

2025 Training and Wellness Seminars

Providing employers the tools and resources needed to support employees and drive positive change

Anthem

Introduction

When your employees are facing personal or professional challenges, it can impact your company's culture and overall performance. We are dedicated to providing employees and managers with valuable resources, techniques, and support.

Through our seminars and podcasts we aim to educate employees and people leaders on important health, wellness, and work-life balance issues. Our offerings cover a wide range of topics, including substance use, bullying, retirement planning, and communication skills. Additionally, we offer leadership-focused topics such as managing change, fostering inclusion, and effective delegation.

Employee Assistance Program seminars and podcasts are designed for informational purposes only and are not meant to provide legal, financial or medical advice.



Q & A

Q: How and when can I schedule a seminar or podcast?

A: You can request a seminar or podcast by contacting your Client Consultant. We ask for a minimum of 15- to 20-day notice to coordinate your event. Let your Client Consultant know which seminar or podcast you want to offer, along with where and when you'd like to have it.

Q: How long are the seminars, podcasts and videos?

A: Most seminars are 50-60 minutes in length. Podcasts vary but are typically between 5-15 minutes. Additional fees/hours may apply for training over 60 minutes and podcast customizations.

Q: Where are the seminars held?

A: Seminars can take place on-site, be held virtually, or both. Please let your Client Consultant know which format you prefer.

Q: Do I need to have any special equipment to hold an on-site seminar or training?

A: Yes, you will need to have a computer with Microsoft PowerPoint and the technology to project a slide show. Plan to have the presentation loaded and ready to go on the day of your seminar. If you do not have this technology, you can still schedule a seminar — just let your Client Consultant know.

Q: Can these seminars be recorded for playback at a later time?

A: Yes, you will need to request the event be recorded. Once your event is done, you will receive a link to your recording.

Q: How much do the seminars and podcasts cost?

A: Seminars and podcasts are subtracted from your contracted training bank of hours. After you've used your hours, the seminars and podcasts are billed fee for service. Contact your Client Consultant for information about pricing and your training bank balance.

Q: Can we cancel a seminar?

A: Yes, but we ask for a 72-hour cancellation notice for all live events. Failure to give notice may result in a cancellation fee or deduction of the seminar hours from your available bank of hours.

Q: What happens once the seminar is scheduled?

A: You will receive a confirmation via email, including event details, presentation materials, and an evaluation QR code.

Q: Will I speak with the facilitator the seminar?

A: Yes, your facilitator will contact you before the seminar date to introduce themself and discuss any outstanding details. Be sure to tell the facilitator about your workplace culture, the work your employees do, and your goals for the event.

Q: Does the EAP you have a minimum attendance requirement?

A: No, but we prefer five or more employees. *Trainings should not be used as a direct employee coaching session, or to replace the role of HR in addressing performance and other workplace concerns.

Q: How do I obtain the results of the training evaluations?

A: Contact your Client Consultant to request the results. These are made available upon request only.

Q: What's the best way to ensure a successful event?

A: Here are a few steps to help make sure it's a success:

- Select a topic of interest to your employees.
- Schedule the event well in advance.
- Promote your event widely and often.
- Send a reminder message to your employees.
- Distribute seminar materials.

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COMMUNITY AND GIVING BACK: LEAVING YOUR FOOTPRINTS

In this seminar, you will explore the profound mental, emotional, and physical benefits of giving back through service. We will address common fears and barriers to getting involved and guide you in discovering your unique purpose within your community. Few experiences in life provide the same sense of fulfillment as helping others. By the end of this seminar, you will be equipped with practical resources, a renewed sense of motivation, and a clear pathway to start making a meaningful impact in your community.

COPING WITH MASS SHOOTINGS

In this seminar, you will learn how to navigate the emotional and psychological challenges that arise in the aftermath of mass shootings. These events, which disrupt the sense of safety for both children and adults, are an unfortunate growing reality we must all be prepared to face. You will gain tools to recognize the warning signs of trauma, anxiety, and distress, and learn practical coping mechanisms to manage your own well-being and support others during these uncertain times. Additionally, we will discuss how to access professional help and community resources to foster resilience in the face of tragedy.

CULTURAL MYTHS IN MEDIA: FACT OR FICTION

In this seminar, you will explore how the media shapes and constructs cultural narratives that influence our society. We will examine the powerful tools used by media—such as imagery, language, and emotional appeals—to create myths that evoke strong reactions from the public. As the landscape of media evolves with the rise of blogs and online platforms, you will learn how to become a critical consumer of information. This seminar will provide you with the resources necessary to discern fact from fiction and develop a more informed perspective in today's media-driven world.

DECREASING VIOLENCE ON COLLEGE CAMPUSES

As parents, we all want our children to thrive during their college years—academically, socially, and emotionally. However, campus violence is a concern for many families. In this interactive seminar, you will gain a comprehensive understanding of the realities of campus violence, including the most common types of incidents. You'll learn effective strategies for discussing these challenging issues with your children, be equipped with valuable resources to enhance campus safety and ensure your family feels supported and prepared.

DISASTER PREPAREDNESS

Disasters often strike unexpectedly, leaving many unprepared for the aftermath. In this seminar, you will explore critical steps and resources needed to ensure you and your loved ones are ready for any emergency. You will learn how to develop a comprehensive disaster preparedness plan that includes safeguarding family members, pets, important documents, and your home. By the end of this seminar, you will have the knowledge and tools needed to face disasters with greater confidence and readiness.

FINAL ARRANGEMENTS: HONORING, REMEMBERING, AND CELEBRATING A LIFE

In this seminar, you will explore the grieving process and be provided guidance on navigating the difficult journey of losing a loved one. You will learn how to proactively initiate conversations about end-of-life wishes, making funeral planning more manageable and respectful of final desires. The seminar will also cover caregivers' rights, important considerations when making final arrangements, managing personal grief, and available support for post-bereavement care. By the end, you will feel more prepared to honor your loved ones and care for yourself throughout the process.

FIRST RESPONDERS: FOCUS ON WELLNESS

Supporting first responders requires specialized knowledge and skills, as their high-stress, trauma-filled work can deeply impact their well-being both on the job and at home. This discussion-based seminar will explore key insights into the unique challenges faced by first responders and healthcare workers, offering practical tools and strategies to address their mental, emotional, and physical wellness. Join us to learn how we can better support these vital professionals and help them maintain resilience in the face of extraordinary pressures.

HOW SAFE ARE YOU?

In today's world, personal safety is a top priority for us and our loved ones. This interactive seminar will teach you best practices for reducing your likelihood of becoming a target while learning how to project confidence and stay focused in dangerous situations. Join us to enhance your awareness and preparedness for maintaining personal safety.

LGBTQIA+ MENTAL HEALTH – EVERY MIND MATTERS

In this seminar, you will explore the unique risk factors and forms of trauma faced by the LGBTQIA+ community. We'll dive into mental health statistics and discuss building resilience, offering genuine allyship, and knowing when and how to seek help for yourself or others. Join us to learn valuable tools for supporting mental health and fostering a more inclusive, supportive environment for everyone.

POLITICAL ANXIETY

Recent political divisions have created stress and anxiety in unprecedented ways. Regardless of your political affiliation, it is possible to manage this stress and prevent political discussions from turning confrontational, especially during family gatherings. In this course, you will learn strategies to acknowledge and respect differences, identify areas of control in your life, and engage in meaningful, respectful conversations that reduce political anxiety. Join us to explore ways to maintain peace and understanding in politically charged environments.

THE POWER OF VOLUNTEERING

In this seminar, you will explore the positive impact of volunteering on both individuals and organizations. We will discuss the physical, intellectual, and emotional benefits of giving back to the community. You will gain insights into how volunteering can enhance personal and professional growth while building meaningful connections. By the end of this seminar, you'll have the resources and motivation needed to start making a difference in your own community!

AFRICAN AMERICAN HISTORY MONTH - FEBRUARY

Black History Month is an annual celebration of African American achievements and an opportunity to recognize their pivotal role in our history. This presentation will highlight the accomplishments of Black individuals in American society and culture while acknowledging the ongoing impact of slavery and systemic racism. During this interactive seminar, we will discuss the origins of Black History Month, and the fight to recognize the historical legacy of African Americans.

THE EFFECT OF CURRENT CULTURE ON THE LGBTQ+ COMMUNITY'S WELLBEING

In this seminar, we will create a safe and supportive space to explore how current cultural events are impacting the mental and emotional well-being of the LGBTQ+ community. We will discuss the stress and trauma of navigating systems not designed with LGBTQIA+ experiences in mind and examine ways to foster greater understanding and allyship. Join us to learn how we can all contribute to creating a more inclusive and supportive environment for everyone.

THE TRUTH ABOUT HATE CRIMES

Understanding the history and definition of 'hate crimes' is crucial to comprehending contemporary events. In this seminar, we will discuss the rise of hate crimes against specific communities, and explore ways to get involved and support those disproportionately affected. Join this powerful seminar to gain resources and tools for being an upstander in your community in the face of discrimination and hatred.

WHAT YOU NEED TO KNOW ABOUT DEMONSTRATIONS

The right to peacefully assemble is one of America's most sacred freedoms, protected by the Bill of Rights. In this presentation, you will learn the history and background of political demonstrations and demonstrators. This interactive seminar will cover the psychology of protests, different methods of assembling, why protests do not always remain peaceful, and strategies for explaining these sensitive topics to children.

Family and Friends



BECOMING A PET PARENT

If you are considering adopting a pet, this seminar offers invaluable information for prospective pet parents. Join this interactive seminar to learn how to choose the right type of pet for your family, understand the expenses associated with pet care, and distinguish between pet stores and animal shelters. You will also receive best practices and resources to support you in your pet adoption journey.

BEST PRACTICES FOR SUPPORTING OTHERS

In this seminar, you will discuss effective techniques for providing support to others. Learn how to offer meaningful support without taking on the role of a counselor or therapist. You will leave with real-life strategies and resources to listen to, and support loved ones and coworkers.

CAREGIVING

Nearly one in three Americans is currently providing care for a family member. This seminar will cover essential topics such as self-care, assessing your family's needs, and maintaining balance in your life. We will discuss the emotional challenges and unique circumstances caregivers may face and provide valuable resources to ensure you take care of yourself as well.

CHILDREN AND DIVORCE

In this seminar, you will explore the challenges that children can encounter during the divorce process. Topics will include effectively communicating your divorce to your children, reassuring them, and providing the necessary resources and support to help them cope with feelings of self-blame. You will also learn tools to help your children communicate effectively and maintain balance during change.

CHILDREN AND STRESS

This seminar will educate you on how stress impacts children as young as seven years old, potentially hindering a happy and balanced childhood. We will outline the causes and warning signs of stress in children and discuss when parents should seek additional guidance. Together, we will explore symptoms of stress and techniques to help children manage it daily.

DEALING WITH CHANGE FOR FAMILIES

Change is an inevitable part of life, but some individuals find it more challenging to adapt than others. This seminar will equip you with tools to navigate change together as a family. We will discuss how various changes, big or small, can impact children, partners, spouses, and overall family dynamics. You will share personal experiences and discuss solutions in this interactive seminar.

DON'T FORGET YOUR SOCIAL LIFE!

Balancing work and home life can be stressful, often leaving little time for social activities and personal fulfillment. This seminar addresses the importance of leisure, fun, and stress-reduction activities as essential parts of life. You will leave with a mindset geared toward finding time for hobbies, spending time with important people, and maintaining a healthy balance between work and social life.

ELDER CARE

Today, it is common for one family member to be the primary caregiver for an older relative. This seminar will teach you how to adopt a family approach to caregiving. We will discuss how family dynamics and history can impact the ability to collaborate as caregivers. You will learn strategies for problem-solving and managing conflicts with siblings and other family members.

FAMILY & FRIEND GUIDE TO PTS

Post Traumatic Stress (PTS) can often be confusing for family and friends trying to support their loved ones who live with it every day. During this training, you will receive a fundamental overview of PTS, including its impact and warning signs to watch for. Together, we will discuss how to best support loved ones dealing with PTS symptoms and how to manage the challenging situations PTS can cause.

FATHERHOOD: A DAY IN THE LIFE

The long-term impact of a loving father being present in their child's life is tremendous, as evidenced by statistical data and research. In this interactive seminar, we will discuss how to prepare for the change's fatherhood brings to your daily schedule, how to prioritize and balance commitments, and how to establish routines that work best for your family. You will leave with the resources needed to be as prepared as possible for the wonderful gift and challenges of fatherhood.

GRIEF, DYING, AND DEATH

This thoughtful and compassionate seminar helps us discuss a topic that is challenging to speak about openly. For many of us, grief and the healing process can be very confusing and emotional when we lose someone close for the first time. This interactive seminar will be a safe space for you to share personal stories, explore recovery resources, and learn healthy ways to cope with grief.

HELPING OUR CHILDREN ACHIEVE THEIR DREAMS

In this seminar, you will gain the knowledge to help empower your children with the tools to turn their dreams into realities. We will focus on the importance of fostering a supportive and non-judgmental environment. This presentation will aid you in transitioning to a coaching role to help your children achieve their dreams.

HELPING TROUBLED TEENS

This seminar provides an overview and resources on how best to support a teenager struggling with mental health issues. Together, we will discuss signs and symptoms, when you should be concerned, and how to get additional help. Geared towards parents, this seminar will review warning signs of addiction, how to get immediate help for your child, and resources for your own well-being during this challenging time.

IS HIGH SCHOOL ENOUGH? THE NEW AGE

Today, many Americans believe that a college degree is essential for a high-paying career and a middle-seminar lifestyle. In this seminar, we will discuss the important life skills and responsibilities gained in college and how to determine if the investment is worth the return. Together, we will share our hopes for our children and provide resources to create an action plan for early college saving. You will leave with strategies to reach your college savings goals.

KEEPING YOUR AGING LOVED ONES SAFE

To ensure that caregivers and seniors remain safe and enjoy life to the fullest as they age, it is crucial to be well-informed about basic safety procedures. In this seminar, you will learn about six key areas of safety protocols, along with resources and tips designed to help seniors and caregivers stay as healthy as possible throughout the years. This program can be offered in two parts (covering three areas each or as one comprehensive presentation.

MANAGING FEAR AND ANXIETY IN CHILDREN

Join this seminar as we discuss tactics and techniques to help children of all ages cope with anxiety and fear. For parents, this seminar will provide context on the impact your own fears and anxieties can have on your children, and how to support their unique anxieties as separate from your own. You will leave this training better equipped to help your children manage their anxieties with compassion, structure, and flexibility.

MANAGING THE HOLIDAY SEASON

While the holiday season can be filled with celebrations and family gatherings, it can also bring stress, sadness, and overwhelm. In this seminar, we'll explore common sources of holiday stress and provide practical strategies for managing your emotions, time, relationships, and finances. You'll gain tips for staying organized, handling holiday demands, and reflecting on the role of traditions in your life. Join us to discover how to strike a balance and find more peace and joy during the holiday season.

NAVIGATING DECISIONS AS A FAMILY

In this seminar, you will learn how to navigate family decisions that will significantly impact your loved ones. We will discuss current family decisions you may be facing, address your concerns, and explore how to mitigate the potential negative impacts these decisions might have on your family. You will leave with the skills and resources to have important conversations, build a network of support, and empower children to share their thoughts and feelings during times of transition.

PROLONGED GRIEF

During this seminar you will learn the definition of prolonged grief, how it affects us cognitively, emotionally, and physically, and best practices for coping. This interactive seminar will provide treatment options and resources to support yourself and your loved ones during challenging times.

RAISING DIVERSITY IN YOUR HOME

It is the responsibility of all parents and caregivers to effectively communicate the value and importance of celebrating diversity in today's world. In this interactive seminar, you will share your own cultural traditions, discuss the impact of perpetual stereotypes on your life and community, and reflect on how your unique perspectives shape your interactions with others. You will leave with best practices and resources to raise children who embrace diversity and respect the cultures of all communities.

