

Type of Training	Training Details:	Small Non-Profit or Co-Sponsored*	Partner Org**	Mid-Size Non-Profit ***	Large Non-Profit †****	For-Profit Rate	Technical Assistance
Formal Competency Training	Formal competency training, driven by the topical information the trainer has to deliver; includes informational media and slides, interwoven with interaction and discussion with the group, as well as space for personal reflection and practical steps trainees can take with the knowledge learned in the training.	<i>Decided upon submission & review of Training Request below.</i>	\$250/ per trainer, per hour	\$300/per trainer, per hour	\$450/per trainer, per hour	\$600/per trainer, per hour	\$150/hour
Brown Bag Lunch Discussion	Informal training opportunity for a small group people (10-15 people). Usually held around a table (not a media or slide-driven training) while sharing food, where trainees are guided by a guest trainer through a discussion in order to gain knowledge and raise the group's awareness on a specific topic.	<i>Decided upon submission & review of Training Request below.</i>	\$110/ per trainer, per hour	\$225/per trainer, per hour	\$335/per trainer, per hour	\$450/per trainer, per hour	N/A
One-on-One Leadership Coaching	A tailored one-on-one approach for senior executives, other leaders and high potential staff. The trainer works one-on-one with the professional trainee on their goals and challenges, looking to coach the trainee in areas of development, greater self-awareness, leadership skills and how to increase LGBTQ company-wide competency.	<i>Decided upon submission & review of Training Request below.</i>					
LGBTQ+ Community Stories	LGBTQ+ Community Stories is another way for people to be educated and engage with the	<i>Decided upon submission & review of Training Request below.</i>					

	<p>community. The voices and stories of our LGBTQ+ community provide a variety of topics and themes, including coming out, homelessness, sexual health, HIV, the transgender and nonbinary community, etc. Educate you group with personal story.</p>	
<p>Multi-Tiered Training Format Package</p>	<p>We recommend choosing a variety of the options listed above – whether it be a package of 3 out of the 4 options above or working with us on a 12-month companywide plan that includes a combo of multiple topics and formats. We'd love to cater your training package to your group's needs. It's been found most effective for organizations to combine several different training formats when truly seeking company-wide competency and understanding.</p>	<p><i>Decided upon submission & review of Training Request below.</i></p>

*Small Nonprofits with budgets 10K or trainings that are being co-sponsored by The Center receive our trainings for a special low cost that are decided together upon submission & review of Training Institute request below.

**Organizations that partner directly with and have a standing MOU/contract with The San Diego LGBT Community Center, they are offered our special Partner Organization fee.

***Mid-Size Nonprofits with budgets under 1M budgets receive 50% off regular rates

****Large Nonprofits with budgets over 1M budgets receive 25% off regular rates