

2024 HEALTH AND WELLNESS PRESENTATIONS

PRESENTATIONS FOR EMPLOYEES

The Art of Parenting Younger Kids

Children constantly absorb the world during their formative years, and parents must adapt to the increased unpredictability as their toddler starts to explore their surroundings with more curiosity. This presentation delves into child development and what to expect at typical milestones and transitions. We'll review communication techniques that work best with younger children and effective parenting strategies that help kids develop social skills and healthy habits.

Better Together: The Benefits of Belonging NEW!

We all crave to be a part of something, to fit in, and to be respected for who we are. This presentation explores this vital sense of belonging, ways to spread more belongingness within our work and life communities, and how to influence others to do the same.

Bullying in the Workplace

Bullying doesn't happen only to children, in schools, and on the playground. Adults experience bullying, too, and it occurs at work more than you may realize. This presentation offers guidance to anyone who is the target of or witness to bullying and provides insight on identifying, reporting, and handling workplace bullying behavior.

Caring for Adult Loved Ones

When an adult loved one becomes ill or injured, we often assume the role of caregiver without question. But the path ahead is unpredictable, and things can quickly go from dutiful to daunting, especially for first-time caregivers. This presentation takes participants on a guided tour of caregiving essentials to help navigate the winding road of caring for older loved ones.

Civility in the Workplace

Civility is a timely concern, and a civil workplace can help mitigate stress and increase collaboration. This presentation highlights the ways each of us can contribute to building and maintaining workplace civility.

Contending with Change

The presentation discusses the effects of change, aims to help participants assess their attitude toward it, and offers practical techniques for dealing with change.

Coping with Downsizing and Job Loss

This presentation identifies common stress symptoms experienced during downsizing and job loss and offers strategies to address them.

Cultivating Contentment NEW!

Better mental health is linked to contentment and life satisfaction. While we can't be completely content all the time, we can be proactive and take conscious steps toward it. Join us to explore how contentment can positively affect your well-being and get tips and resources for cultivating more of it each day.

Dealing with Challenging Interactions

Life continually presents us with interpersonal challenges in the form of different behavioral styles. Aggressive, passive, and passive-aggressive styles can be particularly to handle. This presentation suggests ways to deal with various behavior styles and offers tips to manage reactions.

Depression: Beyond the Blues

This presentation focuses on distinguishing depression from the blues. It aims to educate participants about the warning signs and risk factors for depression, treatment methods, and getting help for themselves or a loved one.

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Effective Communication

This presentation examines the power of verbal and non-verbal communication, discusses the tools of active listening and assertive communication, and offers strategies for handling sensitive or contentious interactions.

Effects of Intimate Partner Violence

According to the National Commission on COVID-19 and Criminal Justice, there has been a rise in intimate partner violence (IPV) since 2020. To improve awareness and understanding of relationship violence, this presentation reviews our nation's latest statistics, dispels common IPV myths, and outlines the various types and warning signs. Participants will also learn who's most vulnerable and how and where to get help.

Establishing Equilibrium: Bridging the Work/Life Gap

Our health and well-being depend on a symbiotic balance of work and life. One area can suffer if the other looms too large. This presentation is an opportunity for participants to check in with themselves about what is and isn't working so they can take a step toward balancing the different parts of their lives.

Facing Conflict: There's No Avoiding It

Conflict is inevitable, yet many of us don't know how to handle it effectively. Some of us even avoid it at all costs. But dodging conflict isn't always the best way to resolve an issue, as avoidance can create resentment, stall progress, and stir up more conflict and tension. This presentation provides expert advice on facing challenging interactions and helpful tactics for handling everyday disagreements with civility and respect.

Facing the Fight with Your Anxiety ^{NEW!}

In the ring of life, it's natural to occasionally feel hesitant about the challenges you face. If, however, you constantly feel like you're saved by the bell or boxed into a corner by your unease, it may be anxiety knocking you down and tempting you to throw in the towel. In this presentation, we'll take off our gloves, go toe-to-toe with anxiety, and show you how to roll with the punches.