RELATIONSHIPS

Establishing and maintaining a healthy relationship requires monitoring and using emotional tools to keep those relationships strong. In this seminar, you will engage in interactive and lively discussions about the misconceptions of relationships, the meaning of fulfillment, the importance of communication, and the true definition of happiness. The seminar will conclude with key ingredients for a successful relationship and an action plan to strengthen your relationships and recognize areas for improvement.

SCREEN GUIDE

In today’s digital world, many parents struggle with deciding when and how often to allow their children to use screens. In this interactive seminar, you will discuss age-appropriate apps and websites, as well as how to set limits with clear expectations and guidelines for children. You will leave with resources and tools for having challenging conversations with your children about why these guidelines and limits are in their best interest, and why occasionally bending the rules might be the right choice for parents.

STEPFAMILIES

Modern families come in various shapes and sizes, shaping our beliefs about the world around us. The care and support family members offer each other are essential for the healthy functioning and development of children, especially in stepfamilies. In this seminar, you will explore the joys and challenges of stepfamilies, how to build shared values, provide firm and fair discipline, and enjoy time together, regardless of family composition.

SURVIVING AND THRIVING THROUGH DIVORCE

The process of divorce affects not only the separating couple but also their children, relatives, and friends. This seminar provides practical information for those experiencing all stages of divorce or separation, including an overview of the divorce process, litigation versus mediation, coping skills, and tips for surviving the emotional toll. Join this supportive seminar to gain resources for healing, being present for your loved ones, and moving forward to the next chapter in your life.

TEEN SUICIDE PREVENTION

The popular Netflix series "13 Reasons Why" has sparked important conversations about suicide, but it also raises significant concerns within the mental health community. This seminar dives into the critical issues portrayed in the series, including the romanticization of suicide, the absence of responsible adult guidance, and the risks it poses to vulnerable teens. We'll explore the impact of media on youth mental health, how to recognize the warning signs of depression, and the dangers of copy-cat behaviors. Join us for an essential discussion on supporting teens through open dialogue, education, and prevention strategies to help save lives.

THE SANDWICH GENERATION

As a growing number of adult children find themselves caring for aging parents while balancing careers and family life, you might be part of the "Sandwich Generation." This seminar will help you discuss how to gather essential information, communicate effectively with family members, and proactively plan and advocate for the care of your aging parents and loved ones.

TODAY'S FAMILY: CHALLENGES AND CHANGES

Regardless of your family dynamic, all families face similar challenges. In this course, you will explore the history of families and how family ideals have evolved over time and across cultures. You will leave with best practices to keep your family connected and engaged through activities everyone can enjoy.

TOO MUCH GAMING

Gaming addiction is a newly recognized disorder that can have impacts similar to substance abuse. In this seminar, we will discuss the distinction between healthy gaming habits and recognizing the symptoms of gaming disorder. You will leave with resources and treatment options to help loved ones who may be in need.

UNDERSTANDING OUR FAMILY MEMBERS AS THEY AGE

In this seminar, you will gain valuable insights and practical tools for supporting your aging family members. We will explore key areas such as managing financial and health concerns and effectively advocating for necessary support. Additionally, this seminar will provide strategies and resources for maintaining personal wellness and self-care, helping you navigate the stress and responsibilities of caregiving with confidence and resilience.



401(K) SAVINGS FUNDAMENTALS

The goal of this seminar is to provide you with a fundamental understanding of retirement savings and the importance of starting early. By learning how to invest in a 401(k) savings plan, you will gain an advantage in building wealth for retirement. Additionally, you'll receive resources to support your long-term investment planning.

ADVANCE DIRECTIVES

This seminar will educate you on advance directives to ensure that future wishes are known and respected. We will define advance directives, identify their benefits, and learn about living wills and durable powers of attorney for health care. You will leave this seminar with strategies for communicating with older relatives about the necessity of advance directives and the resources to ensure they are created in a timely manner.

ADVANCED TOOLS AND TECHNIQUES FOR THE FULLY FUNDED 401(K)

This seminar will teach you how to best manage your current 401(k) holdings to reduce future taxes, extend your legacy to family, and coordinate IRAs with your 401(k) plans. Topics will include tax advantages (such as the NUA technique), stock options in company plans, the applicability of a Roth IRA when deciding on income sources, the opportunity for 'in-service' withdrawals, and additional deductible investment tools to manage risk as you age. Join this interactive seminar to make informed financial decisions for your retirement and your loved ones.

BASIC BANKING AND BANKING TIPS

In this seminar, you will learn about various aspects of banking, including banking products, services, and procedures, and how they impact money management. You will understand the role of banks in the creation of money supply, the importance of maintaining a healthy cost-to-income ratio, and basic accounting concepts like assets, liabilities, debits, and credits. Additionally, you will learn how to balance multiple accounts and understand the difference between mutual funds and CDs.

BUILDING GOOD CREDIT AND IMPROVING YOUR CREDIT SCORE

In this seminar, you will learn about the impact of consumer debt on society and individuals today. We will explore the value of a good credit score and how to improve your credit score, even if it is currently not ideal. You will learn how the FICO system works and how your financial decisions impact your credit score, empowering you to take immediate steps to improve it.

ELDERCARE - FINANCIAL PLANNING

Many elderly relatives today depend on the financial support of their families. In this seminar, you will engage in a budgeting workshop that incorporates Social Security and Medicare while respecting the wants and needs of your loved ones. You will also identify warning signs that older relatives may require additional financial aid and discuss how to avoid scams targeting the elderly.

ESTATE PLANNING

Estate planning is a crucial step for ensuring your family's financial well-being. This seminar provides an overview of the essential documentation needed for estate planning, including key terms for will planning, guardianships, and trusts. You will learn about the benefits and consequences of different estate planning options. Note that this seminar is for informational purposes only and is not intended to provide legal advice.

ESTATE PLANNING - RAMIFICATIONS OF YOUR EMPLOYEE BENEFITS PACKAGE

This seminar helps you understand how your earned benefits impact your future. Topics include group life insurance, pensions, long-term care, deferred compensation, income with respect to a decedent (IRD), and even frequent flyer miles. We will discuss the tax and planning ramifications of these benefits post-employment, including opportunities such as net unrealized appreciation (NUA) for lowering taxes on company stock, the use of trusts, and the differences between IRA and 401(k) plans at death or disability.

FINANCIAL FITNESS

Small and simple financial decisions can significantly impact your immediate and future circumstances. In this seminar, you will learn to navigate unanticipated financial situations, manage cash flow, and address debt issues that can cause daily stress and lead to shortsighted behavior. We will cover the personal impact of financial inaction on individuals and families and provide resources to help you become fiscally responsible.

FINANCIAL PLANNING FOR HIGHER EDUCATION

The rising cost of higher education can make attending college feel out of reach for many. In this seminar, you will learn to navigate the true cost of attendance, plan ahead, and begin saving early. We will explore various options to cover college costs, including 529 savings plans, loans, scholarships, and different types of financial aid for which you or your dependents may be eligible.

HANDLING FINANCIAL STRESS

With inflation driving up costs, a significant percentage of Americans, even those with six-figure incomes, are living paycheck to paycheck. This course provides concrete steps to stabilize and support your income, control your spending, and plan for emergencies. You will learn best practices for maximizing your earnings and savings opportunities to apply to your financial circumstances during these challenging times.

HOLIDAY BUDGETING

The holiday season is a time of great joy, but it can lead to budgeting issues when you review your finances in the new year. In this seminar, you will learn how to avoid the financial shock that often follows holiday spending and keep your budget in check. Together, we'll discuss best practices for enjoying the holidays without overindulging or later regretting your financial decisions.

HOW FINANCIAL STRESS AFFECTS THE WORKPLACE

The financial stress of the past few years seems likely to continue in our ever-changing economy. The lasting impact of the pandemic has affected many aspects of our lives, including work performance. In this seminar, you will examine common financial stressors and learn how to take control of key financial aspects to improve your overall workplace experience.

IDENTITY THEFT PROTECTION AND SELF-HELP

Identity theft has unfortunately become all too common for many Americans. In this seminar, you will review the most prevalent forms of identity theft, how it occurs, warning signs, and how it can be prevented. You will leave with a checklist of resources, preventative measures, and action steps to take if you fall victim to identity theft.

INSURANCE BASICS

Insurance is a vital tool for protecting yourself and your loved ones against life's unexpected events. In this seminar, you will gain a clear understanding of the different types of insurance available to safeguard you and your assets. We will explore risk categories, what influences personal risk and insurance costs, and how to assess your current assets and future earnings to determine the right coverage for your needs. Join this interactive seminar to take control of your financial security and plan for a more protected future.

INVESTMENT BASICS

In this seminar, you will learn the differences between saving, speculating, and investing. Together, we will discuss how to identify your investment goals, create a diverse portfolio, and define key investing terms. You will leave with steps and resources to develop a personalized investment action plan based on criteria such as age, risk tolerance, and family responsibilities.

LIVING OFF YOUR PAYCHECK

In today's financially uncertain world, more guidance is needed on how to live as frugally as possible with rising inflation. In this course, you will receive common-sense advice for stretching your dollars and making ends meet. This seminar will cover goal setting, the impact of money beliefs on saving and spending habits, debt reduction strategies, distinguishing wants from needs, and exploring opportunities to increase wealth. Join us to learn how to maximize your financial potential.

MANAGING A BUDGET FOR THE FIRST TIME

Managing a budget for the first time is a significant milestone. In this seminar, we will discuss the importance of budgeting, how to create a plan to achieve your financial goals, and the self-reflection questions to get started. You will leave this interactive seminar equipped with resources and tools to develop your own budget plan by analyzing your current income and expenses.

MANAGING YOUR MONEY IN TOUGH TIMES

Challenging times have rendered many traditional financial practices outdated. In this seminar, you will learn key steps for assessing your finances, communicating with family, and setting achievable goals. We will examine the importance of credit scores, deductions, alternative income sources, and strategies for saving now to weather tough financial periods and thrive in the future.

MIND OVER MONEY

This seminar aims to help you understand how your thoughts influence financial behaviors. Through interactive discussions, we will examine personal histories with money and the emotional impact of financial decisions. You will explore healthy and unhealthy attitudes about money and learn best practices for making rational financial choices.

MONEY BASICS

A solid understanding of finances is crucial for economic success. In this seminar, we will cover selecting the right bank account, understanding credit scores, and exploring different types of credit. You will learn how to spend within your means, save for the future, and manage bills to avoid debt and unnecessary fees.

PERSONAL FINANCE BOOT CAMP

This comprehensive three-hour program (or three one-hour sessions) simplifies the complex elements of financial planning for beginners. You will leave with the knowledge and tools to alleviate financial stress and confusion. Each of you will receive planning tools and resources to create personalized financial plans for smarter financial decisions.

PLANNING A FINANCIAL FUTURE

Financial planning for the future involves being savvy about wealth, savings, investments, and preparing for economic emergencies. In this seminar, you will understand your future needs, the impact of inflation on buying power, how to create a savings plan, and the importance of investing. Join us to assess your financial state, address immediate savings roadblocks, and gain the knowledge to strategically plan for your future and retirement.

SOCIAL SECURITY RETIREMENT PLANNING

Social Security is a vital income source for many retirement-age Americans, yet few know how to maximize their benefits. In this essential seminar, you will learn about regulations, timelines, and best practices to implement before reaching retirement age. Attend this seminar to understand how Social Security can help you achieve your retirement financial planning goals.

TAKE CONTROL OF YOUR FINANCES

Managing finances can be challenging for many individuals and families. If you find yourself at the end of the month feeling like money controls every aspect of your life, this seminar is for you. Learn the basic skills needed to take control of your finances, communicate effectively about financial matters, and develop a plan to achieve your financial goals.

TAX TIPS

This seminar offers best practices and tips for efficiently filing taxes, along with strategies to reduce overall taxable income. Key financial topics covered include sources of taxable income, withholdings, tax-exempt accounts, and itemized deductions. Discover tax-saving strategies to reduce your taxable income and maximize your refunds before you file your return.

TEACHING CHILDREN ABOUT MONEY

Surveys show that many teenagers lack understanding of even basic financial concepts. This seminar focuses on how you view and communicate your money values to effectively teach your children. You will discuss parental attitudes toward allowances and working, setting goals, and creating spending and saving strategies in this interactive seminar.

THE IMPORTANCE OF HAVING A WILL

Having your wishes documented is crucial to ensure your hard-earned money and assets are distributed according to your desires after your death. In this seminar, you will learn the importance of having a will, understand key estate planning terminology, and explore alternative options. You will leave prepared to take actionable steps and weigh the pros and cons of various estate planning options to ensure you have a comprehensive plan in place.

TODAY'S FINANCIAL TRENDS

In an era of unprecedented financial uncertainty and change, staying current on financial trends is more important than ever. This seminar will educate you on the impact of inflation and the cost of living on household budgets, the protections offered by the FDIC and NCUA, and conscious budgeting to maximize spending power. Join this interactive seminar to create a personalized action plan and adapt your financial habits to meet today's challenges.



A BALANCED RETIREMENT LIFE

This seminar aims to help you ask the right questions and make informed decisions when evaluating your retirement plans. We will cover key issues to consider in planning for your future and assist you in developing your current road map. You will leave with resources to determine when retirement may be right for you and will learn to focus on the positive aspects of retirement while preparing for its challenges.

A NEW LOOK AT WELL-BEING

In this seminar, we will examine the factors influencing your well-being, including the current social, political, and economic landscape. Now, more than ever, it is essential to take time for self-reflection and self-care to ensure professional success and support and empower others. Join this interactive seminar as we discuss how to address these tough issues, helping yourself and others improve health and well-being despite the challenges we face.

UNDERSTANDING ADDICTION

In this seminar, you will learn what addiction means, how it develops, and the signs of addiction to be aware of. If you or someone in your life is dealing with addiction, this seminar will help you understand the symptoms, components, and myths surrounding the disease. You will leave with resources and tips for each step of the recovery process.

ALCOHOL AND SUBSTANCE ABUSE

This seminar offers you a comprehensive overview of alcohol and substance abuse. We will learn to identify warning signs, understand the difference between substance abuse and dependence, and explore how drugs affect the body. You will receive resources to help loved ones and address family and social issues that may arise from substance abuse.

ALL YOU NEED TO KNOW ABOUT CHOLESTEROL

In this program, you will delve into the complex role of cholesterol in maintaining a healthy lifestyle. We will examine how cholesterol impacts nutrition and wellness and discuss the various types of fats that contribute to good and bad cholesterol levels. You will leave equipped with resources to make informed lifestyle and diet choices to improve your cholesterol levels.

ALLERGIES

Tired of being overwhelmed by pollen, pets, or mystery foods? In this seminar, we'll explore the causes of allergies, the different types that trigger sneezing, itching, and wheezing, and the risk factors that catch you off guard. We'll also discuss effective treatments and pro tips to keep your allergies from controlling your life. By the end, you'll be prepared to tackle allergy season like a champ and finally breathe easy!

ALZHEIMER'S AND DEMENTIA

This engaging and informative seminar provides an in-depth look at Alzheimer's disease and other related dementias. You will gain a clearer understanding of different types of dementia, the phases of Alzheimer's disease, and how it affects patients and their families. The seminar offers practical communication strategies for caregivers, explores family dynamics, and emphasizes the importance of self-care. You will leave with valuable resources and actionable tips to provide compassionate care while maintaining your well-being.

AUTISM OVERVIEW

Autism is a neurodevelopmental condition that affects approximately two percent of the population in the U.S. and globally. This seminar is designed to provide an overview of the autism spectrum, how to identify potential signs, and guidance on coping with the challenges of raising an autistic child. This interactive seminar will offer opportunities for discussion and a review of resources to get support for your child and family.

BE POSITIVE

Although not everyone believes in the power of positive thinking, it has been a practice utilized worldwide for centuries. Today, scientists understand why a positive versus negative attitudinal approach dramatically impacts us and our relationships. In this seminar, we will discuss how to benefit from the power of positive thinking by changing our thought processes and perspectives.

