

The Valor Crisis & Training Center now offers all of its Life Development Classes via an online learning portal called **ValorExcel**. These FREE, self-paced courses provide our clients with an engaging learning experience without time constraints, allowing participants to learn using their computers, tablets, or mobile devices at their own convenience, from the comfort of their own home. If the client does not have access to this technology, a second option is to attend the classes at the Center using our computer equipment, or to meet with a Coach during a one-on-one Personal Development Coaching session.

To enroll in **ValorExcel** and receive access to the available courses, visit the below URL, click on 'ENROLL NOW', enter your email address and create a password.

<https://valor-excel-school.teachable.com>

**You will instantly have access to the following free courses:**

### **BOUNDARIES**

This two-part course will help you know when to say yes, when to say no, and how to take control of your life. The class emphasizes the importance of identifying toxic (and perhaps even dangerous) relationships, as well as the need for setting healthy boundaries in order to have healthy relationships.

### **DARE TO DREAM**

Designing your own vision board is a fun way to discover a new path in life. When you create one, it will help you to imagine the life you've always dreamed of. It will also help you to envision the goals within your heart by displaying them on a poster board through graphics, images, and words.

### **GET THAT JOB**

When it comes to advice on how to get a job, unfortunately, most of it is pretty bad. But there are several principles and ways of thinking that, when implemented, will cause a person to stand out in the crowd. If you're looking for a job to help make ends meet or you have a career goal, this class will help you to achieve your employment objectives. Discover little known secrets, develop an action plan, and get that job!

### **MANAGE MONEY BY THE BOOK**

This five-part series will help you to understand biblical principles of how God designed the way for people to use money and resources. This series is built on the overarching truth that God is at the center of creation and has a plan and purpose for each person. How we use money is indelibly connected to our decisions regarding how we manage financial and other resources that God provides.

### **RENTER'S RIGHTS**

As you already know, there are lots of places to look when you start searching for a rental property. There are apartments, townhouses, single family homes, public housing, Section 8, and so much more. But choosing the perfect place is only half the battle. The other part of the equation is understanding your rights and responsibilities, as well as being approved by a potential landlord. In addition to providing detailed explanations of your rights and responsibilities, the course will also instruct you in the areas of security deposits, roommates, repairs and maintenance, and getting your deposit back.



**The following business development courses are also available via ValorExcel for purchase:**

**“FACE YOUR FEARS” GRANT WRITING WORKSHOP – Enroll now for \$149.00**

Whether you’re a nonprofit leader who wants to write grants for funding or you simply want to become a grant writer. The **Face Your Fears** course walks you through the necessary steps to gain funding for your non-profit. Save time and money with access to sample proposals, presentation scripts, and financial worksheets.

This course is for you if...

- The thought of writing a grant proposal is stressing you out.
- You’re feeling like you may be in over your head.
- You’re wondering how other business leaders do it.

Launching a nonprofit can feel like an overwhelming process...accessing necessary funding can seem impossible. But we’re here to show you how! We’ve spent years perfecting our grant writing process, awarding us access to grant monies on a local and national level.

**“SMART WORK: Strengthening Your Organization For Better Productivity” – (IN DEVELOPMENT – COMING SOON!)**

This course introduces business leaders to how they can find effective and efficient ways to complete tasks while also managing time and quality. It also focuses on changes in the work culture and provides the necessary framework to generate smart and agile processes that favor the effectiveness of the organization and its capacity to adapt to change.