



Training Topics

EAC understands that employers must be proactive in responding to organizational change, societal forces, and the evolving marketplace. Therefore, we offer many training programs to fit your needs. Programs are interactive and one hour in length.



Improving Performance:

- Communication – tips and techniques to get your point across
- Dealing with Difficult People *
- Diversity Across Generations – getting people of all ages to work together
- Manager's Guide to EAP Referrals *
- The Art of Time Mastery
- The Challenge of Change - 3 keys to staying calm when the world around you is falling apart
- The Hidden Side of Conflict
- Ultimate Engagement – align your team for peak performance*



Improving Wellbeing:

- Beating the Winter Blues
- Constant Contact: Smartphones, Stress and You
- Living Healthy – We know we should; Why don't we do it?
- Making a Life While Making a Living – improving your work/life balance
- Mindful Meditation – 3 types of meditation that can help in your everyday life
- Stress Less – 3 secrets to stress relief now and forever
- The Power of Laughter
- Three Secrets to Avoiding Burnout
- Thriving not just Surviving the Teen Years
- Your Present Moment – Implementing Mindfulness Techniques into Your Everyday Life



Improving Compliance:

- A Culture of Respect – eliminate bullying and harassing behaviors on your team
- Identifying and Preventing Substance Use at Work*
- Planning for the Worst - Workplace Violence Prevention*

**Training can be formatted for supervisors if desired*

For complete descriptions of each training, please click [here](#).

If you are interested in scheduling or learning more about our programs, please contact us at 1.800.227.0905.