BEAT THE HEAT: PREVENTING HEAT-RELATED ILLNESS

Feeling like you're melting in the summer heat? This seminar has you covered! We'll dive into the essentials of staying cool spotting the signs of dehydration before it becomes severe, tips for staying hydrated (it's more than just drinking water), and knowing when to seek help. By the end, you'll be ready to handle the sun like a pro, staying safe and cool even when temperatures soar.

BICYCLE SAFETY

This seminar provides all the information you need, from bike maintenance to road safety. Topics include choosing the right bicycle for your body type and fitness goals, essential safety equipment, and innovations in cycling, such as electric bikes.

BODY IMAGE

In this seminar, you will explore the impact of societal influences on self-image. Topics include symptoms of body dysmorphia, eating disorders, and exercise addiction. Together, we will discuss tips and tools to manage self-image challenges and embrace our bodies as they are.

BREAST CANCER AWARENESS

This seminar aims to educate and empower you about breast cancer. You'll learn early warning signs and best practices for detecting breast cancer and seeking prompt medical attention. Note: This seminar is for informational purposes only and does not provide medical advice, diagnoses, or treatment recommendations. Breast self-exam demonstrations can be included upon request.

CAFETERIA SHOPPING

In this seminar, you will learn keys to eating healthy during the workday. We will guide you through typical cafeteria choices to help you create a personal "shopping list" of healthy foods. This interactive seminar also provides opportunities to share personal tips and tricks for achieving wellness goals.

CLEAN LIVING

Learn how to adapt a healthy lifestyle to meet your wellness goals in this seminar. Clean living involves removing toxins and taking a holistic approach to health. We will discuss what adds toxins to your mind and body and how to eliminate them. Topics include healthier eating through whole, nutrient-rich foods, avoiding processed foods, toxic products to avoid at home, and vitamins and supplements to include in your daily routine.

COLORECTAL CANCER SCREENING

Early detection is crucial in beating colorectal cancer, which is why screening is so important. You will learn about early warning signs, tests, treatments, and best practices for prevention and seeking immediate medical attention. Note: This seminar is for informational purposes only and does not provide medical advice, diagnoses, or treatment recommendations.

COMPASSION FATIGUE

Compassion fatigue combines secondary traumatic stress and burnout. This seminar will help you identify signs and symptoms of compassion fatigue and provide self-care strategies to cope with its impact on daily life.

CREATING AN ANNUAL WELL-BEING PLAN

This seminar walks you through 12 game-changing habits that boost physical, mental, and emotional health year-round. Choose the habits that fit your lifestyle and get additional resources to stay on track. By the end, you'll be equipped to tackle your well-being plan like a pro and enjoy a healthier, happier you.

CRYING

While many have been taught that crying is a sign of weakness, modern research highlights the emotional, mental, and social benefits of allowing ourselves to cry. In this interactive seminar, you will explore how crying is portrayed in the media, across different cultures, and throughout various periods of time. Join us to share your own experiences and viewpoints, and if you feel like it, have a good cry.

DEALING WITH MENTAL HEALTH ISSUES

Mental illness can significantly impact your life and your loved ones. In this seminar, you will learn to identify signs of concern, facilitate supportive conversations, and access important resources. Together, we will discuss coping with mental illness while managing personal stress levels as you support those in need.

DEALING WITH SERIOUS SLEEP ISSUES

A sleep disorder is any disruption or disturbance of your usual sleep pattern. In this seminar, you will explore different types of sleep disorders and their causes, discuss the benefits of sleep studies, and examine the relationship between sleep, stress, and cortisol release. Additionally, you will identify ways to address insomnia and gain other helpful resources.

DEPRESSION

Depression is among the leading causes of disability worldwide, affecting over 280 million people. In this seminar, we will discuss the causes, symptoms, and impact of depression, as well as how to seek and receive help. Although depression can be reliably diagnosed, many affected individuals do not receive proper treatment. You will learn about barriers to treatment and how to overcome them for a happier, healthier life.

DIABETES

In this seminar, you will learn about the causes, signs, and symptoms of diabetes. We will explore the differences between various types of diabetes and how to customize an individualized treatment plan. By the end of this seminar, we aim to help you understand the lifestyle and nutritional changes needed to enhance your quality of life while living with diabetes.

EATING DISORDERS

During this seminar, you will discuss the causes, signs, and symptoms of eating disorders. Together, we will examine the differences between various types of eating disorders. The facilitator will explain how eating disorders affect work and home life, as well as resources and next steps to get help for yourself or for others. By the end of this seminar, we aim to help participants be aware of the mental health support, resources, and nutritional guidance needed while living with an eating disorder.

EATING FOR HIGH ENERGY

In this seminar, you will learn about the benefits of healthy eating, and how to eat foods that make you feel more energized. What, when, and how you eat can have a tremendous impact on your mental state, performance in the workplace, and in your personal life. Together, we will discuss blood sugar levels, exercise, and best foods to fuel your mind and body.

EATING RIGHT FOR LIFE

If donuts for breakfast, candy bars for lunch, and impulsive eating on the go sound familiar, then this is the seminar for you! You will learn the benefits of proper nutrition, including the importance of making informed food choices to develop and maintain healthy eating habits. You will leave this interactive seminar with an understanding of what your body needs for optimal health and key nutritional guidelines to follow.

EATING RIGHT ON THE RUN AND ON A BUDGET

We've all found ourselves rationalizing the need for "junk" or "fast" food at times. In this seminar, we will explore realistic strategies for eating well-despite the ever-rising costs. We will discuss which items are worth paying a premium for and when it's best to purchase organic products. Together, we'll learn the essential steps to maintaining a healthy diet while keeping an eye on our budget.

EMBRACING HAPPINESS

This seminar delves into the meaning of happiness in today's world and provides insights on living a happy, fulfilling life. You will learn about the history and various types of happiness, as well as notable figures who have shaped our understanding of it. This interactive seminar encourages sharing personal moments of happiness and offers resources to continue exploring this important field of study.

EMOTIONAL EATING

In this seminar, you will define emotional eating and identify the factors that contribute to it. We will explore our personal food histories and examine the relationship between mood and cravings. Through reflective questions and analysis of our own eating behaviors, you will heighten self-awareness regarding food choices. We will also provide resources and best practices for those looking to change their emotional relationship with food.

EXERCISE 2.0: BEYOND THE BASICS

This course takes you beyond the basic principles of exercise science, giving you the tools and knowledge to elevate your fitness routine to the next level. We will utilize case studies to delve into and fully explore the core elements of fitness training. You'll leave with the knowledge to plan progressive training programs and maximize future workouts.

EXERCISE AS YOU AGE

As the body gets older, understanding the changes in its mechanics is important to determine what kinds of exercise are optimal for overall health. In this seminar, you will journey through some common methods for injury and illness prevention and treatment, through fitness and wellness. You will leave with the knowledge to plan a workout regimen that is adaptable to your own skills and needs.

EXERCISE BASICS

In this course, you will learn the fundamental principles of exercise science. Whether you're new to exercise or returning after a prolonged absence, this seminar offers the first steps in planning your fitness regimen. We will review key fitness components, how physical activity can enhance other areas of your life, and strategies for achieving fitness goals.

EXERCISING AT HOME

Working out at home is a convenient and budget-friendly way to stay fit. This seminar guides you through essential steps, such as selecting the right equipment for your space and budget, creating a customized fitness plan tailored to your goals, and maintaining motivation. We'll explore supplemental resources to enhance and keep you engaged in your workouts. Whether you're just starting out or optimizing your home routine, you'll leave with tools and inspiration to efficiently and effectively reach your fitness goals from the comfort of your home.

FEAR AND ANXIETY: MOVING FORWARD

Fear and anxiety can be a barrier to being fully present and enjoying our lives. In this seminar, you will discuss the similarities and differences between fear and anxiety, while learning how they can impact our ability to be productive and content. Together, we will explore healthy coping skills for managing our fears and anxieties, as well as resources and strategies to help us move forward.

FILLING THE NUTRITIONAL GAPS

In this seminar, you'll explore the impact of snacking on overall health and blood sugar levels while uncovering the benefits of mindful eating. This interactive seminar will discuss how effective snacking helps meet your body's nutrient needs and how myplate.gov can be used to identify dietary deficiencies and recommend foods to address them.

FORGIVENESS

Holding onto personal grudges can negatively affect your relationships, health, stress levels, and professional success. In this course, you'll learn the art of forgiveness, understand the lasting effects of harboring grudges, and discover the power gained from letting go and moving on.

GETTING ORGANIZED

In this seminar, you'll learn about the benefits of getting organized and how to start immediately. Topics include assessing your own organizational quotient, understanding external factors that lead to disorganization, and recognizing the consequences of being disorganized. You'll leave with resources for bringing organization into your life and learn key factors to maintain a clutter-free life.

GETTING YOU HELP

In challenging times, many of us focus on caring for others while neglecting ourselves. During this interactive course, you will evaluate your own mental health, paying close attention to some of the more common side effects of stress like anxiety, insomnia, and unhealthy eating. You will leave this seminar with the resources to find the help when needed, as well as coping mechanisms and a mental health check list for self-awareness.

GRATITUDE

This seminar explores the latest scientific findings on gratitude and how it can enhance meaningful relationships in all areas of life. Together, we will analyze research to empower ourselves to incorporate gratitude both at work and at home.

GREEN TIPS FOR THE HOME

In this seminar, you'll learn practical actions to reduce your carbon footprint while saving money. We will discuss the advantages of using organic and natural products, how to increase thermal efficiency, and save electricity. This seminar will demystify elements of leading an eco-friendly lifestyle and help you start your journey toward going green in your own life.

GROCERY SHOPPING

This seminar teaches you how to master the art of healthy grocery shopping while staying within budget. We will share tips on planning nutritious meals, cutting costs, and preparing quick, easy dishes—all while minimizing food waste. You'll gain practical resources for shopping and cooking around dietary restrictions, discover meal-planning apps, and find coupons for the best deals. Get ready to shop smarter, cook better, and make the most of every grocery trip.

HEALTH AND WELLNESS IN THE AFRICAN AMERICAN COMMUNITY

This seminar provides a comprehensive overview of the factors impacting the health and wellness of the Black community. Black people bear a disproportionate burden of chronic diseases such as heart disease, obesity, autoimmune conditions, and diabetes. We will explore historical and current factors affecting health and wellness in the Black population and discuss how lifestyle modifications, wellness education, self-care, and prevention can improve overall health. Together, we will share tips on self-advocacy with healthcare providers and develop strategies to change the health and wellness trajectory within the Black community.

HEALTH NEWS

In today's nonstop news cycle, the volume of health and wellness information can be overwhelming. This seminar equips you with tools to navigate the news and make informed decisions about your health and well-being. Join this interactive seminar to learn how to filter out harmful or inaccurate health information, identify trustworthy sources, and ensure you are making the best healthcare decisions possible.

HEALTHY AGING

As a growing percentage of our society reaches retirement age, our perceptions of aging are also evolving. In this interactive seminar, you'll analyze commonly held beliefs about aging to distinguish fact from myth. We will share our own views on aging, discuss how to shift our mindsets to appreciate its benefits, and explore ways to enjoy the golden years.

HEALTHY KIDS

In this seminar, you'll learn essential healthy habits to instill in children to ensure they grow up to be healthy adults. We will discuss the research behind living a healthy lifestyle and practicing preventative healthcare for kids, as well as the impact of healthy living on their minds and bodies. Geared towards parents, this seminar will provide resources on key topics such as nutrition, exercise, immunizations, and sleep for children.

HEALTHY TIPS FOR BUSINESS TRAVEL

Whether you love or loathe it, many of us travel for business as part of our jobs. In this seminar, you'll learn how to prepare for travel ahead of time, avoid unhealthy temptations on the road, and incorporate exercise, sleep, and healthy food choices into your business travel routines.

HIPAA

The Health Insurance Portability and Accountability Act, commonly known as HIPAA, is legislation designed to protect your privacy and personal and medical information. Join this seminar to understand your rights and learn how to advocate if your privacy and protections have been violated.

USING AI IN MENTAL HEALTH CONVERSATIONS

Explore how Artificial Intelligence (AI) can assist in managing mental health discussions. You'll learn about the latest AI advancements, including virtual therapists, chatbots, and other tools that provide support, track moods, and offer therapeutic exercises. This seminar also covers the ethical considerations and potential limitations of AI in mental health care.

HOW TO BOOST YOUR SELF-CONFIDENCE

Leading during these challenging times requires self-confidence to overcome obstacles beyond your control. Through an interactive and engaging conversation, we will identify key traits of highly self-confident individuals and discover ways to boost your own self-confidence.

HOW TO REDUCE BODY FAT WITHOUT RESTRICTIVE EATING

Addressing our national obesity crisis involves finding healthy solutions. This seminar teaches you simple, healthy eating habits for reducing body fat without resorting to harmful methods like restrictive eating. Join us to learn physician-recommended best practices, dietary guidelines, and steps for feeling full while losing body fat.

HOW TO SPEAK WITH YOUR HEALTH CARE PROVIDER

This seminar provides valuable tools to optimize your healthcare visits. You will learn how to prepare effectively for appointments, communicate clearly with providers, and follow up after visits. Additionally, we'll explore how factors like race and gender can impact healthcare conversations, empowering you to navigate these discussions with confidence.

INCREASING MENTAL TOUGHNESS

During this seminar you will explore the concept of mental toughness, learning to find the positive in negative circumstances, managing ambiguity, and reacting agilely to change. Participants will delve into the importance of "grit," defined by Dr. Angela Duckworth as "passion and sustained persistence applied toward long-term achievement," a skill vital for personal and professional growth.

INFLAMMATION, DIET, AND DISEASE

Inflammation is an immune response that protects you from harmful substances. This program explores how chronic inflammation can lead to disease and teaches you to make health choices to counteract its harmful effects. We will identify and discuss pro-inflammatory foods, routine medical tests for inflammation-related illnesses, and resources for maintaining a healthy diet and lifestyle.

LEARNING ABOUT HEADACHES

Headaches can appear suddenly and be debilitating. In this seminar, you'll receive a comprehensive overview of different types of headaches, their causes, and how to prevent and alleviate them through lifestyle choices. We'll also provide resources on when to seek medical treatment and where to find further information on headache treatments.

LIGHTENING YOUR LIFE WITH LAUGHTER

This enjoyable workshop shares proven techniques for using laughter to reduce stress. You will explore the history, practices, and beliefs surrounding laughter therapy. This seminar highlights laughter as a wonderful energizer, its therapeutic benefits, and the importance of incorporating laughter into daily life.

LIVING IN UNCERTAIN TIMES

If you're tired of hearing the phrase "unprecedented times," you're not alone! Today's unpredictable world brings unique challenges both at work and home, contributing to rising stress and anxiety levels. In this seminar, we'll address the emotional toll of living through these "unprecedented times" and offer strategies to manage stress, build resilience, and maintain well-being. By the end of the seminar, you'll feel better equipped to communicate about sensitive issues, focus on self-care, and strengthen your ability to thrive amidst ongoing uncertainty.

LIVING WITH COPD

Chronic Obstructive Pulmonary Disorder (COPD) affects over three million people each year. This seminar provides a comprehensive overview of COPD, debunking myths and presenting facts, while exploring the most advanced treatments in modern medicine. Note: This seminar is for informational purposes only and is not intended to provide medical advice, make diagnoses, or offer treatment recommendations.

LONELINESS

Loneliness is now considered a public health crisis, with nearly one in three Americans lacking close relationships at any given time. In this seminar, you'll explore the myths of loneliness, analyze historical case studies, and learn the difference between depression and loneliness. Together, we will discuss strategies to cope with loneliness and foster meaningful relationships.

LOVE

What the world needs now is love! Embracing love in all its complexity is a key ingredient to success in life. In this seminar, you'll study the concept of love by defining, analyzing, and embracing love for yourself, others, and your work, in a holistic manner.

