

EAP Resources *for* Living
Training Topics 2025 – 2026
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No Cost!

New For This School Year

Fall Focus: The Value of Checking in on Yourself

(Own your own health, Taking care of you)

Spring Focus: Mind Companion Self-Care

(A digital self-guided program focused on improving mental wellbeing)

- Don't Wait Until Monday – Get Motivated Now
- Getting Unstuck: Breaking Old Habits
- Harnessing Your Personal Power
- Increasing Wellbeing – One Burst at a Time
- Winning Your Way to Success

Emotional Wellbeing

- 20 Minutes of Relaxation
- Mental & Emotional Well-being
- Mental Health Awareness in the Workplace
- Mindfulness: Being in the Moment

Health & Fitness

- Adopting a Healthy Lifestyle: Fitness, Eating, Sleep
- Breathe Your Way to a Better Life
- Taking Sleep Seriously
- Think Yourself Healthy
- Wellness for Busy People

Personal Development

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| • All Work & No Play – Avoiding Burnout | • No Excuses: Getting Beyond the ifs and buts in Life |
| • Balancing Work and Home | • Organize Your Life to Reduce Stress |
| • Becoming a Better You | • Power of Positive Thinking |
| • Being your Best Self-Esteem for Adults | • Self-Care to Build Resilience |
| • Decluttering Your Life to Reduce Stress | • Speak Positives: Words Matter |
| • Goal Setting for Life and Work | • Stress Management at Work |
| • Impact of Gratitude | • Time Management at Work & Home |
| • Making Stress Your Best Friend | |
| • Managing Your Emotions under Pressure | |

Team Building – 1 hour

- Building Successful Teams
- Understanding & Embracing Change
- Understanding & Resolving Conflict
- Working with Multiple Generations