



**Out Source Projects, Inc.**  
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## South Dakota Family Focus Initiative

presented by  
SD Department of Labor and Regulation  
in partnership with  
Out Source Projects, Inc.



OSP offers two workshops that are presented in-person or virtually. Each workshop can be tailored to your needs (e.g. hours, times, days). These workshops are offered at no cost to businesses and individuals living or working in South Dakota (subject to funding availability). Funding for Family-First programs are made possible through the Department of Labor and Regulation. Each workshop can provide childcare (request in advance), transportation (request in advance), and a light meal depending on the workshop time.

### Bring Your 'A' Game to Work

This 6-hour soft skills workshop utilizes The Center for Work Ethic Development – Bring Your 'A' Game to Work curriculum. Virtually, the course is typically offered over two days/three hours each day. In-person workshops are 6.5 hours long with a meal included.



*Seven foundational workplace behaviors are highlighted: Attitude, Attendance, Appearance, Ambition, Accountability, Acceptance, Appreciation*

### Life Balance



Four-hour workshop. The course is geared toward people who want to learn new or re-affirm coping skills in order have balance in their work, school and family life.

*Stress Exploration (symptoms and management), Support, Self-Care, Time Management, High Achiever vs Perfectionist, Organization Tips, Rewards*