LOVE PART 2 – THE COMPLEXITIES OF LOVE

In Part 2 of the Love series, you'll further explore the various levels of love. We will analyze personal relationships with love and how they differ from unconditional love. Together, we will discuss relationships characterized by unconditional love, regardless of circumstances. The seminar concludes with an activity for you to map out individualized plans for the loves in your life.

MANAGING FEAR AND ANXIETY

Acknowledging negative thoughts can diminish their power, as your perceptions often impact your reactions more than the situations themselves. In this seminar, you'll learn coping skills to address your thoughts and recognize that fears and anxieties are manageable and controllable. We will share best practices and resources about the power of thoughts, mindfulness, and breathing exercises. Additionally, we will practice breathing and self-soothing techniques together.

MAXIMIZING YOUR BRAIN'S POTENTIAL

In this seminar, you'll explore the mind-body connection and discover lifelong healthy habits to maximize brain fitness. This seminar will present the latest research on neuroplasticity—the brain's ability to grow, change, and adapt by forming new neural connections. You'll leave with resources to continue developing your brain and create brain fitness programs at work.

MEDICAL/RECREATIONAL MARIJUANA

The legal status of marijuana in the United States has evolved significantly, with many states recently legalizing its medicinal and recreational use. This seminar provides an overview of the benefits and risks associated with marijuana use. Resources from this seminar include guidance from the American Medical Association and supplemental information for adults and parents. Note: The information in this presentation is for informational purposes only and should not be construed as medical advice or legal policy.

MEN AND DEPRESSION

Men are less likely to suffer from depression compared to women but are also less likely to seek treatment and more likely to die by suicide. In this seminar, you will discuss the causes and impact of male depression, as well as societal stigmas that discourage men from seeking help. You will learn to recognize signs of depression, explore ways to support yourself, and discover methods to help others.

MEN'S HEALTH

Modern men have the power to take control of their health and live longer, stronger lives. This seminar aims to inspire action by emphasizing the transformative effects of preventive health measures. We will address societal barriers that often deter men from seeking necessary care and provide vital resources and knowledge. By the end, you will have the tools needed to develop a personalized action plan with clear steps to enhance your well-being and thrive in every aspect of life.

MENOPAUSE

Menopause is a unique yet universal experience for women. In this program, we will define menopause, understand what to expect, examine its causes, and explore potential complications. We will discuss relevant tests, treatments, and remedies, emphasizing the importance of partnering with your doctor to find a personalized plan that works best for your body.

MENTAL HEALTH

Mental health issues are more common than many realize, but proactive treatment can significantly help those affected. This seminar will cover mental health facts, warning signs, and the stigma that prevents people from seeking help. We will discuss available resources to support our loved ones and ourselves in getting the help we need promptly.

MINDFUL CONNECTION TO FOOD

Discover the power of mindful eating! This seminar will teach you how to fully engage with your food, from savoring each bite to understanding the benefits of a conscious connection with your meals. Learn practical tips for becoming more mindful while eating, fostering a healthier and more intentional relationship with food. Join us to transform your eating habits one mindful bite at a time.

MINDFUL MEDITATION

Mindful meditation allows the mind to pay attention to thoughts, sounds, and sensations with acute awareness. In this seminar, you will explore the benefits of mindful meditation, debunk myths, and analyze supportive data. Join us for an interactive seminar that concludes with a group mindful meditation and provides resources to incorporate best practices into your regular routine.

NAVIGATE LIFE TRANSITIONS

Major life transitions, whether personal or professional, often occur unexpectedly. In this seminar, you will learn to prepare for change and manage your emotions. Join our interactive course to reflect on best practices and strategies for easing transitions and ask self-reflection questions to stay motivated and inspired during challenging times.

NUTRITION NAVIGATOR

Understanding nutritional labels and planning meals ahead are crucial for making healthy choices. In this seminar, you will learn about the importance of breakfast, healthy snacking tips, options for eating out, and maintaining stable blood sugar levels. Join us for an interactive seminar that provides insights into popular diets and available resources to achieve balance and variety in your diet, helping you stay healthy and focused!

OPENING UP ABOUT MENTAL HEALTH

While we've made significant strides in discussing mental health, there's still much work to be done. This seminar focuses on the challenges that remain and the stigmas we must continue to break. We'll explore how mental health impacts other societal issues and examine the ripple effects of mental health outreach. Join us as we push the conversation forward, addressing the barriers that still hold us back and working toward a more open and supportive dialogue.

OPIOID ADDICTION IN THE WORKPLACE

Opioid abuse and dependence have become a national epidemic, with millions of Americans engaging in the non-medical use of prescription painkillers each month. During this training, you will learn what opioids are, the signs and symptoms of opioid abuse and dependency, and the treatment options available for those struggling with this addiction. Join this interactive seminar to discover resources and support groups for friends, colleagues, or loved ones in need of additional help.

OVERCOMING BURNOUT

Employees who frequently experience burnout are more likely to call out sick, seek new jobs, and feel less confident and productive. In this seminar, you will learn to recognize signs of burnout in yourself and others, as well as understand its consequences for personal and professional lives. Join this interactive seminar to exchange strategies for self-care, bring your life back into balance, and access resources to help overcome burnout for yourself and others.

OVEREATING VS. BINGE EATING

While occasional overeating is normal, using food as a coping mechanism for negative emotions or anxiety can lead to serious health issues. In this seminar, we will discuss the difference between overeating and binge eating disorder (BED), a serious eating disorder characterized by frequently consuming large amounts of food and feeling unable to stop. You will learn to identify BED symptoms in loved ones, family members, and friends. Resources for treatment, including counseling, group therapy, and alternative means, will be provided to help yourself or others.

PATIENT SAFETY

When our loved ones or we become patients in the healthcare system, it's crucial to be well-informed about medical rights and safety. This seminar will raise awareness about advocating for the best care possible and highlight the most common health risks patients face in hospitals or under a physician's care. Join this timely seminar to acquire resources and tools for navigating the healthcare system safely.

PREVENTING BURNOUT

Burnout results from prolonged emotional, mental, and physical exhaustion due to ongoing stress, but it's not inevitable. New research shows that with self-care, healthy boundaries, and effective time management, burnout can be prevented. This interactive seminar offers practical strategies to protect your well-being, build confidence in seeking help when needed, and practice these skills through real-life role-playing scenarios. Take control of your energy and learn how to prevent burnout for good.

PROMOTE FAMILY HEALTH

To be at their physical best, family members must support one another. In this seminar, we will review the importance of maintaining health records, best practices in first aid, creating a family emergency plan, and staying active as a family while promoting healthy eating. Prioritize the physical and emotional well-being of your family by implementing the strategies and resources provided in this interactive seminar.

PSYCHOLOGY OF EXERCISE

Your mindset can make all the difference in your workout! In this seminar, we'll explore how the right mental focus can significantly enhance your exercise results. You'll learn to incorporate mindfulness, breathing techniques, and meditation into your routine to boost mental strength, energy, and focus. This will help you not only excel in your workouts but also tackle your day with greater clarity and motivation.

REDUCING AND MANAGING PAIN

If you suffer from chronic or short-term pain, this seminar may offer solutions for managing and reducing your pain levels. You will gain an overview of pain, its most common causes, and the impact it can have on daily life. Resources for managing and reducing pain, including alternative remedies and new treatments, will be provided.

RELAXATION 101

Relaxation techniques have been proven to improve medical conditions, provide calmness during distress, and enhance decision-making and actions. In this introductory meditation workshop, you will use guided imagery and breathing exercises to learn how relaxation techniques can improve daytime productivity and nighttime sleep quality. The seminar will conclude with tips and best practices for incorporating mindfulness, yoga, and other strategies into your life for overall stress reduction and increased clarity of purpose.

RESILIENCY, PART ONE

Resiliency can be learned and developed through our thoughts, beliefs, and behaviors, helping us navigate difficult experiences. While everyone faces personal and professional challenges, our resiliency defines our ability to bounce back and move forward in spite of adversity. In this two-part seminar, you will learn strategies to increase your resiliency and how to implement these best practices into your daily life.

RESILIENCY, PART TWO

Resiliency involves managing your life effectively every day to be prepared for challenges and rebound quickly. In this second part of the seminar, we'll identify major daily challenges and explore positive responses using effective goal-setting strategies. Join this interactive seminar as we discuss topics such as relationships, parenting, finances, and health, while creating personalized action plans to enhance your resiliency.

SELF-CARE IN THE FACE OF ADVERSITY

This seminar will delve into the history of trauma and racism, helping you identify symptoms of trauma and prevent triggers related to racism. You'll explore various sources and types of traumas encountered in challenging circumstances. By the end of the seminar, you'll have the tools to set healthy boundaries and maintain optimal self-care in the face of adversity.

SELF-CARE RIGHT NOW

Self-care is key to your health and empowers you to adapt to change while supporting others. This seminar will focus on vital self-care elements such as nutrition, sleep management, and physical activity. In this interactive seminar, we will also discuss the role of stress management in physical and emotional health and the importance of communication and setting healthy boundaries to foster happier lives.

SETTING BOUNDARIES

With increasing access to employees around the clock, setting respectful boundaries is crucial for success and avoiding overwhelm. This seminar will analyze best practices for communicating boundaries professionally and respectfully while preparing for potential conflicts with employers or colleagues. Join this interactive seminar to master delegation, manage others' expectations, and achieve a balance between your personal and professional life.

SLEEP BASICS

Sleep is a crucial yet often overlooked component of a healthy lifestyle. In this seminar, you will learn the physical and mental benefits of a good night's sleep, how to establish daily habits that promote better sleep, and techniques for improving your sleep environment. You'll leave with resources to enhance your sleep quality and overall well-being.

STAYING FOCUSED DURING TIMES OF CHANGE

Recent years have brought significant changes, making focus and presence more challenging than ever. This seminar will explore the value of mindfulness and focus during times of change. We will learn how distractions impact the brain, the importance of regulating emotions, and best practices to improve focus and become the best versions of ourselves.

STAYING STRONG AND RESILIENT

Resiliency, the ability to recover quickly from difficulties, is essential for persevering through personal and professional challenges. This seminar will share strategies for maintaining strength and positive outlooks during hardships. You'll feel empowered and equipped to handle future challenges with less stress and will gain tools to bounce back quicker and stronger from setbacks.

STRESS REDUCTION TOOL BAG

Stress is the number one cause of chronic illness in the United States, and many Americans report feeling stressed at work. In this interactive seminar, we will analyze the latest research from stress experts to explore the benefits of some stress and strategies to limit overall stress levels. You'll gain tools to manage stress, practice mindful communication, and leave with resources to maintain healthy stress levels.

SUN PROTECTION

Despite knowing the importance of wearing sunscreen and limiting sun exposure, many people underestimate the long-term damage the sun can cause. This in-depth seminar covers sunburn, sun protection tips, heat rash, and the importance of hydration in the heat. You'll leave with the knowledge and resources to make informed decisions about protecting yourself from sun-related risks.

TECHNOLOGY AND EXERCISE

Explore the rapidly expanding world of technology in the fitness industry and learn how to benefit from recent innovations. From new exercise routines and equipment to helpful apps and wearable tech, staying informed will give you an edge in achieving your fitness goals. You'll leave this seminar with the tools and resources needed to safely and effectively move your body and regain your focus.

THE A'S AND B'S OF ALCOHOL USE

This seminar will help you gain a better understanding of alcohol consumption and its effects. It provides a comprehensive exploration of alcohol use and its impact on both individuals and society. You'll learn about what alcohol is, the various types of alcoholic beverages, and the physiological effects of alcohol on the body and brain.

THE ART OF FENG SHUI

Feng Shui is an ancient Chinese art that balances energy to promote health, happiness, and prosperity. In this seminar, you will learn about this practice, the tools used to create a calming flow, the impact of clutter, the role of color, and the five elements associated with Feng Shui. Enjoy this interactive seminar and leave with best practices and resources to enhance the energy and flow in your workspace.

THE CONNECTION BETWEEN EXERCISE AND MENTAL HEALTH

Daily exercise has been shown to positively impact both physical and mental health. In this seminar, you will learn about the benefits of exercise for the immune system, reducing disease risk, and lowering stress levels. Discover how to begin a healthy journey towards improved mental health and stay motivated to achieve your goals.

THE EFFECTS OF UNHEALTHY EATING

Unhealthy eating habits significantly contribute to the onset of various diseases and heart health issues across different cultural groups. This seminar will explore how cultural differences in eating attitudes and behaviors can shape a person's eating habits. You'll learn strategies to adopt a healthier approach to eating that takes these cultural influences into account.

THE GUT-BRAIN CONNECTION

Prebiotics, probiotics, and postbiotics—oh my! The significance of gut health for mental well-being is increasingly recognized, but what does it all mean? This seminar aims to elucidate the latest research on the gut-brain axis, the impact of gut health on mind and body, and actionable steps you can take to improve it. (Webinar only)

THE IMPORTANCE OF UNPLUGGING

For today's remote workers, the boundaries between work and personal life are more blurred than ever. Constant connectivity can lead to longer hours at the computer and less enjoyment of the benefits of working from home. This seminar will explore the serious risks of being perpetually connected, the importance of unplugging, and best practices for disconnecting from work and reconnecting with your life.

THE TRUTH ABOUT DIETING

Despite research showing that diets are often ineffective for long-term weight loss, many Americans struggle to find sustainable weight management strategies. In this interactive seminar, learn when, what, and how to eat to maintain a healthy weight using safe and effective practices. You'll leave with sample meal plans, healthy snack options, tips on exercise and hydration, and real-life guidance to help change your habits today!

TOOLS FOR TODAY

In the wake of recent years, prioritizing our mental and physical health is more crucial than ever in the pursuit of happiness. During this seminar, you'll learn about best practices proven to enhance our lives. You'll also have the opportunity to share your own tools for personal fulfillment, including mindfulness, healthy eating, sleep routines, socialization, and self-care.

UNDERSTANDING FOOD LABELS

Feeling lost when reading food labels? This seminar is your guide to cutting through the confusion and making smarter, healthier choices. We'll show you how to decode nutritional facts, spot key information that supports your health goals, and break down the buzzwords, claims, and marketing tricks on food packaging. Plus, you'll learn the true meaning of food dating stamps and why checking the ingredient list is essential. Leave this seminar empowered and ready to shop with confidence, knowing exactly what's going into your cart.

UNDERSTANDING TESTICULAR CANCER: AN OVERVIEW

In this seminar, we will provide a comprehensive overview of testicular cancer, including its types, signs, and symptoms. We'll explore controllable and uncontrollable risk factors, the steps involved in the diagnosis process, and available treatment options. Additionally, we will address the emotional aspects of coping with a cancer diagnosis, offering insights and support for navigating the journey ahead. This seminar is for informational purposes only and does not provide medical advice, diagnoses, or treatment recommendations.

UNDERSTANDING YOUR IMMUNE SYSTEM

The immune system is complex and essential to healing our bodies and alerting us to injury or infection. In this seminar, you'll learn how the immune system works and what can be done to optimize its function and keep the lymphatic system flowing. You'll leave with resources to reduce chronic inflammation, minimize the impact of viruses, and understand the role of nutrition, exercise, sleep, and stress in supporting immune health.

WHAT IS ANGER?

Anger is an emotional state that varies in intensity from mild irritation to intense fury and rage. While we all experience anger, this seminar will help you reflect on your past to analyze how anger affects you today. Join this interactive seminar to discuss best practices for managing anger and avoiding feelings of resentment, leading to a happier and less stressful life.

WHAT IS PROACTIVE HEALTH?

Proactive health focuses on preventive measures, healthy lifestyle choices, and regular wellness practices to maintain optimal health and prevent illness before it occurs. By understanding and adopting proactive health strategies, you can take control of your health, reduce the risk of chronic diseases, and enhance your quality of life. Let's explore how proactive health can transform the way you live and thrive.

WHY CANCER SCREENINGS MATTER

In this seminar, we will comprehensively examine cancer, covering what it is, the risk factors, and the various treatment options available. Our primary goal is to help you better understand cancer and empower you to take a proactive approach to your health. We will delve into the importance of early detection through regular screenings, explain how different types of screenings work, and identify who should be getting them. By the end of this seminar, you'll have the knowledge to take control of your health and make informed decisions about cancer prevention and treatment.

