

Ascension WI EAP Presentation List

This list is not exhaustive. If you have an idea, just ask! All training topics will be customized to meet the needs of your organization. Many training sessions last one hour or more, but we have unlimited “lunch & learns” that can be done in as little as 30 minutes. Call anytime to talk about training for your organization!

Addiction

- Alcohol & Drug Education
- Tobacco Cessation
- Caring for an Addict

Change

- Coping with Change
- Resilience
- Goal Setting

Communication

- Effective Communication
- Conflict Resolution
- Assertiveness

Compassion Fatigue

- Compassion Fatigue
- Ethics & Boundaries
- Psychological First Aid

EAP

- Orientation for Employees
- Orientation for Supervisors

Mental Illness

- Understanding Mental Illness
- Anxiety & Depression
- Post Traumatic Stress Disorder
- Suicide Prevention

Mood

- Anger Management
- Grief

Relationships

- Emotional Intelligence
- Diversity
- Personality Styles
- Parenting
- Generational Differences

Health & Wellness

- Managing Stress
- Financial Wellness
- Surviving the Holidays
- Time Management
- Food as Medicine

Work Place

- Resolving Conflict
- Effective Communication
- Generational Differences
- Professional Boundaries
- Workplace Violence Prevention
- Work Life Balance
- Personality Styles
- Harassment & Bullying
- Presenteeism
- Reasonable Suspicion
- Teambuilding

For Leaders

- Conflict Resolution
- Servant Leadership
- Emotional Intelligence
- Leading Change
- Motivating Employees
- Mental Illness in the Workplace
- Reasonable Suspicion
- Employee Performance
- Trauma Response