

## Ascension EAP Training Library

- Anxiety & Depression
- Bullying and Violence in the Workplace
- Burnout Prevention
- Communication
- Compassion Fatigue
- Conflict Resolution
- Coping with Change
- Diversity
- Domestic Violence
- EAP Orientation
- Emotional Intelligence
- Financial Wellness
- Food as Medicine
- Generations in the Workplace
- Goal Setting
- Harassment
- Holiday Stress
- Implicit Bias
- Kindness (Teambuilding)
- Mental Health in the Workplace
- Moral Injury
- Motivating Employees (for Leaders)
- Organizational Justice (for Leaders)
- Personalities
- Post Traumatic Stress Disorder
- Resilience (Marathon Metaphor)
- Suicide Prevention
- Sleep Well
- Stress Management
- Trauma Informed Care
- We Care: Supporting Others

This list is not exhaustive. If you have an idea, just ask! All training topics are customized to meet the needs of your organization. Most sessions take about an hour, but we have unlimited “lunch & learns” that can be done in as little as 30 minutes. In addition, we also have sessions specifically for leaders on a wide array of topics.

**Call anytime to talk about training sessions for your organization!**

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