



## Wellness and Wellbeing Sessions

### Anger Management

**Description:** Do you find that you have a temper that flares easily and is difficult to control? This session will provide information and strategies to help you deal better with your anger. By optimizing the strategies, one can feel happier, more relaxed, and more in control.

**Topics:** Understand triggers that set off the anger • Learn how to better control anger and communicate your needs • Apply the learning to everyday activity

**Target Audience:** All employees

### Balancing Work and Family

**Description:** Helping elders or sick family members, as well as raising children, requires a commitment of time, patience and energy. Together with managing a career, this may be an overwhelming and stressful task. Learn tips to help you manage your career while addressing family issues appropriately.

**Topics:** Understand the dynamics of managing a career while managing a family • Learn tips to address family and work (overlapping) responsibilities • Apply the learning to work and home win-win strategies for success

**Target Audience:** All employees

### Coping with Disaster: Critical Incident Stress Debriefing

**Description:** This session is an important tool for dealing with employees after a large scale or unexpected disaster, or loss. Planning for this type of crisis is useful.

**Topics:** Understand the elements involved in intervening in a crisis • Learn to understand normal human emotions in response to a serious abnormal, unexpected event • Create ways to offer support to grieving employees • Apply the learning to work

**Target Audience:** Managers

### Creating Resilience

**Description:** Stress is a common response to a busy life that may threaten a person's health, job performance and personal relationships. Learn to effectively cope with stress in order to live a healthy, positive lifestyle and feel better about yourself and your all-around performance.

**Topics:** Understand the triggers for creating stress • Learn to effectively address the triggers • Apply the learning to work and every day activities: where there is stress, there will be a plan to create resilience

**Target Audience:** All employees

#### Dispelling Codependence: Learning to Care for Yourself

**Description:** This session targets the tools needed to dispel unhealthy responsibility for another person. Get the guidance you need to start making your own choices and regain control of your life

**Topics:** Understand the essential ingredients in controlling your own life • Learn to make your own choices by asserting one self while being respectful of others • Apply the learning to home and work

**Target Audience:** All employees

#### Engaging the Multi-Generational Workforce

**Description:** For the first time in history, four generations are working side-by-side at work. Learn about each generation as well as the conflicts and misunderstandings that may occur between them. In addition, learn about the characteristics that every generation has in common. This session is an ideal way to understand how to communicate and enhance your day- to- day relationships at work

**Topics:** Understand that each generation has values and behaviors that are unique to that generation • Learn to better communicate with other generations using tips provided • Apply the learning to work

**Target Audience:** All employees

#### Identifying Anxiety and Depression

**Description:** Do you sense a serious negative change in your mood? Maybe you are always on edge, or simply uninterested in the things you used to love. In this session, you will get in-depth information on the common symptoms of anxiety and depression- as well as the optional roads to recovery

**Topics:** Understand the common symptoms of anxiety and depression • Learn the optional roads to recovery • Apply the learning to home and work

**Target Audience:** All employees

#### Stages of Life Issues: Young Adult, Midlife, and Other Challenges

**Description:** Although change in one's life is inevitable, it can often be a very difficult thing to deal with, especially as it relates to aging. Learn tips to optimize change and enhance brain fitness

**Topics:** Understand the obstacles that occur with each stage of life • Learn to embrace the changes while enhancing brain fitness • Apply the learning to everyday activity

**Target Audience:** All employees

#### Use, Abuse and Addiction: What's the Difference?

**Description:** An informational session on the symptoms of alcohol / drug abuse and the impact it can have on both the individual and the people in his/her life. If you or someone you know, has concerns along these lines, this session may well prove helpful to you.

**Topics:** Understand the differences between use, abuse, and addiction to alcohol, drugs, gambling, shopping etc. • Learn about the effect on the individual and people in his/her life • Apply the learning to home and work

**Target Audience:** All employees

Recognizing the **Value** of an EAP: An Orientation

**Description:** This session is an in- depth introduction to the EAP (Employee Assistance Program) and the many benefits it offers managers and their employees. Want to find out more? Want to learn how and when to make a referral?

**Topics:** Understand the essential functions of the EAP • Learn how and when to make a referral • Apply the learning daily as you focus on your employee's performance and let EAP help manage the personal and work-related difficulties

**Target Audience:** Managers and all employees (**two sessions; choose one**)

Personal Finances ( Budgeting – Understanding Credit – Identity Theft)

**Description:** These sessions, offered separately, are designed to assist with managing money by setting financial goals, understanding credit scores, and how to protect yourself from identity theft.

**Topics:** Selecting the best budgeting style • Creating a budget that works • Setting financial goals • Learn common credit card practices • Learn proper use of credit • How to protect yourself from identity theft

**Target Audience:** All employees