

*To request, presentation or additional info:
Please call your Employee Assistance Program Toll Free: 866-719-5788 OPTION 4
Training Requests should come through a manager or Human Resources
Representative*

Trainings Available Through Your EMPLOYEE ASSISTANCE PROGRAM

Coping With Anxiety in an Age of Uncertainty

This training offers insight on how to understand, identify and better cope with symptoms of anxiety and fear. Participants learn useful coping strategies for themselves, their children and loved ones who may be experiencing symptoms of anxiety.

Training duration: 60-90 minutes

Coping With Loss

Losing a loved one is one of life's most difficult experiences. This training helps participants better understand the grieving process. Several myths about grief are debunked, and life events other than death that can trigger grief are discussed. Participants also learn how to help others who are suffering from grief.

Training duration: 60-90 minutes

Coping With the Aftermath of Terrorism

This workshop is designed to help participants understand and appreciate the emotional impact of terrorism so they can help themselves and others cope with life after tragedy. Participants learn how to identify how traumatic events impact their lives and the lives of those around them, both at work and at home. The possible reactions of children and how to deal with them are also discussed. Finally, participants learn how to recognize the signs that professional help may be needed.

Training duration: 60 minutes

Depression: More Than the Blues

Affecting approximately 10 million Americans each year, depression is a serious medical condition that cannot be ignored. This training will increase awareness of depression, teach participants how to recognize the signs and symptoms and identify resources available to help depressed individuals and their loved ones.

Training duration: 60-90 minutes

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Helping Children Cope With Today's World

This workshop is designed to help parents identify their children's fears and anxiety and provide age-appropriate strategies for helping children cope with an uncertain world. Parents will also learn to recognize signs that a child may need professional help.

Training duration: 60-90 minutes

Healthy Eating & Stress Management

Participants will explore the relationship between unhealthy eating and stress, and learn ways to develop healthier eating and stress management habits.

Training duration: 60-90 minutes

Stress, Depression and the Holidays

The holiday season can bring mixed feelings of joy, anticipation, disappointment and sometimes depression. This training helps participants learn how to set realistic expectations for the holidays, establish priorities and limits for holiday obligations, and focus on what's really important.

Training duration: 30-45 minutes

Relationship Success for You and Your Partner

Why do some marriages and other committed relationships succeed, and others fail? What can couples do to reduce the risk of failure in their own relationship? This workshop offers participants a mix of awareness and skill-building discussion and activities. Attendees will become familiar with useful tools and strategies they can implement to build a stronger relationship.

Training duration: 60-90 minutes

Stress Management

Stress can affect all areas of our lives. If not managed, it can have negative effects on our emotional and physical health. Upon completion of this workshop, participants will be able to recognize sources of stress in their lives, recognize the signs and symptoms of unmanaged stress and utilize effective coping strategies to better manage stress.

Training duration: 60-90 minutes

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Talking to Children and Adolescents about Violence

Do you know the signs and symptoms of stress reactions in children and adolescents? Participants of this important training will not only learn what to say to help children cope in the aftermath of violence, but they will also learn how violence affects a child's mental health and when to seek professional help.

Training duration: 60-90 minutes

Stress Management and Healthy Wellbeing

This workshop will help participants understand the impact of negative stress on their overall well-being, as well as how it contributes to certain medical conditions. Participants will learn how to identify the sources of stress in their lives, and strategies for managing stress. Recommended as a follow-up to the "Stress Management" workshop.

Training duration: 60-90 minutes

Anger Management

This training helps participants understand how they express anger and find constructive ways of managing angry feelings. Upon workshop completion, each participant will be able to explain how anger occurs, understand the constructive and destructive effects of anger, and develop a personal anger management plan.

Training duration: 60-90 minutes

Change Management

Change is normal, natural and inevitable. In this workshop, participants learn how to anticipate their response to change and develop resilience so that they can successfully manage the effects of change.

