

EAP Resources *for Living*

Training Catalog 2021 – 2022

Darlene Rivers | pcs.riversd@pcsb.org | 727-588-6507

NEW Topics:

1. Adopting a Healthy Lifestyle: Fitness & Exercise; Healthy Eating; Sleep & Relaxation
2. Being your Best Self: Self-Esteem for Adults
3. Coping with Return to Work: Feelings, Tools and Self-Care
4. Covid's Impact on Emotional Well-Being
5. Effective Communication: Body Language; Technology; Listening Skills
6. Fight the Funk: Dealing with Depression
7. Fighting the Stigma of Mental Illness
8. Healthy Relationships
9. Implications of Trauma, Stress and Anxiety During Challenging Times
10. Making Stress Your Best Friend
11. Managing in Times of Personal Crisis
12. Managing in Times of Social Change
13. Mental Health Awareness in the Workplace
14. Overcoming Perfectionism & Procrastination
15. Speak Positives: Words Matter
16. Think Yourself Healthy
17. Understanding & Overcoming Unconscious Bias
18. Understanding Depression

OLD Favorites:

1. 20 Minutes of Relaxation
2. Assertiveness
3. Balancing Work and Home
4. Becoming a Better You
5. Birds Personality & Communication Assessment
6. Building Successful Teams (1 Hour)
7. Change Mastery
8. Choosing Your New Normal
9. Civil Conversations During Emotional Times
10. Creating a Positive Workplace
11. Dealing with Burnout
12. Developing Your School Culture
13. Effective Collaboration
14. Generational Differences in the Workplace
15. Goal Setting For Life and Work
16. Happiness
17. Holiday Planning Guide
18. Learning about Your Conflict Management Style
19. Managing the Difficult Interaction
20. Managing Your Emotions under Pressure
21. Mindfulness: Being in the Moment
22. Organize & Simplify Your Life
23. Power of Positive Thinking
24. Providing Excellent Customer Service
25. Resiliency: How to Bounce Back
26. Resolving Conflict
27. Respectful & Effective Communication at Work (1 Hour)
28. Stay Positive: Release Stress
29. Strengthening Work Relationships — Team Building (1 Hour)
30. Stress Management at Work
31. Thriving During Uncertain Times
32. Time Management at Work & Home
33. Wellness for Busy People