WOMEN AND DEPRESSION

Depression is a leading cause of disability, affecting over 280 million people worldwide, with a significant proportion being women. In this seminar, we will discuss the causes, symptoms, and impact of depression, as well as ways to seek and receive help. Although depression can be reliably diagnosed, many affected individuals do not receive proper treatment. You'll learn about the barriers to treatment and strategies to overcome them for a happier, healthier life.

WOMEN'S HEALTH

While women are more likely to seek preventive medical care than men, they may not fully understand the risks of heart disease (the leading cause of death for women and strokes. This seminar will cover the preventive steps women should take at all ages to reduce medical risks. You'll gain resources to identify symptoms of breast cancer, osteoporosis, and menopause, as well as seven overall fitness steps for a healthier lifestyle.

WORKDAY WORKOUTS

Incorporating exercise into your daily life requires achievable habits and routines attached to specific fitness goals. In this seminar, you will learn about the importance of fitness and best practices for making it part of your daily routine. Join this interactive seminar to learn about nutritional facts, develop the right attitude, set goals, and incorporate fitness into your workday.

YOGA 101

Practiced for over 5,000 years, yoga is an ancient discipline that combines physical postures, breathing techniques, and the mind-body connection. This introductory seminar offers an overview of yoga's history and the benefits of some of the most popular types of yoga in the United States. This seminar can include a guided yoga class led by a trained professional. On-site seminars may be limited due to local instructor availability.

YOU CAN BE SMOKE-FREE!

Quitting smoking has both immediate and long-lasting benefits, and there is no better time than now to develop a personal action plan to become smoke-free. You will learn about the dangers of smoking, the benefits of quitting, and what life as a non-smoker feels like. Join this life-changing seminar to minimize the side effects of quitting and access resources to help you quit smoking for good.

YOUR HEALTHY HEART

Heart disease is the leading cause of death for both men and women, with a heart attack occurring every 40 seconds in the United States. In this seminar, you will review important facts and risk factors to improve your quality of life, longevity, and overall health. This seminar will provide resources, symptom recognition for strokes and heart attacks, and key diet and nutrition guidance to reduce your risk of heart disease.



AUTHORITATIVE PARENTING

In this seminar, you will learn authoritative parenting techniques that focus on those crucial times when it's necessary to guide and structure your children's lives. We will explore the effectiveness of this parenting style and how it helps you stay attuned to your children. This interactive seminar will tackle real-life scenarios and cover communication techniques, appropriate discipline methods, and listening skills. This seminar is best suited for parents of children up to 12 years old.

CO-PARENTING

Parenting can be challenging, especially during a separation or divorce. The good news is that with planning and understanding, you can parent just as effectively as you did before. In this seminar, you will learn about the challenges and strategies for successful co-parenting, focusing on what is best for your children.

COMMUNICATING WITH YOUNG CHILDREN

In this seminar, you will learn best practices for communicating with young children. We will explore the importance of good communication for the socio-emotional development of children and what to expect at various stages. You will leave equipped to be an effective listener, understand the impact of your body language, and use humor effectively when communicating with your children.

FIRST-TIME PARENTING

Becoming a parent for the first time is both exhilarating and overwhelming. While each first-time parent's journey is unique, this seminar aims to help you be as prepared as possible. You will learn best practices and coping mechanisms for challenging periods of parenting, including dealing with lack of sleep and seeking additional support.

INTERNET SAFETY FOR PARENTS

In today's increasingly online world, children and teenagers are at risk of cyberbullying and victims of sexual predators. This seminar is essential for you to learn how to educate your children on best practices for staying safe online and recognizing suspicious activities. Join this interactive discussion and gain resources and strategies to ensure your children benefit from the internet and social networks safely.

NAVIGATING THE TEEN YEARS

Parenting teens can feel like navigating a rollercoaster, but the right tools can make the ride smoother. This seminar covers essential topics for guiding your kids through the teen years. We'll discuss understanding the gap between what's important to you and to your teen, addressing risky behaviors, conflict management, and effective parenting do's and don'ts. You'll leave with a toolkit of best practices to help you confidently manage the ups and downs of the teen years.

PARENTING YOUR CHILD WITH SPECIAL NEEDS

As a parent of a special needs child, you are your child's biggest advocate and ally. This course will address the unique challenges faced by parents in recent years, teaching strategies to cope with stress and anxiety, address behavioral issues, enhance socialization, and support your child at home. You will leave this seminar with resources to navigate the special education system and secure additional accommodations or supports for your child.

PARENTING YOUR TEEN: AT-RISK BEHAVIOR

Being a supportive parent to a teenager today involves unprecedented challenges and finding new ways to engage and empower soon-to-be adults. In this seminar, you will address the risky behaviors teens are currently engaging in and acknowledge the progress teens have made compared to previous generations. We will review the essential facts about at-risk behavior and provide a safe space for you to share fears and struggles. You will receive resources for further support and learn to identify at-risk behaviors in your teenage children.

PARENTING YOUR TEEN: CAREER AND LIFE GOALS

Discussing career exploration and identifying personal values, interests, and skills is crucial during the teenage years. This seminar will equip you with tools to discuss career and life goals with your teens, aligning them with their passions and transferable skills. The goal is to help you play a vital role in preparing and boosting your children's confidence to pursue a career that suits them best.

PARENTING YOUR TEEN: COMMUNICATION

In today's world of social media and technology, it can sometimes feel like parents and teenagers are speaking different languages. This seminar will equip you with skills to create a comfortable environment conducive to effective communication. You will learn best practices for establishing ground rules, avoiding common mistakes, and opening lines of communication to connect with your teenagers.

PARENTING YOUR TEEN: FINANCES

Designed to equip you with the skills to teach teenagers the importance of financial literacy, this seminar covers financial goal setting, budgeting, and developing autonomy with money. You will learn how your values around money influence your teens and will gain tools to help them navigate their financial futures confidently.

PARENTING YOUR TEEN: FRIENDS AND FAMILY

This seminar helps you understand the distinction between your teen's relationships with family and friends. We will discuss potential communication breakdowns, the importance of rewards and communication, and best practices and advice for families with teens.

PARENTING YOUR TEEN: GIVING BACK

Research suggests that offering love, care, and support to others leads to better mental and physical health. This seminar aims to help you foster a sense of altruism in your teens, which can result in less chronic pain, lower levels of depression, and a better overall sense of well-being.

PARENTING YOUR TEEN: MANAGING CONFLICT AND PROBLEM-SOLVING

Conflict between you and your teenagers is inevitable. This seminar explores ways to help teenagers resolve conflicts and establish guidelines for acceptable behavior. The goal is for your teen to become a mature young adult capable of making good decisions independently, allowing them to manage their lives autonomously.

PARENTING YOUR TEEN: RELATIONSHIPS

During adolescence, peer relationships intensify, and relationships with teachers and employers grow in significance while parental relationships are often challenged. This module will define relationships, review the best strategies, and discuss conflict resolution techniques to share with your teen.

PARENTING YOUR TEEN: SIBLING RIVALRY

Many parents struggle with sibling rivalry in their households. In this seminar, we will discuss strategies to lessen tensions among your children and address their rivalry for attention. We will explore habits that may encourage rivalry and how to mitigate them.

PARENTING YOUR TEEN: SOCIAL ISSUES

To understand teen social issues, you must learn what your teen is experiencing and facing. This seminar will review best practices for addressing issues such as alcohol and drug use. You will leave with important takeaways and resources to help your teens navigate these challenges effectively.

PARENTING YOUR TEEN: SUCCESS IN SCHOOL

In this seminar, you will learn which healthy habits are essential for school success, how to help teens effectively handle teachers and academics, and how to encourage organizational skills. You'll also learn to recognize signs of over-involvement or under-involvement, address discipline issues, and support your teen in dealing with peer pressure.

PARENTING YOUR TEEN: TEENS AND SPORTS

Today's teens are often drawn to sedentary entertainment like video games, TV, and other media devices. Participation in organized sports can counteract inactivity, but it's crucial to find a balance. In this seminar, we'll discuss the importance of providing balance and perspective in your teen's activities, especially as obesity rates rise in the U.S.

PARENTING YOUR TEEN: TEST ANXIETY

Test anxiety can hinder teens from demonstrating their true academic abilities. This seminar will equip you with tools to assess whether your teen is experiencing mild jitters or true test anxiety and will offer strategies to help manage that anxiety through proactive exercises.

PARENTING YOUR TEEN: TIPS FOR PARENTS OF TEENAGE DRIVERS

This seminar will review statistics on teen driving, highlight the major causes of accidents, and discuss prevention strategies. We will help you determine your teen's readiness for driving and provide proven strategies for managing and guiding your teen through this important milestone of independence.

PARENTING YOUR TEEN: UNDERSTANDING IMPORTANT HEALTH ISSUES

This candid seminar will help you understand the physical changes boys and girls undergo during puberty and how to cope with these changes. We'll also focus on supporting your teen's mental and physical health during this transitional period.

PARENTING YOUR TODDLER: COMMUNICATE, MOTIVATE, AND BUILD CONFIDENCE

The toddler stage is one of the most challenging periods in a child's development. Toddlers are constantly hitting developmental milestones, refining their physical coordination, and learning to communicate in complete sentences, all while navigating fast-changing emotions and growth spurts. Join this interactive seminar to gain best practices and support for navigating this high-energy phase of raising a toddler.

PREPARING FOR COLLEGE

Sending a child to college is a significant family milestone that will forever alter your household dynamics. This program aims to prepare you, your child, their siblings, and your significant other for this transition. Tailored for parents with high school or college-age children, this seminar offers coping mechanisms and resources to navigate this exciting but challenging time in your family.

RESILIENCY FOR THE WORKING PARENT

Resiliency in parenting is crucial not only for you but also for fostering a healthy parent-child relationship. How you respond to stressors is often more impactful than the stressors themselves. In this seminar, you will gain resources to prevent burnout, build resiliency skills, and maintain a positive balance in your personal and professional life. Learn how to manage stress levels effectively and enjoy your time with loved ones.

SINGLE PARENTING

The United States has the highest rate of children living in single-parent households. This workshop provides an opportunity for you to discuss the challenges of raising children alone and share personal stories of perseverance. Join us to learn best practices and proven techniques to ensure your children feel supported and loved while also finding personal fulfillment and time for yourself.

VAPING: WHAT PARENTS NEED TO KNOW

While cigarette smoking rates have declined, e-cigarettes and vaping have emerged as a public health crisis, particularly among teenagers and young adults. Although many believe vaping is safer than smoking, there is still limited research on its long-term health impacts. In this seminar, you will learn about the dangers of vaping, how to talk effectively with your children about it, and obtain resources and best practices for quitting vaping.

Work



ACCOUNTABILITY

Accountability involves taking responsibility for your interactions with others. In this presentation, you'll learn how embracing accountability can enhance trust and transparency in the workplace. We'll discuss the benefits and challenges of maintaining accountability and explore strategies for fostering a culture of shared responsibility. Through meaningful conversation, this seminar will equip you with tools to minimize communication breakdowns and encourage open, honest dialogue.

A GUIDE TO DOWNSIZING

Economic pressures often force companies to downsize to remain competitive. This workshop will equip you with resources and coping mechanisms to survive the impact of downsizing. Learn how to take actionable steps to move forward positively, despite the challenges.

ASSERTIVE COMMUNICATION

In this seminar, you will learn the skills and strategies of effective communication compared to poor communication and gain a better understanding of assertive communication. Together, we will review a communication model to determine the purpose, focus, and process of assertive communication methods. You will leave with resources, tips, and skills to navigate obstacles and ensure you are clear and persuasive in your interactions.

BEING TRAUMA INFORMED

Trauma isn't just an event from the past; it leaves a lasting imprint on the mind, brain, and body. This seminar will help you understand and recognize trauma to support employees and colleagues in accessing the resources they need. Even when trauma isn't immediately apparent, it's crucial to create an empathetic and safe work environment where everyone feels comfortable sharing their experiences and moving forward together.

BUILDING A TEAM BRAND

In this seminar, you will explore what great teamwork looks like and how to tap into the unique strengths of individual team members. We will identify potential barriers to team success and discuss strategies to maximize individual contributions. This seminar includes the engaging "Marshmallow Challenge" exercise (supplies are not included) to enhance teamwork and collaboration.

BUILDING YOUR PERSONAL BRAND

In this seminar, you will learn how to develop your personal brand and overcome barriers to achieving your goals. We will identify personal values and create a vision board that supports your mission, vision, strengths, and skills. The group will also collaborate on activities designed to help you establish and refine your personal brand.

BULLYING AND VIOLENCE IN THE WORKPLACE

This seminar addresses the workplace issues contributing to increased bullying and violence, such as stress from downsizing, sandwich generation challenges, and financial strains. We will discuss the warning signs and strategies for both employees and employers to cope with these issues effectively. Together, we aim to foster a safer and more productive workplace.

BUSINESS ETIQUETTE

Good manners and business etiquette are based on common sense and thoughtfulness. Treating everyone with equal courtesy and respect can enhance productivity and project a positive image and outstanding reputation in your field. You will learn best practices for business etiquette in various scenarios, including social events, emails, networking, and the importance of discretion.

BUSINESS WRITING FOR MANAGERS

Effective written communication is crucial for successful management. This seminar will teach you impactful writing strategies that convey a manager's message and goals while creating the intended image for the audience, whether they are clients, employees, or associates. You will leave with tools to ensure your writing communicates the intended message and tone effectively.

CALL CENTER STRESS MANAGEMENT

Working in a call center can be both rewarding and stressful. In today's challenging economy, stress levels can be even higher for customer service representatives. This seminar will provide insights into understanding call center stress and offer strategies to manage it successfully. You will gain tools to better handle the pressures of your role and maintain well-being in a high-pressure environment.

CAREER DEVELOPMENT STRATEGIES

This interactive seminar guides you in building an effective career development plan by focusing on self-awareness, career options, and current job skills. You will identify your true passions, learn to incorporate those passions into a personalized career action plan, and develop strategies for implementation.

CAREER TRANSITIONS

Career transitions are a natural part of professional life, whether due to downsizing, mergers, or relocations. This seminar explores all aspects of career shifts, including self-evaluation, networking, and identifying new opportunities. You will gain the tools and mindset needed to navigate job changes and build a satisfying future.

CHANGE MANAGEMENT FOR LEADERS

This training equips you with the essential tools to manage change processes and understand your crucial role in facilitating change. We will provide an overview of change management elements and define each as it relates to a leader's responsibilities. You are encouraged to share personal experiences and examples for a richer learning experience.

COACHING

Effective coaching involves a one-on-one relationship that fosters professional growth. This seminar provides you with the tools and techniques needed to become an exceptional coach, ready to help others develop their skills and achieve their goals.

COLLABORATIVE COMMUNICATION

Effective communication can enhance personal and professional relationships by enabling us to learn and grow. This interactive seminar is suitable for parents, spouses, partners, colleagues, and leaders, focusing on the difference between truly listening and merely hearing. We will share best practices and role-play scenarios to help you improve your communication skills and handle challenging conversations effectively.

COLLABORATIVE CUSTOMER SERVICE

Delivering excellent customer service through effective communication is challenging but essential. This seminar focuses on professional customer service communication skills, including effective communication and active listening. You will gain tools for stress management related to customer service roles and develop action plans for positive interactions.

COMMUNICATING CHANGE TO EMPLOYEES

Change can be daunting for your staff, but effective communication can ease the transition. This program will explore the types of changes organizations face, how to develop a communication plan, and the importance of positivity and proactivity. You will learn to communicate change successfully with empathy, active listening, and flexibility.

COMMUNICATING DURING TIMES OF CHANGE

In today's rapidly changing world, effective communication is more important than ever. This seminar equips you to communicate thoughtfully and respectfully in response to major world events. We will discuss how to share views on current topics in the workplace, recognize differing opinions, and respond thoughtfully.