Grief and Loss: The Journey of Healing Your Heart ^{NEW!}

Loss can hit hard and hurt in ways we don't always expect. You may question whether your grief process is warranted or normal. Realistically, there's no right or wrong way to react to loss, and we all experience bereavement in our own way. This presentation offers guidance on working through these sensitive, contemplative, and sometimes confusing moments so you can begin to heal your heart at your own rhythm.

Habit or Addiction: What's the Difference?

Having routines, keeping to a schedule, and sticking to certain regimens are normal parts of daily human operation. For some people, though, what they feel compelled to do goes beyond habit and routine and into the realm of addiction. Discover the difference and how to get help for a friend, a loved one, or yourself.

The Opioid Crisis ^{UPDATED!}

This presentation provides education and awareness of our country's opioid crisis. Topics include up-to-date data, opioid addiction and symptoms, types of opioids, and the societal effects of this drug. Also covered are the steps to rehabilitation and recovery and ways to support a loved one who is going through addiction and recovery.

Pace Yourself for Productivity

Demanding responsibilities can leave us drowning and making little headway in tasks. Struggling to come up for air while sinking deeper under pressure, many may find that they're consistently one step behind, 10 minutes late, or missing deadlines. This presentation helps participants keep their heads above water with lessons on identifying timewasters, changing procrastination habits, and strategies for swimming through the day productively.

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Relationships

With much attention paid to the quality of relationships, this presentation reviews the elements of both healthy and unhealthy relationships and discusses the importance of communication and boundaries.

Return to the Worksite with Ease

Returning to a normal workplace setting after a prolonged period away can be quite an adjustment. Employees may feel anxious about getting back into a morning routine, transportation, and possibly childcare. They may even question team dynamics or have concerns about if or how they still fit within their role. This presentation addresses these and other return-to-the-worksite challenges to help make the transition easier.

STRESS MANAGEMENT AND RESILIENCE TOPICS

Burnout and Stress Management

Experiencing prolonged stress can be harmful and may lead to burnout. This presentation addresses ways to manage stress and prevent burnout.

Everyday Resilience: Stay Grounded and Stroll Past Stress ^{NEW!}

Along life's path, we're bound to encounter bumps in the road and hairpin turns that catch us off guard. We're left feeling overwhelmed and may freeze like a deer in headlights, not knowing where to go or what to do next. Tell stress to take a hike by attending this presentation that explores various routes to march confidently past daily challenges and make bigger strides toward more resilience.

Self-Care: Dealing with Stress ^{NEW!}

You've heard the directions on an airplane that, in an emergency, you should put on your mask first before assisting your child with theirs, right? This is to ensure you're better able to take care of your child and is a lesson we all should be mindful of in times of stress: take care of yourself first to better handle the stresses that lie ahead. This presentation covers types of stress and reveals self-care strategies for prevailing through it.

Stress and Trauma Exposure: Strategies for Coping

Individuals who work with victims and survivors of traumatic events may experience strong reactions, known as secondary trauma, in response to hearing about or helping those who've been affected by trauma. This presentation offers information and strategies to prevent and manage these effects.

Stress-Hardiness: Qualities that Bolster Resilience

Why are some people able to handle stress better than others, and how do they do it? Stress-hardy individuals have developed characteristics that protect them from the negative effects of stress and are more resilient to adversity. This presentation explores these traits and shows participants how to grow them over time to bolster resilience.

Suicide Awareness

This presentation acquaints participants with statistics about suicide and identifies risk factors and prevention resources.

Thoughts, Feelings, and Behaviors: How they Work Together ^{NEW!}

The way we think, feel, and act are all interconnected. At times, we fall into unproductive or negative thought patterns and allow our feelings to control our behavior. The key to disrupting these patterns is understanding the differences between your thoughts, feelings, and behaviors as well as how they relate. This presentation helps connect the dots to improve emotional regulation and develop strategies for more productive thoughts that lead to better behavior.

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Tune into Mindfulness

It's sometimes difficult to scan through the negativity we encounter each day and tune in to something more positive. Fortunately, with a bit of intentional awareness, we can learn to seek out the good. This presentation explores frequencies of mindfulness and shows participants how to dial up more positivity.

