



2021 EAP Workshop Menu

Finding Calm in Your Day

Everyone deals with stress. It is an inherent part of life and we often struggle to maintain a healthy response to stressful events. Understanding and reflecting on how stress affects the brain and body is essential to effectively managing stress. This interactive workshop provides several experiential stress management exercises that can be easily replicated in any setting. This workshop provides a group experience that could be a stepping stone in a personal shift toward change. Participants make a commitment to try one new stress management technique within the week.

Sharpening Your Mental Focus

In our current society we are inundated with stress triggers that "turn-on" our stress response. You'll learn what this term, stress response, means and how practicing breathwork can help you turn it off and return to a state of calm. You'll also practice two breathwork techniques.

Breathwork for Stress Reduction

Many of us are working remotely or spending much more time online, but how do we adapt our physical bodies and presentation to this online environment? In this workshop, we'll cover some important lessons on facilitating better connections with people through the screen.

From Confrontation to Collaboration

Conflict is normal in every workplace. That doesn't mean it is comfortable. In this workshop participants will engage in a series of interactive activities that help redefine conflict as an opportunity, practice ways to get to underlying issues, and get creative when not in immediate agreement with someone. The group will discuss what to do when they hit a road block and can't get out of positional communication and understand that getting to "win-win" doesn't mean everyone gets "their own way."

Preventing and Defusing Anger and Hostility

This introductory workshop aims at preparing employees for emotionally escalated situations in which they may find themselves at work or in the community. This workshop will increase participants' understanding of how and why people escalate and provide time to practice a communication model proven useful in defusing anger and hostility. Please note that this training does not replace crisis response training.

About EAP workshops:

- All workshop requests begin with an EAP management consultation to ensure our highest quality service delivery.
- EAP workshops are scheduled 30 days in advance to ensure we can accommodate your preferred date/time/location.
- EAP workshops are highly interactive and designed for small groups. To create that dynamic, we recommend a cap of 25 participants.

To learn more about EAP workshops please call 1-888-392-0050.