COMMUNICATING IN A TECH WORLD

In today's business environment, face-to-face communication isn't always possible. Instead, you rely on conference calls, texts, and email chains, making it crucial to know which medium is appropriate for different situations. This seminar will guide you on how to use technology to communicate effectively and professionally with colleagues around the globe.

COMMUNICATION FOR MANAGERS

Effective communication is a vital skill for managers looking to be impactful leaders. From the 'One-Minute Manager' model to continuous feedback best practices, there are various approaches to mastering communication. In this seminar, you will learn and practice essential scenarios for communicating with employees, creating a positive and productive workplace environment for all.

COMMUNICATION SKILLS FOR THE WORKPLACE

Developing strong communication skills is essential for you to excel in your role and advocate for your professional goals. With practice, you can enhance your communication abilities and overcome common barriers to clarity and progress. This seminar will teach you best practices for framing conversations and guide you on what to do before, during, and after interactions to achieve your goals.

COMMUTING

This seminar covers all aspects of commuting in today's work environment. Topics include ticket purchasing, tips for traveling to and from the station, and making the most of your commuting time. You will leave with a personal plan for finding balance, addressing the emotional toll of commuting, and aligning commuting with your family's priorities.

COMPASSIONATE LEADERSHIP

This training offers you an in-depth look at leading with compassion. Join this interactive seminar to learn the positive impact of fostering a culture of empathy within your team. You will discover that genuinely caring for people leads to better feedback, professional development, and increased productivity.

COMPONENTS FOR GREAT COMMUNICATION

Great communication is multifaceted and crucial for both personal and professional success. This seminar equips you with tools and skills to excel in communication, whether making a first impression, using different styles of effective communication, or providing feedback. This step-by-step seminar will help improve your communication skills so you can thrive at work and in everyday life. Remember, success in life starts with communication!

CONCENTRATION

Have you ever driven to work but couldn't remember the trip? This seminar will explore why concentration is challenging and how to improve your focus and the power of meditation. Join this interactive seminar to learn best practices and gain resources to enhance your concentration and achieve greater self-improvement.

CONFLICT MANAGEMENT FOR EMPLOYEES

In this seminar, you will examine your roles in conflicts and understand how this self-awareness is the first step to effective conflict management. We will assess and learn strategies to "play nice in the sandbox" with a diverse range of people, thereby increasing productivity and career opportunities. You will leave with resources and best practices to be well-equipped for handling future workplace conflicts.

CONFLICT MANAGEMENT FOR MANAGERS

In this seminar, you will understand the importance of resolving conflicts with employees. Studies show that approximately 60-80% of workplace conflicts stem from strained relationships between employees and managers. Learn the essential skills to identify and amicably resolve conflicts, ultimately benefiting individual and team productivity within your organization.

CREATING A GREAT PLACE TO WORK IN TEN EASY STEPS

This seminar will provide you with a clear vision and the ten essential steps needed to create a great workplace. By following a step-by-step process, you will learn what a healthy work environment looks like. This interactive seminar encourages active participation, sharing best practices, and personal experiences.

CREATING POSITIVE WORK ENVIRONMENTS

Creating a positive work environment is critical for organizational success. In this seminar, you will explore topics such as building trust, fostering positive communication, setting clear expectations, and creative ideas for recognition and rewards. Learn how to find meaning in your work and transform your work environment into a thriving community that you enjoy. Join this lively seminar and leave with the tools to make your workplace a positive one.

CREATIVE PROBLEM-SOLVING AND DECISION MAKING

Every problem has a solution. This seminar will explore best practices and techniques for solving problems efficiently and effectively. This interactive seminar requires active involvement, encouraging you to bring real-life problems you are currently facing to apply these techniques directly to your situations.

CRITICAL THINKING

Learning to think critically enhances your ability to solve problems and view situations from multiple perspectives. In this seminar, you will learn how to ask the right questions and explore the origins and applications of critical thinking concepts in both work and private life.

CROSS-CULTURAL SENSITIVITY IN THE WORKPLACE

Ensuring your workplace is dynamic and inclusive requires continuous reflection and adaptation toward cross-cultural sensitivity. This in-depth course examines unconscious biases and aggressions that occur in the workplace and provides proactive solutions to prevent them. You will discuss the importance of fostering inclusion and addressing aggressions when they occur.

CURIOSITY

Curiosity is a vital life skill, especially in today's constantly evolving world. It drives motivation and encourages us to reach new levels in our careers and lives. In this seminar, you will learn how curiosity aids in learning and growth, the different types of curiosity, and the power of asking questions.

CUSTOMER EXPECTATIONS

Managing customer expectations is key to a successful business relationship. Understanding the perceived expectations of customers is the first step to delivering on promises and measuring satisfaction. In this seminar, you will learn how to listen to customers, ask important questions about their needs, and effectively meet those needs to ensure a successful partnership.

DARE TO BE BOLD

In today's dynamic and ever-changing world, fortune favors the bold. This seminar encourages you to set ambitious goals and create actionable plans to achieve them. In this highly motivating seminar, you'll learn to identify the barriers holding you back, discover what empowers you to move forward, and gain insights from others about goal setting and taking the next steps in personal and professional growth.

DE-ESCALATION FOR MANAGERS

Effective de-escalation requires intentional actions, clear communication, and confident body language to defuse high-stress situations. In this seminar, we'll explore practical strategies for de-escalation, providing actionable steps for managers and teams to spot early warning signs and address issues before they escalate. You'll leave with practical tools to navigate challenging situations and foster a more collaborative, solution-focused environment.

DEALING WITH CHALLENGING PEOPLE

Difficult people can turn pleasant experiences into unbearable ones. In this seminar, you will learn effective strategies for dealing with challenging individuals, including limiting and potentially removing interactions with them. This interactive seminar encourages you to share personal experiences and discuss practical solutions.

DEALING WITH THE ELEPHANT IN THE ROOM

This seminar focuses on developing the skills needed to tackle challenging conversations that might otherwise go undiscussed. You will learn to identify uncomfortable issues and approach them with tact, empathy, and clarity. This seminar is ideal for boosting productivity and improving relationships by addressing misunderstandings proactively and enhancing organizational culture.

DELEGATION

This seminar defines delegation, discusses when it is beneficial, and explores the barriers to effective delegation. Delegation is an art form and knowing how and when to apply this skill can make the workplace more productive and empowering. The interactive seminar will offer opportunities for discussion as you use a delegation pyramid to navigate the process and examine the importance of regular communication.

DISABILITY INCLUSION IN THE WORKPLACE

Nearly one in four adults in the United States live with a disability. This seminar explores the importance of creating an inclusive work environment and best practices for raising awareness. You will review the Americans with Disabilities Act and engage in a facilitated discussion on fostering inclusivity within your own workplace.

DISCIPLINE

Join us for a dynamic seminar on “The Power of Discipline,” where we’ll explore how discipline shapes every aspect of life—from personal growth and professional success to academic achievement and health. Through practical techniques and inspiring real-life stories, this seminar will demonstrate how you can harness discipline to your advantage. Expect interactive activities, engaging group discussions, and a Q&A seminar to exchange tips and experiences. By the end, you'll walk away with actionable tools and the motivation to integrate discipline into your daily life, boosting your productivity, resilience, and overall well-being.

DIVERSITY IN THE WORKPLACE

Creating and maintaining a diverse workplace enables all individuals to contribute to their full potential in pursuit of organizational goals. In this seminar, you will engage in an honest and open dialogue about the detrimental impact of demeaning behaviors and the importance of self-reflection. This seminar provides a safe space to reeducate ourselves and foster the most inclusive and productive work environment possible.

DOMESTIC VIOLENCE

Over one in three women and one in four men in the United States will face domestic abuse or violence at some point in their lives. This seminar aims to dispel myths and break stigmas associated with domestic violence, empowering you with knowledge. Key topics include understanding what constitutes domestic violence, recognizing warning signs and symptoms, identifying characteristics of an abuser, and practical steps to support yourself or others in seeking help and accessing vital resources.

DUAL-CAREER RELATIONSHIPS

Today, dual-career relationships, where both partners have careers, are increasingly common. This seminar focuses on the special attention required to maintain a healthy, productive, and loving relationship in such dynamics. You will discuss solutions and share personal experiences in this interactive seminar, covering topics like managing children, achieving work-life balance, and being a supportive partner.

DYNAMICS OF CHANGE MANAGEMENT

Change is inevitable and often stressful but learning to manage and cope with it is crucial for well-being. This seminar teaches effective strategies for dealing with change both in the workplace and personal life. We will explore core concepts related to stress, emotional and physical responses to change, and effective stress management techniques to help you take charge of the aspects that can be controlled.

EFFECTIVE INTERVIEWING SKILLS FOR INTERVIEWERS

This interactive seminar equips you with the essential skills for conducting successful interviews and creating a systematic hiring process. Topics include a review of employment laws and regulations, active listening techniques, and strategies for finding the best candidate. Through role-playing scenarios, you will learn to evaluate and compare candidates effectively to determine the best fit for your organization.

EFFECTIVE ONE-ON-ONE CONVERSATIONS

In this interactive seminar, you will learn to master clear and impactful one-on-one communication. We will examine the goals of specific conversations, how to frame them effectively, and the importance of active listening and responding. Through role-playing scenarios, you will practice giving and receiving feedback, ensuring you leave ready to conduct effective one-on-one conversations grounded in empathy and quality.

EFFECTIVE PERFORMANCE APPRAISALS

Delivering a performance appraisal can be as intimidating for a manager as it is for the employee. These meetings should not only document and evaluate employee performance but also set goals for growth and encourage open, honest dialogue about expectations. In this seminar, you will review the purpose of performance appraisals, how to efficiently prepare for them, and how to provide effective feedback.

EFFECTIVE PRESENTATION AND PUBLIC SPEAKING SKILLS

Excellent presentation and public speaking skills are essential for personal and professional success. This seminar will teach you how to prepare for successful presentations, build confidence, communicate effectively and persuasively, and engage an audience. In this interactive seminar, we will also cover mastering body language and using humor to connect with your audience.

EFFECTIVE PRESENTATION SKILLS FOR LEADERS

A leader needs to influence and inspire their team, and anyone can learn to become a more effective speaker. This seminar examines proven techniques from the most prolific orators in history, demonstrating how powerful words can empower individuals to achieve the extraordinary. Join this interactive seminar to gain resources and best practices for inspiring others.

EMOTIONAL INTELLIGENCE

Mastering our emotions is a lifelong skill essential for personal fulfillment and professional success. This seminar discusses various types of emotions, how neuroscience impacts our response to triggers, and how emotions influence our daily lives. Emotionally intelligent people are empathetic, positive, productive, and goal oriented. If you aspire to develop these qualities, this seminar is for you!

EMPATHY

What does it truly mean to show empathy? In this seminar, we'll explore the full spectrum of empathy—what it is, how to recognize it, and how to practice it meaningfully. We'll also discuss the differences between empathy and sympathy and address common barriers to showing compassion. You'll learn practical techniques to increase empathic awareness, with real-life examples from both work and home settings. Join us to deepen your understanding of empathy and discover ways to incorporate it into your daily interactions.

EQ: MAKING IT WORK FOR YOU

This interactive seminar dives deeper into the world of emotional intelligence. This in-depth seminar focuses on understanding emotions and learning to control them for a positive impact on daily situations. Note: This seminar is recommended as a follow-up to the Emotional Intelligence seminar, but it is not a prerequisite.

ETHICS AND VALUES

In our ever-changing world, it's important to ask, "What are the core values and ethics of our business world?" This workshop addresses the philosophical aspects of ethics and values through hands-on, practical approaches to events in your personal and professional life. Together, we will discuss how to demonstrate your ethics and values through your actions and deeds with colleagues, friends, and family.

EVERYTHING YOU NEED TO KNOW ABOUT LINKEDIN

In this seminar, you will learn about LinkedIn and its benefits for professional networking, growth, and discovering future opportunities. This course provides step-by-step guidance on creating a LinkedIn account, navigating the site, and leveraging various LinkedIn services and account options. You will also explore networking options and successful marketing strategies on this platform.

FOSTERING INCLUSION IN THE WORKPLACE

Inclusive work environments foster positivity and productivity. In this seminar, we will discuss how employees and managers can create and sustain an inclusive workplace. You will learn to identify behaviors, attitudes, and assumptions that may exclude or marginalize colleagues. Together, we'll explore ideas and activities to ensure everyone feels welcome and included, enriching both our work environments and personal lives.

FRESH START

Are you ready to hit the reset button and create the life you've always dreamed of? In this energetic and inspiring seminar, we'll guide you through the process of building your own personal mission statement—a powerful tool to provide fresh clarity and purpose. Whether you're starting a new journey or reimagining your path, we'll explore how to turn feelings of disappointment and excitement into fuel for your next chapter. This is your chance to take control and design the future you want, no matter where you are in life. Join us to kickstart your fresh start with confidence and positivity!

GETTING MANAGERS ENGAGED

Did you know that less than a third of employees feel engaged at work, and managers account for 70% of the reason why? It's time to change that! In this seminar, you'll learn practical strategies to become an engaged and inspiring manager who motivates their team. We'll delve into why employee engagement matters, how to kick-start the process, and the critical role trust plays in building a positive, productive workplace. Join us to transform your leadership style and create a thriving, engaged team.

GIVING CONSTRUCTIVE FEEDBACK

"Listening, Accountability, and Results" explores the critical components of giving effective feedback. This volume underscores the importance of active listening to fully comprehend the recipient's perspective. It also highlights the necessity of fostering accountability to ensure feedback translates into actionable improvements. By concentrating on tangible results, this approach aims to drive personal and professional growth. Whether you're a manager, team leader, or colleague, mastering these elements can transform feedback into a powerful tool for development and success.

HANDLING AND MANAGING CHAOS

Chaos can play a significant role in our personal and professional lives and can be a source of severe anxiety for many of us. This seminar will engage you in learning how to handle chaos, create strategies for managing it, and prevent it from overtaking your emotional well-being. Together, we will examine our preconceived notions of chaos and begin the process of welcoming it into our daily lives with practical tools and resources.

HEALTH AND WELL-BEING IN THE WORKPLACE

Learn how to enhance your health, well-being, and productivity by relieving stress through simple relaxation techniques. You will explore the science of ergonomics and learn how to prevent workplace injuries such as lifting strains, repetitive stress injuries like carpal tunnel syndrome, and screen-related issues like headaches, eyestrain, and back pain. Together, we will discuss how to maintain a healthy work-life balance, establish priorities, and emphasize the importance of healthy eating and regular exercise.

HOW TO BE AN INCLUSIVE LEADER

In this seminar, you will learn how to foster an inclusive environment and understand why it is more critical than ever. Today's challenging times require leaders to be equipped with the skills to ensure that all voices are heard in the workplace. This seminar will provide resources on addressing implicit bias, the importance of psychological safety, and best practices for creating an inclusive work environment.

HOW TO CREATE THE SECRET SAUCE: THE PERFECT TEAM

Understanding an individual's strengths and accurately predicting team interactions are crucial skills for successful leadership. In this interactive seminar, you will define the components of effective teamwork, learn how to assemble complementary team members to achieve goals, and explore strategies for handling challenges when things don't go as planned. Join us for a lively discussion on how to be a great teammate and empower those around you!

HOW TO CULTIVATE COMPASSION AND EMPATHY IN THE WORKPLACE

Demonstrating compassion is fundamental to respecting others and establishing psychological safety, essential for healthy and high-performing teams. This training emphasizes the opportunity to make a positive difference in others' lives by showing up, tuning in, and demonstrating compassion regularly. Together, we will learn how embodying these traits can positively impact your business's success.

HOW TO DELIVER AMAZING ONLINE PRESENTATIONS

First impressions are made in as little as five seconds, making it vital to be charismatic and effective as a speaker. This seminar provides you with a fundamental understanding of how to facilitate engaging online presentations for colleagues and customers. You will leave with best practices for online workplace etiquette and specific strategies to ensure video meetings are professional and productive.