Ups and Downs of the Holiday Season

During the holidays, expectations about the "way it should be" often collide with reality. This presentation explores ways to cope with the pressures of the holiday season and offers strategies to reduce stress.

Working Effectively with Multigenerational Coworkers

While generational diversity is beneficial in any workplace, functioning effectively and attaining cohesion can sometimes be complicated for a team comprised of several age groups. Participants will better understand the value of learning from and teaching one another, appreciating each person's unique skills and experience, and finding common ground in the name of working toward a shared goal.

PRESENTATIONS FOR SUPERVISORS

Becoming a More Mindful Manager ^{NEW!}

Mindfulness has many benefits and can be an especially valuable tool for helping managers become more effective leaders. Mindful managers are more aware, present, empathetic, and better able to see things from someone else's perspective. This presentation guides managers through these qualities and discusses strategies for growing and refining them to become more mindful leaders.

Effective Feedback

Giving feedback to employees is an incredibly powerful tool. When delivered appropriately, even if it's not always positive, regular feedback enhances relationships with employees and improves overall team morale and productivity. This presentation helps managers gain desirable outcomes and happier employees by exploring practical approaches to providing thoughtful, effective feedback.

Fostering a Mentally Healthy Workplace

Fostering a mentally healthy work culture helps decrease absenteeism, reduce healthcare costs, and improve employee morale and productivity. With statistics revealing that one in four adults has a diagnosable mental health disorder, now is the time to proactively invest in supporting a healthy environment. This presentation offers insight into addressing mental health in the workplace and guidance for managing the culture to improve the quality of employees' lives at work.

Leading Starts with Emotional Intelligence

Emotional intelligence — or emotional quotient (EQ) — is the ability to manage emotions and empathize with others. A manager's awareness of how to use EQ within the workplace culture can make a difference in how employees view them as a leader. We'll discuss key EQ assets, ways to measure current EQ levels, and how to strengthen and develop the qualities that reflect a well-rounded, compassionate leader.

Managing in Difficult Situations

Conflict is an unavoidable part of life and when it occurs at work, the typical reference point is "the challenging employee." Because dealing with employees who push our buttons can be a sensitive matter, we'll review common workplace challenges and options for handling them, with the intention of fortifying the skills and strategies that foster less workplace conflict.

Psychological Safety in the Workplace ^{NEW!}

This presentation discusses the importance of psychological safety in the workplace, what you can do to promote such an environment, and how it affects your employees and the agency.

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Reaching Your Leadership Potential

Whether you are just starting out in management or have been leading others for years, there's always room for growth. This presentation offers tools to help you boost your leadership potential by identifying your strengths and values and fine-tuning your communication, coaching, and social competency skills.

Reintegration of Deployed Staff: Guidance for Managers

Returning to normalcy after a deployment can be both long-awaited and daunting. Reintegration takes time, presents unique challenges, and affects not only the deployee but their families and coworkers, as well. Contending with what's changed and how or whether they still fit within their old routine, duties, and relationships can be mentally and emotionally taxing for the employee and your team. This presentation helps supervisors prepare, manage, and attend to staff before a deployed employee returns to work, discusses transition considerations, and reviews how to recognize the signs of stress.

ORIENTATIONS

Employee Orientation: We Care, Just Call

This orientation provides an overview of services and program benefits available to employees. focuses on the nature of the EAP as a voluntary, confidential, and free benefit to employees. Also available on-demand at [FOH4You.com](https://www.foh4you.com).

Supervisor Orientation: A Supervisor's 24/7 Resource

This orientation underscores the EAP as a consultative resource for managers. We'll answer some of the most common questions we hear from managers, offer practical solutions with real examples of everyday management challenges, and provide guidance for referring employees to the EAP. Discover how confidential consultations with the EAP can help problem-solve almost any management situation, improve the interpersonal aspects of supervising, and more. Also available on-demand at [FOH4You.com](https://www.foh4you.com).

NOTE: These presentations are intended to introduce the Employee Assistance Program to a broad audience. As the EAP does not provide training, they may not be used as workforce training, and employee attendance cannot be mandatory.