

Well-Being Solutions EAP On-Demand Training

These short (5-10 minutes) training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges. Just click on the title to access the video.



Are You Financially on Track for Retirement?

This on-demand training helps you determine how much you will need for retirement, your income sources, if there are any gaps, and how you can fill them.



Balancing Work And Life

Feeling overwhelmed? Looking for ways to put more “me time” into your life? This training describes practical tools to help you feel like you’ve achieved balance in your life.



Communicating Without Conflict With Your Significant Other

The way you communicate in relationships can foster trust and act as a method by which you can share problems, frustrations, fears, anxieties, hopes and successes. This module will give you practical tools to use during conflicts with the people you love.



Connecting Mind & Body for Healthy Living

Physical things you do with your body can affect the way you feel mentally. Thoughts going through your mind can affect the way you feel physically. In this module, you will learn ways to harness this mind-body connection to improve many aspects of your life.



Coping With a Crisis or Traumatic Event

Coping with a crisis is never easy, and the difficulties you face in doing so are likely quite normal. This training will help you understand what to expect as you react to a crisis, and will suggest tools to help you through it.



Emotional Eating: The Connection Between Mood and Food

Emotional eating is eating when you are not physically hungry. That sounds simple enough, but in reality, it is a challenging problem to overcome. Access the training to learn more about what causes emotional eating, and pick up tools to help you get control of it.

Contact us anytime for confidential assistance.



Exercise At Your Desk

Many people spend a large part of their day sitting in the same place. This can be a barrier to getting exercise, but it doesn't have to be. You can exercise at your desk, and this training will suggest ideas on how to do it.



From Smoker to Smoke-Free

This training is designed to help smokers quit cigarettes and stay quit for good. The training provides an overview of the five basic steps of quitting.



Healthy Eating On A Budget

This training answers questions for budget-conscious people who want to eat healthy food: Should you pay extra for organics? What should your shopping strategy be at the grocery store? How can you reduce food waste? And more.



Helping A Loved One Through Difficult Times

This training explores the needs and feelings of loved ones who are going through a difficult time. The grieving process is examined to help us better empathize as well as understand their experience. We'll also identify some "do's" and don'ts" to overcome feelings of helplessness.



Keeping Your Senior Loved One Independent and Safe

This training will help you address common safety issues in the home while supporting your loved one's autonomy and independence.



Laughter, Humor & Play To Reduce Stress & Solve Problems

You don't have to be a professional comedian to use humor to lower stress levels. This training offers practical ways to incorporate humor and play into everyday situations.



Learning To Relax

The training will allow you to learn and experience several simple relaxation tools such as progressive muscle relaxation, abdominal relaxation, breathing and visualization.



Living with Change

Whether it occurs at work or at home, change can be stressful. This training discusses the best ways for you to move through the 3 stages of change.

Contact us anytime for confidential assistance.



Managing Emotions in the Workplace

Emotions play important functions in life, but if they're not managed well, they can lead to impulsive behavior that you'll regret later. This training offers tips to help you stay in control during emotionally-charged situations.



Managing Holiday Stress

The holidays can be a time of great joy, but can also bring many stresses. This training helps you prepare for financial, emotional and other stresses so that they don't dampen your holiday spirit.



Managing Personal Finances

Understanding how to create a budget and manage your debt is important for your financial stability, and this training will help you learn the basics of these critical concepts.



Managing Staff through Change & Stress

Organizational change and stress can be hard for everyone, especially managers, who have to cope with their own stress while also supporting others. This training offers tips to help you do that.



Natural Consequences, Discipline That Works

Disciplining children may not be the most fun aspect of parenting, but it is certainly a very important one. This training describes a method of discipline that's shown to be most effective, and helps you avoid discipline pitfalls that can be counterproductive.



No Such Thing As A Perfect Parent

This training explores the problems that occur when parents try to be "Perfect Parents." It also reviews the skills of the "Good Enough Parent" including the Positive Discipline technique.



Parenting a Child with Special Needs

When you first learn that your child has a physical or mental disability or serious illness, it can be difficult to cope. This training will help you recognize that you are not alone, and provide guidance on ways to care for your child.



Stress - A Way of Life or Fact of Life?

Stress affects everybody, but the effects don't have to be damaging. A certain amount of stress is actually a good thing. This training will describe coping techniques that will help you harness the positive effects of stress without letting the health and other negative consequences interfere with your happiness.

Contact us anytime for confidential assistance.



Talking about Tough Subjects with Elderly Parents

As your parents age, you may become concerned about their safety and ability to care for themselves. These are always difficult subjects to talk about, and this training will give you some ideas on how to initiate such tough conversations.



The Psychology Behind Saving Money & Other Good Financial Habits

Most people know that it is a good idea to save money, yet they do not do it. The question is, "Why?" This training explores the psychological reasons people often do not practice the financial habits that they know would make them happier in the long run.



The Confident You

Whether it's an important business presentation or a first date, most people can use a confidence boost before heading into important events in their lives. This training offers tips to help you boost your confidence.



The Sandwich Generation - Balancing Your Personal Life with the Needs of Your Elderly Parents

The term "Sandwich Generation" was coined for a generation of people who are "sandwiched" between providing care for their aging parents while also supporting their own children.



The Impact of Attitude on Work and Life

A positive attitude can help you feel better mentally and physically. Believe it or not, there are actions you can take to improve your attitude even when times are tough. Learn about them here.



Time Management Tools and Principles

Time is a constant. No matter how hard we try, we'll never be able to add a 25th hour to our day. The key, then, is to get control of the 24 hours we do have. This training will describe prioritization and other techniques to help you make the most of your time.



The Impact of Shift Work on Mind and Body

This training will examine the research being done on mind and body regarding shift work and offer some suggestions and tips for being able to better cope with the effects of shift work.

Contact us anytime for confidential assistance.



Using Kindness To Achieve Personal Success & Happiness

When you are kind to others, you make them feel better, and in general just make the world a better place. But did you know that being kind also helps you achieve success and happiness for yourself? This training explores ideas for making kindness part of your self-betterment strategy.



Using Reason To Resolve Conflict

When anger takes over, it is too hard to address a conflict in a logical way. This training is about ways to control anger so that you can make good choices when dealing with interpersonal conflict.

Here when you need us.

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Contact us anytime for confidential assistance.