

Employee **A**ssistance **P**rogram

List of Trainings

Contact: Corporate EAP 419-226-9171

Name of Training
ADDICTIONS
Alcohol & Other Drugs
Methamphetamine Slide Show
Drug & Alcohol In The Workplace
Treatment Works
Family Dynamics & Chemical Dependency
Phases of Addiction
It's All fun and Games, Right?
An Examination of Problem Gambling
AGING
Caring For The Aged parent
ATTITUDE AND BEHAVIORAL CHANGE
Grace Under Pressure
Lessons From Man's Best Friend
BALANCING WORK & LIFE
Balance Work & Family Demands
Are You Juggling Work & Family?
Work-Life Fit; Avoiding the Pitfalls of Burnout

BOUNDARIES
Professional Boundaries / Personal choices
BULLYING & VIOLENCE IN THE WORKPLACE
Appropriate Behavior In The Workplace
Workplace Bullying
Disruptive Behavior In The Workplace
Working Relationships & Respect In The Workplace
Violence In The Workplace
Civil Treatment, Workplace Harassment and Bullying: Sexual & Non-Sexual Prohibited Conduct
Give Me Your Lunch Money! Best Practices for Dealing with Bullies in Today's Workplace
CHANGE
Who Moved My Cheese?
Coping with Change
Helping Employees Through Change
Remaining Positive in Trying Times
COACHING & SUPERVISING
Supervisor 101
COMMUNICATION
Communication: Getting The Message
Difficult Conversations
Listening Is Not The Same as Hearing: Using Your Ears, Head & Heart
COMPASSION FATIGUE
The Cost of Caring

CONFLICT MANAGEMENT
Conflict Resolution
Straight Talk
Conflict Management for Leaders
Conflict Management
Lighting the Fire: Overcoming Troubled Teams Highlights of The Five Dysfunctions of a Team
Resolving Conflict: Issue – Based Problem Solving
DEPRESSION
Depression In The Workplace: Effect of Manager Attitude & Organizational Climate
DFSP – Drug Free Safety Program
Drug Free Safety Program Supervisor Training
Drug Free Safety Program Employee Education
Drug Free Safety Program Supervisor Refresher
DIFFICULT PEOPLE
Dealing With Difficult People
Dealing With Very Difficult People
DIVERSITY
Valuing Diversity In The Workplace
Generations In The Workplace
Building an Inter-generationally Friendly Company
Making Our Differences Work

DOMESTIC VIOLENCE
Child Abuse & Domestic Violence
Children Who Witness Domestic Violence
Domestic Violence
Domestic Violence: Staying Informed
DOT
DOT Supervisor Training
Drug & Alcohol Education – DOT Regulated Employees
EMOTIONAL EATING
Emotional Eating
HEALTHY RELATIONSHIPS
You Can Have a Happy Relationship / Meeting One Another's Needs
HOLIDAY STRESS
Surviving The Holidays
Handling The Holidays With Happiness
Holiday Survival Kit
LEADERSHIP
Leadership
Leadership Style
PARENTING
Back To School
The Challenge of Parenting (Teens)
Welcome to The Teen Age Years

SEXUAL HARASSMENT
Sexual Harassment
Sexual Harassment In The Workplace (Employee Training)
Sexual Harassment In The Workplace (Manager Training)
STRESS MANAGEMENT
Becoming Aware of Stress and Its Impact
Stress Depression, What's The Difference? Taking Control of the Stress in Your Life Before It Becomes Depression!
Stress Management
Managing Stress – Caring & Other High-Wire Acts
Stress: Walking on Thin Ice in Uncertain Times
Tips for Managing Stress
TEAM BUILDING
1) Problem Solving Steps
2) Effective Communication
3) Through Effective Communication
Building A Team Culture: Awareness of Self Respect for Others
TIME MANAGEMENT
Time Management