

EAP TRAINING



<p>Balancing Work and Family:</p> <ul style="list-style-type: none">❖ Keeping a balance between work and family can be very challenging. We often feel pulled in both directions. This training will provide you with insight on your current level of balance and the steps to follow to bring balance back to your life.	<p>Couples Communication</p> <ul style="list-style-type: none">❖ Communication between couples is a vital part of a marital relationship. Couples struggle with finding the time to continue to nurture their relationship by communicating. This workshop will provide knowledge about the different communication styles between men and women, suggestions for finding time for each other and the skills necessary to be a better listener.
<p>Beating Burnout</p> <ul style="list-style-type: none">❖ Identify how burnout develops and what to do if burnout is already an issue. In this training, participants will complete a brief assessment to see if burnout is an issue. The difference between stress and burnout is reviewed, with a focus on prevention and treatment.	<p>Dealing with an Angry Person</p> <ul style="list-style-type: none">❖ Dealing with an angry person can be frightening and overwhelming. This training will teach you basic skills on how to de-escalate an angry person safely and effectively.
<p>Blending Families</p> <ul style="list-style-type: none">❖ The transition into a blended family can be a difficult one, yet exciting. It is important to understand the dynamics of this transition along with developing realistic expectations. This workshop will address concerns and challenges facing blended families, along with offering creative and helpful solutions.	<p>Dealing with Difficult People</p> <ul style="list-style-type: none">❖ Review the ten most unwanted behaviors and how to work with each of these behaviors more effectively. This can be for family, coworkers or customers.
<p>Compassion Fatigue</p> <ul style="list-style-type: none">❖ Caring for others can be extremely exhausting. In many professions, the challenges of directing services for patients, clients and/or students, seems to never end. This is called meeting an infinite need with finite resources. This training provides key solutions to help you manage yourself and your surroundings in a more productive manner.	<p>How to Stay Positive when Everyone around You is Negative</p> <ul style="list-style-type: none">❖ Some people may be naturally able to see the bright side of life, while others struggle to see the good in things and lean more toward the negative. How can you work with those who tend to be more negative and not get down yourself? This talk will show you how to do just that and there will be tips provided for working to be less of a pessimist.

<p>Likeability</p> <ul style="list-style-type: none"> ❖ Are you a likeable person? Do you know what makes people likeable? Come learn the qualities of likeability and how you can become more likeable in the workplace and in life. 	<p>Substance Addiction in Employees for Supervisors:</p> <ul style="list-style-type: none"> ❖ Addictions in employees can have a tremendous impact on the workplace. Learn how to recognize potential signs of addiction and what your job as a supervisor is in these situations.
<p>Managing Stress</p> <ul style="list-style-type: none"> ❖ Stress can be a positive motivator or our worst enemy. Learn about your body's physical and emotional reactions to stress and how to increase your ability to cope. 	<p>Suicide Prevention</p> <ul style="list-style-type: none"> ❖ How do you know if someone is having thoughts of suicide? And if you suspect that they are, how do you help them? Come learn some the basic warning signs of suicide, what steps to take when you think someone is in danger and what to say.
<p>Men & Depression</p> <p>Whether a man is a company executive, a construction worker, a writer, a police officer or a student, whether he is rich or poor; he is not immune to depression. Depression is a serious, but treatable condition that can strike any man. Come learn how depression is different in men, what the symptoms are and how to get help for yourself, a friend or a family member.</p>	<p>Supporting Success for Children with ADHD</p> <ul style="list-style-type: none"> ❖ This training will introduce you to the symptoms of ADHD for both children and adults. Come learn how ADHD is diagnosed and how it is best treated. You will also become aware of modifications that can be made at home and school that will help the individual with ADHD be as successful as possible.
<p>Parenting the Overindulged Child</p> <ul style="list-style-type: none"> ❖ This training includes defining overindulgence and learning about the different parenting types and beliefs that exist. Emphasis will be placed on moving from overindulgent parenting into more of a mentoring role. The training concludes with numerous strategies that can be implemented to improve the parent and the child into a happier and healthy relationship. This is a great training to attend even if you don't feel you are over doing it with your child/children. The strategies that will be discussed are great reminders for us all on how to stay sharp as parents. 	<p>Value of Laughter</p> <ul style="list-style-type: none"> ❖ Learn the power of laughter in the workplace. This training will show you how a little levity can go a long way towards improving morale and teamwork.
<p>Substance Addiction</p> <ul style="list-style-type: none"> ❖ This training will provide an overview of substance addictions and how they can impact the workplace, family and friends. Learn the signs and symptoms of substance addiction and the available resources. 	<p>Women Working With Women</p> <p>Learn how women communicate and interact differently than men in the workplace. This training will give you new insights on how women find satisfaction at work, what leads to conflict among women and how women can maintain positive work relationships.</p>

Women and Conflict

- ❖ This presentation looks at what causes conflict between women and the different styles of conflict management they use. Learn how to resolve conflict productively and positively.