HOW TO EXECUTE IN BUSINESS

Having a vision is only half the equation for business success. Leaders often falter when unsure of the steps needed to execute their strategic plans. This seminar focuses on key organizational decisions, communication skills, and motivational best practices to ensure that your business strategy is executed efficiently and aligns with your budget. You will leave equipped to turn your visions into reality.

IMPOSTER SYNDROME

Have you ever wondered, “Am I good enough?” Imposter syndrome, characterized by self-doubt and feelings of being a fraud, can prevent you from reaching your full potential. In this seminar, we’ll explore practical techniques to overcome the mental and emotional barriers that hinder you from owning your achievements. We recommend pairing this seminar with our "Thinking Traps" program for a deeper dive into tackling self-limiting beliefs. Join us to break free from imposter syndrome and step confidently into your capabilities!

INTERACTING WITH ILL COWORKERS

Having a seriously ill coworker in the workplace can be challenging for everyone involved. This seminar will teach you how to create a supportive and inclusive work environment that minimizes stress for colleagues and makes the ill employee feel supported during this difficult time. We will discuss the best ways to support an ill coworker who is continuing to work or needs time to recuperate, as well as how to ease their transition back to the workplace.

INTERVIEWING FOR INTERVIEWEES

Many job seekers overlook the importance of being selective about the organizations they apply to, despite spending a significant portion of their day at work. In this seminar, you will learn key questions to ask when planning your job search. We will practice self-reflection techniques to identify the values, interests, skills, and passions that matter most. You will also gain best practices for showcasing your strengths to future employers during interviews.

INTRO TO NEURODIVERSITY

This seminar offers a discussion on understanding and embracing the diverse ways our brain’s function. You will define neurodiversity, distinguish it from neurotypicality, and identify various types of neurodivergent minds. We will discuss the relevance of understanding neurodiversity for everyone and explore how celebrating neurodiversity can enrich our workplaces, homes, and communities.

INTRODUCTION TO SOCIAL MEDIA MARKETING

In this seminar, you will receive an overview of the most popular social media platforms that can be used to grow a business and enhance social media marketing strategies. This course will discuss the pros and cons of marketing on platforms such as Facebook, Twitter, LinkedIn, Instagram, Pinterest, Snapchat, Google, and Hootsuite. This seminar serves as a first step toward creating a comprehensive social media marketing plan for your organization.

KINDNESS

“No act of kindness, no matter how small, is ever wasted.” This seminar will equip you with self-reflective tools to define kindness in your own life. We will explore the importance of empathy and emotional intelligence and understand how acts of kindness contribute to a positive environment at work and home. You will learn how to incorporate kindness into daily interactions with friends, family, and the broader community.

LEADERSHIP

Leadership is a critical skill for success in today's work environment. In this interactive workshop, we will discuss the essential skills needed to enhance your leadership abilities, including motivating employees and effective communication strategies. You will explore the five components of emotionally intelligent leadership through discussions and role-playing exercises.

LEADERSHIP FOR WOMEN

This seminar, specifically designed for women, will address the unique challenges and needs women face in leadership roles today. You will begin with a look at historical trends of women in leadership and participate in self-assessment. You will create an action plan tailored to your current and future goals and access resources for continued success. Join this interactive seminar to share your experiences as a female leader and gain inspiration and strength from one another.

LEADING IN TIMES OF CRISIS

Certain leadership traits prove especially effective during periods of crisis. This seminar will highlight how great historical leaders have used their skills to communicate, adapt, and unite people during unprecedented events. You will leave with practical strategies and tools to calm, inspire, and motivate those who look to you for guidance during times of crisis.

LIFE IN TODAY'S UNCERTAIN TIMES

The uncertainty of today's world presents numerous challenges both at work and at home. The increased levels of stress and anxiety require leaders to be equipped with tools to make informed decisions. In this seminar, you will examine the current societal dynamics to manage a range of emotions like never before. By the end of the course, you will feel prepared to communicate with colleagues on sensitive issues, focus on self-care, and build resilience to meet the challenges of these uncertain times.

LISTENING SKILLS

Listening goes beyond hearing words—it's about understanding their meaning. Effective listening is one of the most essential skills in personal and professional relationships, significantly impacting your success. Join this interactive seminar to discover the art of active listening, learn techniques to enhance your listening abilities, and improve the quality of your interactions. Whether at work or in your personal life, honing your listening skills will help you communicate with greater clarity and connection.

MAINTAINING A HEALTH-CONSCIOUS WORKPLACE

Maintaining a health-conscious workplace provides a framework for fostering discussions and engagement around creating a healthier and more productive workplace environment. It emphasizes practical resources, organizational policies, and supportive programs available to you as an employee. Designed to be interactive rather than purely instructional, this content encourages you to reflect on your workplace culture and explore strategies for well-being.

MAINTAINING A SAFE WORK ENVIRONMENT

Ensuring employee safety should be your top priority, and it starts with strong leadership. Clear communication regarding workplace risks, standard operating procedures, unacceptable behaviors, and the consequences of these behaviors is essential for all staff. In this seminar, you will learn how to effectively handle disruptive situations and document incidents to uphold safety standards. Additionally, the seminar will cover resources and best practices specifically tailored for workplaces that serve the public and interact with clients and customers, ensuring a safe and secure environment for everyone involved.

MAKING MEETINGS EFFECTIVE

Time is our most valuable commodity, and ensuring meetings are efficient is crucial for a productive workplace. In this seminar, you will learn the key questions to ask when planning a meeting, how to make meetings shorter and more productive, and how to follow up on action items. This seminar is valuable for both meeting organizers and attendees, offering best practices to bring back to your team.

MAKING THE MOST OF A MULTI-GENERATIONAL WORKFORCE

For the first time in history, our workforce includes members from five unique generations. In this seminar, you will learn about how each generation has been shaped by history, leading to distinct characteristics and strengths. Join this interactive workshop to explore inter-generational dynamics and learn how to create a cohesive and productive workforce.

MANAGER'S GUIDE TO BURNOUT

Burnout is a serious issue affecting many of today's employees, to the extent that the World Health Organization has classified it as an occupational phenomenon. Unaddressed burnout can significantly lower work performance and harm the overall mental and physical health of employees. In this seminar, managers will learn to recognize the signs of burnout in their team members and proactively provide necessary resources to combat it.

MANAGER'S GUIDE TO CHECK-IN CONVERSATIONS

Periodic check-ins between managers and employees are invaluable for supporting your team effectively. This seminar will equip managers with tips and tools for conducting meaningful conversations with their employees. We will discuss the manager's role in supporting employees, particularly regarding mental health concerns, and define appropriate questions to assess various situations. Managers will learn when to refer employees to other organizational members, encourage outside support, and provide meaningful follow-up.

MANAGER'S GUIDE TO SELF-CARE

Contrary to the belief that the best managers always prioritize others, self-care is crucial for leaders to be effective. During this seminar, you will discuss the significance of self-care, and the mindset shift needed to prioritize your own needs. Embrace the idea that leaders must take time to unplug and recharge to be their best selves and to serve as effective role models for their teams.

MANAGER'S GUIDE TO PROMOTING FAMILY HEALTH

Employees are more dedicated to their organization when they feel their managers value them as individuals and invest in their families' well-being. This seminar will teach you how to promote healthy lifestyles for your employees and their loved ones. You will receive resources to share with your teams on topics including health insurance, emergency planning, healthy eating, and prioritizing family physical and emotional health.

MANAGING PREGNANT EMPLOYEES

Managing pregnant employees involves balancing health and wellness concerns, complying with the Americans with Disabilities Act requirements, and providing reasonable accommodations. Join this interactive discussion on supporting your team through an employee's pregnancy, maternity leave, and return to work. This seminar will offer resources to ensure your employees receive the accommodations and support they deserve during these significant life events.

MANAGING PRIORITIES TO MAXIMIZE YOUR DAY

In today's dynamic business environment, improving planning and prioritizing skills is essential. Feeling overwhelmed by competing priorities, tight deadlines, and interruptions can hinder professional growth and team performance, leading to stress and burnout. This seminar will equip you with practical skills, tools, and techniques to enhance effectiveness and productivity. Engage in this interactive seminar to apply self-analysis tools immediately for instant results.

MANAGING SOCIAL CONNECTIONS

Effectively managing social media connections is crucial for maintaining clear boundaries in professional relationships. In a competitive world, savvy internet researchers can uncover corporate strategies unintentionally disclosed on social networks. Mismanagement of social connections can lead to wrongful termination, liability for harassment, or other legal issues. You will learn how to protect your reputation and ensure a productive and respectful workplace environment.

MANAGING STRONG EMOTIONS: FOR EMPLOYEES

In this interactive seminar, you will share experiences where strong emotional reactions occurred and learn how best to navigate these situations. Understanding and managing your emotional triggers is crucial for your well-being and career advancement. You will leave equipped with techniques and strategies to maintain a professional demeanor, find positive outlets for self-soothing, and deescalate yourself in future scenarios.

MANAGING STRONG EMOTIONS: FOR MANAGERS

For leaders, maintaining a professional workplace where employees do not exhibit strong emotional outbursts in front of customers or colleagues is essential. This seminar will teach you how to recognize signs of potential outbursts, provide support to employees in crisis, and deescalate tense situations.

MANAGING VIRTUAL EMPLOYEES FOR MANAGERS

Managing teleworkers offers the opportunity to empower employees through flexible and innovative systems. However, unique challenges arise with remote and hybrid work arrangements. In this seminar, we will discuss traditional reservations managers have about work-from-home employees, the realities of today's workplace, and the characteristics of effective virtual managers and teleworkers. You will learn how to unlock the potential benefits of teleworking to enhance organizational productivity and culture.

MANAGING YOUR BOSS

Whether your boss is brilliant but easily distracted or a procrastinator who challenges deadlines, success lies in learning how to manage up. This seminar provides practical tools to assess both your and your boss's skills and work habits. You will leave with a game plan and effective communication strategies to improve collaboration, create a more productive environment, and make work more meaningful.

MENTAL HEALTH IMPACTS

Recent years have profoundly affected the mental health of employees across all industries, with many workers feeling their employers have not adequately addressed their needs. This seminar focuses on empowering you to seek mental health support and removing stigmas and barriers. Join this interactive discussion to gather resources and learn best practices for creating a personalized action plan to build a healthier organizational culture.

MENTAL HEALTH: A GUIDE FOR MANAGERS AND LEADERS

Creating a work environment that promotes positive mental health is a crucial yet often overlooked tool for empowering employees. In this seminar, you will learn what mental health is, how to identify signs and symptoms of mental illness in employees, and the leader's role in supporting their team. You will leave with tools and techniques for initiating and navigating challenging conversations, knowing when to intervene, and partnering with resources to provide support.

MENTALLY HEALTHY CULTURE: FOSTERING WORKPLACE WELLBEING

Creating a positive, mentally healthy workplace is a collective effort, and in today's fast-changing world, it's more important than ever. In this high-energy seminar, we'll explore the essentials of fostering a thriving work environment where everyone feels supported. From addressing the rise in mental health challenges to offering actionable solutions, this seminar will equip managers and employees with tools to enhance well-being, resilience, and a positive atmosphere throughout the workplace. Get ready to ignite a healthier, happier culture.

MENTORING

Mentoring is a mutually beneficial relationship with an intentional agenda to convey specific knowledge and life wisdom from one individual to another. In this seminar, you will learn about the numerous benefits of becoming a mentor and finding the right mentor for your goals. We will discuss the characteristics of a great mentor, guidelines for a successful mentorship, how to ask someone to be your mentor, and how to create a mentoring program within your organization.

MERGERS AND ACQUISITIONS

Mergers and acquisitions are common in the business world and can significantly impact the lives of employees. In this seminar, you will learn what to expect during organizational changes, find solutions to navigate through the process, and review the five phases of dealing with change. Join this interactive seminar to explore the opportunities that mergers can provide, understand the importance of self-care, and commit to the new business structure and culture.

MOTIVATE, RECOGNIZE, AND ENERGIZE EMPLOYEES

This high-energy seminar empowers you with techniques to motivate both employees and managers. We will explore how motivation and recognition lead to increased productivity through self-care, positive psychology, resilience, and laughter. You will leave this workshop with invaluable methods to make employees feel special and integral to the organization.

MOTIVATION: BRINGING OUT THE BEST

Motivation is the drive to act or work. In this seminar, you will analyze the scientific theories of motivation and their impact on our daily lives. Join this interactive seminar to discuss motivational stories that led to innovation, learn how to think creatively, and feed your mind for growth. While designed for employees, the resources and tools in this course can be adapted for managers as well.

MOTIVATIONAL INTERVIEWING

Motivational interviewing is a collaborative conversation method designed to strengthen a person's motivation and commitment to change. In this seminar, you will discover the history of motivational interviewing, effective questions and methods, and when this technique is best used for personal change. Whether your goals are to lose weight, quit smoking, improve sleep quality, or overcome gambling addictions, this seminar on motivational interviewing may be just what you need to prepare for next steps.

NEW YEAR'S RESOLUTIONS

Nearly 75% of Americans make New Year's resolutions, a tradition that dates back thousands of years! Join this informative seminar to learn guidelines for success and how to create resolutions that are meaningful and achievable. This interactive course allows you to share your resolutions, find support from your network and online resources, and develop a roadmap to stay committed all year long.

NONVERBAL COMMUNICATION

Mastering nonverbal communication is a crucial tool for conveying emotions and effectively interacting with others. In this seminar, you will learn what different body movements communicate and how to accurately read nonverbal cues in personal and professional interactions. Join us for an interactive seminar where we will share interpretations of nonverbal communication and learn how to be more self-aware of our body language in daily conversations.

ONE LIFE: EMPOWERING YOUR JOURNEY TO TRUE BALANCE (60 OR 90 MINUTES)

Alignment is the key to harmonizing your priorities, values, and goals across all areas of life, from work to personal time and relationships. By embracing synergy instead of rigid boundaries, you can cultivate well-being, enhance productivity, and live a more balanced, fulfilling life. This session will guide individuals on how to live a more balanced, purposeful, and empowered life by aligning their actions and priorities with their core values. The 90 minute offering takes a deeper dive into the concept of alignment.

OPIOID ADDICTION: MANAGER VERSION

Opioid abuse and dependence have become a national epidemic, with millions of Americans engaging in the non-medical use of prescription painkillers every month. During this training, you will learn what opioids are, the signs and symptoms of opioid abuse and dependency, and available treatment options for those struggling with addiction. Managers will also learn the steps to take if they suspect an employee has an opioid problem and the responsibilities of employers in this scenario.

OVERCOMING WORK FATIGUE

Remote work has become the new normal for many employees worldwide, offering flexibility but also presenting unexpected challenges leading to remote work fatigue. In this seminar, you will share your experiences and self-coping strategies to address video call fatigue, social isolation, and the constant availability demanded by modern technology. We will provide resources and best practices to set boundaries, incorporate socialization, and relieve work fatigue while enjoying the benefits of remote work.

PERFECTIONISM

Perfectionism can be a tough habit to break, but it's important to recognize the hidden dangers of striving for "perfection." In this motivational seminar, we'll explore why the pursuit of perfection can hold you back and discuss the importance of letting go of this behavior.

PERFORMANCE MANAGEMENT

An effective performance management process ensures employees receive the right training, support, and feedback to excel. Managers play a crucial role in this process. In this seminar, we will explore best practices and tips for successful implementation. You will leave equipped to provide coaching and developmental opportunities to your team, increasing the likelihood that employees will achieve results aligned with the organization's mission and objectives.

PRACTICAL PRODUCTIVITY

In this seminar, we will examine how current events are affecting productivity and recognize the benefits and challenges of constant connectivity. Together, we will discuss the impact of changing technology and how to be more productive using email, smartphones, and other devices.

PREPARING FOR INTERVIEWS

Interviews provide prospective employees an opportunity to showcase their skills and prove they are the most qualified candidates for the position. In this seminar, you will learn tools and techniques to make a great first impression and secure your ideal job. Join this interactive seminar to self-reflect on personal values and skill sets, prepare for interviews, and craft ideal responses to commonly asked questions, leaving a positive and lasting impression.

