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Uplift Learning Solutions is a professional development firm providing evidence-based mental health and leadership training for the public sector, businesses, non-profits, and healthcare. We specialize in delivering trauma-informed training programs including Mental Health First Aid (MHFA), QPR Gatekeeper, wellbeing, and leadership development training. Our trainings are designed to increase workforce resilience and operational efficiency. As an experienced institutional contractor, we provide scalable virtual and on-site instructional design and facilitation that aligns with workplace boundaries and compliance standards.

Core Competencies

- Mental Health First Aid training and facilitation (includes Adult, Youth, and special populations)
- Leadership training for new managers, senior leaders, and executives
- Trauma-informed stress reduction, mindfulness, suicide prevention, and resilience programs
- Workplace health and wellness programming
- Continuing education instructional design and facilitation
- Supporting organizers with marketing and promotional collateral

Differentiators

- Certified Mental Health First Aid, QPR, and Mindfulness-Based Stress Reduction Instructors
- NBC-HWC & ICF-trained coaches
- Experience delivering training to healthcare, non-profit, and public sector organizations
- Trauma-informed, non-clinical approach aligned within workplace boundaries
- Proven ability to deliver scalable virtual and on-site programs
- Experienced contractor within large institutional systems

Past Performance

- Massachusetts Library Board of Commissioners (Prime)
Lead ongoing employee training for the library system throughout the state
Training Focus: Mental Health First Aid
- Texas Health (Sub)
Facilitate monthly training for employees and community members
Training Focus: Mental Health First Aid
- Road Home (Prime)
Lead patient training for veterans with PTSD in an accelerated treatment program
Training Focus: Mindfulness-Based Resilience, Unified Protocol
- Calm (Prime)
Facilitate and manage certification program for non-profit employees. Provide L&D consultation services.
Training Focus: National Board-Certified Health and Wellness Coaching program, Leadership Development

