



## Wellness Seminars

- **Alcohol and Substance Abuse in the Workplace** - The signs, symptoms and effects of alcohol and substances in the workplace.
- **Anger/Violence in the Workplace** – Effectively intervening with anger and in the workplace.
- **Anti-Bullying** – Effective strategies to help schools and workplaces to provide safe and secure environments for students and staff.
- **Balancing Work and Family** – Creative solutions that can help one to manage the challenges associated with juggling both work and family.
- **Change Management** – Effectively coping with organizational change, including restructuring and downsizing, in the workplace.
- **Compassion Fatigue** – Offers effective strategies for identifying the signs and symptoms of compassion fatigue, a common occurrence in the helping fields, as well as tips for managing it.
- **Conflict Resolution** – Examines some of the common causes and strategies to effectively manage conflict in the workplace.
- **Coping with Grief** – Experiencing the loss of a loved one is one of the most painful things that human beings must endure. Experiencing the loss of a co-worker can lead to challenges in the work environment, some that may be unexpected. Strategies are offered for coping with the aftermath of such losses.
- **Cultural Diversity** – Understanding and appreciating cultural differences in the workplace.

- **Department of Transportation Regulations** – Covers the policies regarding drug testing and substance abuse on the job in relation to public transportation responsibilities (CDL).
- **Drug Free Workplace** – Policy development and employee trainings geared toward creating compliance with workplace law.
- **Employee Orientation** – Describes the resources available through the EAP, how to access those resources and the benefits of doing so.
- **General Harassment** – Covers the many different types of harassment (including Sexual Harassment) that may occur in the workplace and offers ways to effectively deal with these situations.
- **Mindfulness** – Offers an overview of this popular form of stress and anxiety reduction as well as tips on how to begin integrating it into everyday life.
- **Professionalism** – Reviews important tips and reminders for how to operate in a professional manner in the work environment.
- **Sensitivity and Civility** – Respect for each other is a cornerstone of effective working groups. This session explores ways in which we can enhance each other's opportunities for success.
- **Sexual Harassment** – Covers the major types of sexual harassment that occur in the workplace and ways to effectively deal with these situations.
- **Stress Management** – To address the management of general and/or job related stress.
- **Supervisor Training** – Can be arranged for both supervisors and stewards. Provides information on the how, why and when of making a referral to the EAP. Explores the benefit to the work group, the employee and the employee's family.
- **Team Building** – Creating productive and cohesive teams at work.