

Excelling at Work & Life

2022 Training Series
Presented by TriHealth EAP®



Through the *Excelling at Work & Life* series, TriHealth EAP offers training webinars designed to equip participants with skills that elevate their ability to thrive personally and professionally. Our *Excelling at Work & Life* series is offered through your employee assistance program at no cost. Several sessions, indicated by an asterisk, will be facilitated by both an EAP Clinician and a Workplace Wellbeing & Fitness Coordinator to address the topic through both a mental and physical health approach.

To register for one of the below 60-minute, virtual-training sessions, please call [513 977 2165](tel:513-977-2165), email TriHealthEAP-CST@TriHealth.com or [register online](#).

Changing Your Habits*

- Wednesday, Jan. 19, 10 a.m.
- Thursday, Jan. 27, 12 p.m.

Psychologist William James observed that ninety-nine percent of human activity occurs by mere habit. While some habits serve to free our conscious thoughts for more creative pursuits, others can lead to unhealthy habits such as smoking, overeating or continually checking our phones. This presentation explores theories related to habit development and examines practical and useful tools to help reshape negative habits into positive ones.

What's All the Hype? CBD, Vitamins & Other Approaches to Health and Well-Being*

- Wednesday, Feb. 16, 10 a.m.
- Thursday, Feb. 24, 12 p.m.

Curious about the many new products advertised to promote improved health and well-being? Can CBD replace traditional methods for pain relief? Is it safe to buy vitamins at the dollar store? This presentation will address how to be a responsible consumer and make informed decisions as to which products are safe and reliable, as well as provide tips to follow when trying a new product.

Leading Change in the Workplace

- Wednesday, April 20, 10 a.m.
- Thursday, April 28, 12 p.m.

To remain successful in today's business climate, organizations continuously must change and evolve. Change, however, can be stressful even in the best situations. This session will assist leaders in understanding the impact of change on their teams and with applying strategies to engage and support their employees through the change process.

Sleeping Well*

- Wednesday, May 11, 10 a.m.
- Thursday, May 19, 12 p.m.

Getting enough sleep is critical both to our physical and emotional well-being, yet 70 million Americans suffer from some type of sleep disturbance. This presentation will explore the importance of sleep, as well as help participants better understand what is required for restful sleep. We also will discuss common causes of sleep disruption and review helpful tips to be well rested.

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Understanding Depression*

- Wednesday, June 15, 10 a.m.
- Thursday, June 23, 12 p.m.

Chances are that someone you know has experienced or is experiencing an episode of depression, the most common form of mental illness. This session will help you recognize the signs and symptoms of depression and better understand how it differs from sadness. We will explore helpful tools for managing depression, the most effective treatments available and how to help someone who might be depressed.

Mindfulness for Anxiety

- Wednesday, Aug. 17, 10 a.m.
- Thursday, Aug. 25, 12 p.m.

This session will explore how mindfulness can benefit daily life with an emphasis on how it can assist with anxiety. In addition to learning more about the practice of mindfulness, we will focus on experiential exercises as part of this virtual training.

The Supervisor's Guide to Mental Health

- Wednesday, Oct. 19, 10 a.m.
- Thursday, Oct. 27, 12 p.m.

Mental health and substance abuse problems often appear in the form of employee performance issues, affecting work quality, attendance, behavior or relations with co-workers or supervisors. This training is designed to help supervisors understand the impact of substance abuse and behavioral health issues in the workplace, as well as recognize how those issues are manifested while on the job. It will include instruction on how supervisors can manage an impaired employee in a safe and effective manner.

Managing Holiday Stress & Grief: A Multi-Faith Perspective

- Wednesday, Nov. 9, 10 a.m.
- Thursday, Nov. 17, 12 p.m.

Grief and loss often are felt strongly during the holidays, as families and relationships change or loved ones pass away. Faith is one resource that helps people cope with these experiences. Join us as we consider how faith and psychology together can help us manage holiday stress, grief and loss.

Please Note: The [Excelling at Work & Life](#) series is subject to change. You will receive advance notification of any modifications to topics, dates or times.



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