Training duration: 60-90 minutes

Conflict Resolution

The word "conflict" often conjures negative images that inevitably lead to disastrous outcomes. But it doesn't have to be that way. This workshop assists participants in learning the principles of successful conflict management and how to apply those principles to specific personal and workplace situations.

Training duration: 60-90 minutes

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Overcoming Reluctance to Fly

By correcting distortions, identifying specific fears and demonstrating relaxation techniques to use before and during a flight, this workshop will help employees overcome their reluctance to fly.

Training Duration: 60-90 minutes

Getting Back to Normal:

When “Normal” Has a New Meaning

Living a “normal” life may seem impossible during uncertain times, but it is possible to live a life free from fear. Workshop participants will learn how to deal with the loss of what they formerly considered “normal” in their daily lives, and to identify strategies for carrying on productive lives in the midst of ongoing concerns. Relaxation techniques and stress control are also presented.

Training Duration: 60-90 minutes

Gaining Power by Changing the Way You Think

The power of positive thinking can help employees reduce anxiety and stress. Workshop participants will explore this relationship and practice techniques that can help them maintain a more optimistic response to negative experiences and events.

Training Duration: 60-90 minutes

Time Management

With so much to juggle between work and home responsibilities, many people are struggling to keep pace. For some of us, it could be a case of piling too much on our plates. For others, it might be that we are poor time managers. Workshop participants will learn about the relationship between time management and stress, and will identify the skills necessary for successful time management.

Training duration: 60-90 minutes

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Building Resilience

Resilience is not developed overnight. It's the result of numerous factors and life experiences. This training will explain the components of resilience, how it affects our daily lives and why it's so important in today's world. Participants will learn to recognize, assess and promote resilience in themselves and others.

Training Duration: 60-90 minutes

Understanding Sleep

Sleep is a biological imperative, so when we push the limits of our biological clock, there are consequences. This workshop will help participants understand how sleep quality affects their physical health, productivity and emotional well-being. They will also learn about the components of good sleep hygiene and available treatments for sleep disorders.

Training duration: 60 minutes

Financial Fitness

How well are you managing your money to meet your hopes, dreams and future needs? This lesson will show you how to give yourself a fiscal checkup and save money to meet your goals. You will learn how to set goals for short-term and long-term saving and investing, calculate what you need to save now to afford retirement, college or other plans, and make a budget and saving plan that fits your income, goals and needs.

Training Duration: 60-90 minutes

Estate Planning, Wills and Trusts

Workshop attendees will learn why it is important to undertake estate planning, what assets to include, what tools are available and how the process works. Participants also will develop strategies for communicating about estate planning with older relatives and other family members.

Training Duration: 60 minutes

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Legal Issues for Older or Disabled Relatives

This workshop will review key estate planning decisions people need to make for their future, describe the legal tools that assist older people and disabled family members when others must make decisions for them, and identify how and when to utilize these tools.

Finally, attendees will learn how to prepare for a meeting with an older relative's attorney.

Training Duration: 60 minutes

Powers of Attorney and Advance Directives

Workshop attendees will gain a solid understanding of advance directives and their benefits, the difference between a "living will" and a "durable power of attorney" and preparation tips. Participants also will develop strategies for communicating with older relatives about the need for advance directives.

Training Duration: 60 minutes

Practical Advice for single Parents

Workshop attendees will learn how to avoid some common pitfalls of single parenting and increase their confidence in their abilities as single parents. Topics also include building family loyalty, garnering support and information from teachers, and dealing with issues of a blended family.

Training duration: 60-90 minutes

Assertiveness Training

This interactive workshop addresses the importance of assertiveness and how it differs from aggressiveness or passiveness. Participants will learn how to become more assertive, both in and out of the workplace, and how to significantly improve their communication, leadership and conflict management skills.

Training duration: 60-90 minutes

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Effective Communication in the Workplace

Now more than ever, communication plays a major role in both business and personal relationships. In this training, participants will learn to recognize the many factors that often interfere with communication, and develop the essential skills that contribute to effective interpersonal communication in the workplace.

Training duration: 60-90 minutes