PREVENTING SEXUAL HARASSMENT

Employers must foster a respectful and safe workplace that does not tolerate any form of sexual harassment. In this seminar, you will explore the definition and history of sexual harassment and identify its different variations. Join this seminar to tackle this complex topic, understand examples of bullying behavior, and learn best practices for addressing sexual harassment professionally. Note: EAP also offers seminars that meet California and New York state requirements. If you have a need in one of these two states advise your EAP Client Consultant.

PROCRASTINATION

Procrastination—the act of delaying or putting off tasks—can lead to a cycle filled with remorse, panic, and excuses. In this seminar, learn to break this cycle by reflecting on your personal history of procrastination and identifying its root causes. Join this interactive seminar to discover best practices and tactics to overcome procrastination, create personalized action plans, and move forward productively!

PROFESSIONAL USE OF TEXTING

With technology at our fingertips, texting has become a common form of communication in our personal and professional lives. This seminar is designed to help both employees and managers use texting in a professional manner, ensuring clear and respectful communication.

PROFESSIONAL WRITING AND EMAIL ETIQUETTE

Capturing your recipient's attention while providing pertinent information in emails and written documents is essential in today's business world. In this seminar, learn to write compelling subject lines, follow formatting etiquette, include important content, convey emotion, and effectively utilize CCs and BCCs. Join this interactive seminar to gain tools and best practices for writing your way to success!

PRONOUNS IN THE WORKPLACE

In this seminar, explore the power of language and why using the correct pronouns is essential for fostering a safe and inclusive workplace. Learn key terms from the queer vocabulary and how to thoughtfully integrate them into daily interactions. We'll also cover steps to take if you make a mistake when addressing someone. Join us to build a more respectful and welcoming workplace by embracing inclusive language.

PSYCHOLOGICAL WELLNESS IN THE WORKPLACE

In this seminar, learn about the benefits of psychological safety for all members of your organization. Topics include creating an authentically safe space for your team to thrive and supporting colleagues struggling with mental illness. The pandemic has exacerbated mental health issues, but the stigma around mental illness prevents many from seeking help. This seminar will equip you to have important conversations and support colleagues through challenging times.

PTS IN THE WORKPLACE

In this seminar, learn about Post-Traumatic Stress (PTS and its impact on the workplace. PTS is a human condition not exclusive to veterans—many employees may currently struggle with it or have experienced it in the past. Leave with techniques to support colleagues in immediate need and strategies to break down the stigma around PTS, becoming a supportive resource for others.

QUALITY IMPROVEMENT

Quality improvement (QI is a systematic, formal approach to analyzing practice performance and striving for improvement. Leaders are responsible for empowering their organization, team, or department to be the best version of itself. Continuous improvement allows for reflection, refinement, and adaptation of current practices to implement necessary changes. In this seminar, you will be introduced to resources such as fishbone diagrams, process-mapping, and change management tools.

READING THE ROOM

Understanding your audience is essential for effective communication and engagement. This skill involves observing and interpreting the group's mood, body language, and energy, as well as understanding their needs, interests, and expectations. By attuning to these verbal and non-verbal cues, you can tailor your message to resonate more deeply, foster stronger connections, and create a more engaging, impactful experience. Whether presenting in a meeting, leading a workshop, or simply conversing, mastering this skill ensures your interactions are both meaningful and effective.

RECOGNIZING THE TROUBLED EMPLOYEE

As a leader, it's crucial to identify signs of distress within your team and have the skills to guide them to meaningful resources. In this seminar, learn to recognize when an employee is struggling with issues that can impact their work and understand the broader effects of ignoring these problems. Join this interactive seminar to gain key strategies and best practices to help your employees get the support they need and thrive in their work environment.

RENEWING YOUR PERSONAL HUMAN RESOURCES

This motivational seminar emphasizes the importance of daily self-motivation and self-care. Analyze your current work environment and reflect on your thoughts and feelings about your role. This seminar will equip you to advocate for promotions or new responsibilities that excite you, support colleagues, and stand out in your workplace.

RESILIENCE BUILDERS: WORKPLACE MENTAL HEALTH ADVOCACY

"Effective Mental Health Responder Training" is an in-depth program designed to equip you with the tools and skills necessary to create a mentally healthy and inclusive work environment. This training covers the nuances of mental health in the workplace, from identifying common conditions to addressing related challenges. At its core is the SCALES Action Plan, a step-by-step guide to mental health support that emphasizes safety, connection, affirmation, tailored responses, and empowerment. Through interactive scenarios, reflection exercises, and group discussions, enhance your empathy, active listening, and risk assessment skills, providing personalized support with respect and compassion. This seminar is five hours in duration and is broken down into one-hour segments.

RESILIENT LEADERSHIP

Recent years have pushed leaders to reconsider what it means to lead during challenging times and how to be resilient amidst constant change and uncertainty. This seminar allows you to reflect on your leadership style and provides resources to act thoughtfully, empower others, embrace challenging conversations, and use research-driven best practices in leadership development. Join this interactive seminar to discuss admirable leadership traits and learn to model resiliency for your employees and colleagues.

RESPECT FOR ALL IN THE WORKPLACE

This seminar aims to provide you with a fundamental understanding of creating an inclusive workplace and demonstrating respect for all members of an organization. An inclusive, respectful environment is a universal expectation, and this seminar highlights specific actions to show support for members of the LGBTQI+ and African American communities. Gain a deeper understanding of implicit bias, microaggressions, and code-switching.

RIDING THE CHANGE WAVE

Change is the only constant in life. In this workshop, reflect on and share the challenges you currently face, examining thoughts and feelings. The seminar will provide eight proven strategies for successfully navigating personal and professional change, along with cautionary tales of what to avoid when implementing change.

SCIENCE OF GOAL SETTING

Goal setting and willpower are conscious activities that can lead to healthier habits and new levels of success. In this seminar, review the key components and self-reflection questions needed to achieve your goals. Join this interactive seminar to understand how the brain works, create personalized road maps, and explore tools to stay motivated and create long-term behavior changes.

SEXUAL IDENTITY IN THE WORKPLACE

All employees should feel empowered to advocate for themselves if faced with inappropriate language or actions regarding their sexual identity. In this seminar, learn to create a positive, inclusive, and caring work environment. Join this interactive seminar to ask questions, learn best practices, and build a culture that encourages open conversations while respecting privacy and confidentiality.

SHIFTING PRIORITIES: BEING YOUR BEST ON A SHIFT SCHEDULE

Working non-traditional hours can significantly impact your mental, physical, and emotional health, as well as family dynamics. Variable schedules pose unique challenges but also offer numerous benefits. In this seminar, learn the importance of preparation, goal evaluation, and family cooperation and flexibility to makeshift work a great professional career choice.

STAYING CONNECTED IN TODAY'S DIGITAL WORLD

The modern paradox of technology is that it allows us to be more connected than ever, yet self-reported loneliness is at an all-time high. In this training, reflect on how technology has changed daily social interactions and affected connections with others. Join this interactive seminar to discuss the wise use of technology for building and maintaining relationships, while retaining the personal touch that makes them meaningful.

STICK WITH IT

We all have goals and aspirations that can sometimes feel out of reach. In this program, learn best practices to turn those dreams into reality by creating action plans, identifying barriers and obstacles, being flexible and resilient, and maintaining perspective. Join this highly engaging discussion to share your goals and leave with the inspiration and motivation to achieve them!

STORYTELLING

Storytelling is a powerful way to share ideas and has been part of humanity since our earliest cave paintings. Stories can inspire, bring hope, and help us better understand ourselves and our world. In this seminar, master the skill of storytelling and crafting narratives, recognized as a key skill for effective business leaders. Join us to analyze the components of a compelling story and learn how it can be an effective tool to grow your business and personal brand.

STRESS MANAGEMENT FOR HIGH BURNOUT PROFESSIONS

While all professions have varying stress levels, some jobs inherently carry higher stress and can lead to burnout. This seminar is designed to provide managers and directors with the skills needed to assess and support their employees in high-stress, high-trauma work environments. We will analyze the latest research from leading experts, including the seven signs that most strongly indicate burnout.

STRESS MANAGEMENT FOR MANAGERS

Managing your own stress levels and those of your team can be one of the most challenging aspects for you as a manager today. In this seminar, you will receive a step-by-step training guide to identify stress, recognize its impact on team morale and productivity, and implement effective stress relief techniques for leaders. This training will provide you with supplemental resources crucial for retaining top talent and making your employees feel valued and secure in discussing their stressors with you.

STRESS MANAGEMENT FOR THE NEW PROFESSIONAL

The stress of transitioning to a new profession can be difficult to manage, and having effective stress management tools is crucial for maintaining a positive outlook at work. In this seminar, you will learn how excessive stress can interfere with emotional and physical well-being and how to cope and manage stress levels effectively. Join an interactive discussion with case studies to reflect on typical stress management strategies and discover ways to improve your reactions for better performance at work and at home.

SUBSTANCE ABUSE FOR MANAGERS

Identifying and supporting employees with substance abuse issues is a crucial skill for today's managers. In this course, you will learn about current trends in substance abuse within the workforce and how to address these issues legally, sensitively, and equitably. We will discuss how to access organizational support and provide resources to ensure that your employees receive the help they need and deserve.

SUCCESS

In today's world, success takes on different meanings. This seminar will help you define success, identify skills to enhance your success, and explore what current research suggests. This interactive seminar will guide you in setting goals and creating actionable steps to achieve your personal definition of success. We will delve into recent experiences and how they have redefined success in your life.

SUCCESSFUL HYBRID WORK PRACTICES

The flexibility of work arrangements has increased greatly over the past few years. In this seminar, you will discuss the benefits and challenges of hybrid work arrangements and what to consider before making the transition. Topics include documenting your work arrangement, addressing communication needs, and understanding the potential impact of telework on your work-life balance.

SUCCESSION PLANNING

In today's fast-paced, ever-changing world, preparing for the future is more important—and challenging—than ever. This seminar will cover key concepts and terms of succession planning while addressing its unique challenges. You will also explore the emotional aspects for those transitioning out and those remaining. Join us to learn how to navigate the process with clarity and confidence, ensuring a smooth transition and a strong future for your organization.

SUICIDE AWARENESS AND PREVENTION FOR MANAGERS

This course, tailored for organizational managers, provides tools and resources to identify warning signs and implement suicide prevention programs at work. You will review myths and statistics about suicide, understand when to intervene, and learn how to get immediate help from organizational and emergency providers. You will leave this seminar equipped to handle delicate conversations and get your employees the support they need.

SUICIDE PREVENTION

In today's world, recognizing the early warning signs of suicide is critically important, and it requires a community effort. This seminar acknowledges the difficulty in discussing suicide while providing tools and resources to identify warning signs and implement prevention programs at work and in our communities. Together, we can offer immediate support to loved ones in their darkest moments and help them realize that suicide is not the only solution, even in the worst of times.

TAMING TECH

With constant access to technology, your work habits may have drastically changed, requiring careful monitoring to prevent overwhelm. This seminar encourages you to reflect on your daily technology usage and organizational skills to set and achieve new goals. As workdays lengthen for many, you will leave with tools and resources to ensure technology enhances your life rather than adds stress to it.

TEAMWORK

Effective team communication is essential for your personal and professional success. Through discussions, interactive exercises, and a debriefing seminar, you will learn to apply successful team concepts and strategies practically. Explore how teams can work together efficiently to achieve their goals and resolve conflicts. You will leave with tools and resources to inspire your teammates and collaborate effectively.

THE ART OF NEGOTIATION

Mastering the art of negotiation is essential for your professional success across various industries. This seminar offers a six-step process to successfully close deals and secure agreements. Join this interactive seminar to learn, build a strategy, and refine your negotiation techniques with additional resources, leaving motivated to apply your newfound skills.

THE IMPORTANCE OF SHOWING UP TO WORK

Employee attendance is among the top ten most valued traits by employers. Showing up for work demonstrates commitment, work ethic, and understanding of your role within the organization. This training explores the impact of absenteeism, the cost of time theft to businesses, and its effect on morale. You will learn strategies to incentivize attendance while examining the root causes of absenteeism and tardiness.

THE NEW RESUME

The average recruiter spends just five to seven seconds looking at a resume. This course is designed for you to adapt to modern search processes and harness the power of a resume as you reenter the job market. In this interactive seminar, you will learn about current best practices for resume building, digital portfolios, formatting, cover letters, and effective distribution strategies to prospective employers.

THE POWER OF PARTNERSHIP: USING AI

In an era of rapid technological advancements, Artificial Intelligence (AI) is at the forefront of innovation, revolutionizing industries and reshaping how you live and work. This seminar aims to equip you with a comprehensive understanding of AI's potential and practical applications, empowering you to leverage this transformative technology effectively.

THE POWER OF PERSUASION: HOW TO INFLUENCE OTHERS

Convincing someone to understand and accept your viewpoint involves a degree of "selling" to generate interest and enthusiasm. In this seminar, you'll learn the keys to influencing others, becoming a persuasive speaker, and adapting your style to various audiences. Join this interactive seminar to create a personal action plan and gain resources to enhance your success in professional negotiations.

THINKING TRAPS

Having control over your thoughts empowers you to accomplish your goals, but “thinking traps” can impede your productivity and passion. In this seminar, you will discover how to avoid personal and professional thinking traps through self-reflection and analysis. Learn best practices and create personalized action plans to overcome these mental pitfalls.

TRUST

Trust is the cornerstone of every relationship. In this seminar, you will define trust and recognize its essential role in maintaining meaningful relationships in your personal and professional life. This interactive seminar will discuss how to earn and maintain trust, how trust can be lost, and strategies for rebuilding it.

UNCONSCIOUS BIAS

In this seminar, you will define unconscious bias and explore its impact. This interactive seminar will feature discussion prompts, allowing you to examine biases and understand how unconscious bias is measured. We will explore the conflict between your natural inclination to categorize and the conscious drive towards diversity. You will leave with resources to self-reflect, acknowledge, and overcome these biases. Note: Live seminars on this topic will not be recorded.

UNDERSTANDING COLLEAGUES WITH AUTISM

The CDC estimates that 1 in 68 people in the United States have some level of Autism Spectrum Disorder (ASD). This training will help you identify common behaviors and best practices for supporting coworkers with ASD. Learn how to respect physical boundaries, establish structure and routine, and communicate effectively, both verbally and non-verbally.

UNDERSTANDING PERSONALITY TYPES

This seminar is designed to help you understand various personality types and their impact on behavior. Learn to identify your own personality type and enhance your interpersonal communication skills based on type preferences. Leave with resources to improve how you communicate with others and manage your own energy.

UNPLUGGING TO RECHARGE: STRATEGIES FOR COMBATING TECHNOSTRESS

Feeling overwhelmed by constant connectivity? This seminar addresses the growing issue of technostress and its effects on mental and physical health. We will identify the signs, symptoms, and underlying causes of this modern challenge. You will leave equipped with actionable strategies for setting healthy technology boundaries and managing tech habits to reclaim balance and well-being in a digital world.

USING YOUR EAP

Discover the wide range of benefits your Employee Assistance Program (EAP) offers, from counseling, to help finding childcare, legal advice, and more. This seminar will ensure you understand the ins and outs of utilizing your EAP to support both your work and personal life effectively.

VIDEO RESUME

While traditional resumes are important, a video resume can help you stand out as an innovative, out-of-the-box thinker. This course will teach you the best practices for creating an impactful video resume that showcases your credentials and makes a lasting impression on potential employers.

WHEN THE WORST HAPPENS

When tragedy strikes unexpectedly, being prepared to navigate difficult times is crucial. This seminar will teach you how to support an organization, team, or individual during a crisis, offering coping mechanisms and leadership strategies. Join this interactive seminar to become equipped to lead effectively during traumatic events.

Employee Assistance Program seminars and podcasts are designed for informational purposes only and are not meant to provide legal, financial or medical advice.



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