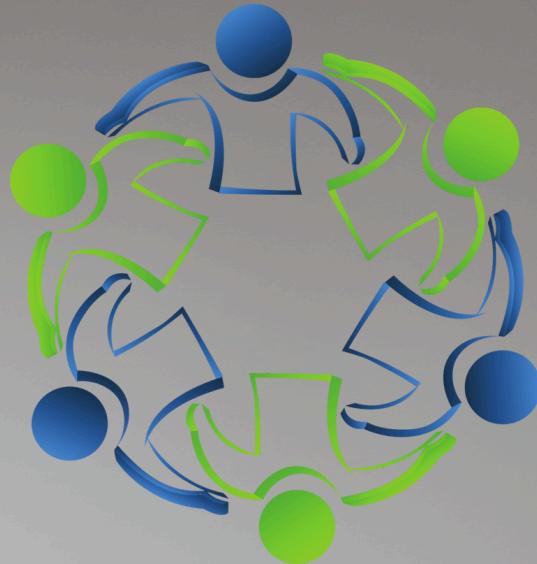
Education You Can Trust.

The programs by Employee Solutions go beyond simply identifying problems; they help participants understand why certain behaviors can be harmful and how to make positive, lasting changes.

Unlike programs which rely on discipline alone, our courses focus on education, personal growth, and accountability. Participants explore key topics such as values, self-worth, motivation, communication, and decision-making. Through gaining these practical tools, participants improve well-being, strengthen workplace performance and create a positive path forward.

**Call us today to get started or learn more
about our courses at**

EmployeeSolutions.org



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