

# Excelling at Work & Life

2023 Training Series  
Presented by TriHealth EAP<sup>®</sup>



Through the *Excelling at Work & Life* series, TriHealth EAP offers free training webinars designed to equip participants with skills that elevate their ability to thrive personally and professionally. Sessions indicated by \* 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. Sessions indicated by \*\* are eligible to receive State of Ohio Counselor or Social Worker CEUs.

To register for one of the below 60-minute, virtual-training sessions, please call [513 977 2165](tel:5139772165), email [TriHealthEAP-CST@TriHealth.com](mailto:TriHealthEAP-CST@TriHealth.com) or [register online](#).

## Conflict Management for Managers and Supervisors

- Wednesday, Jan. 18, 10 a.m.
- Thursday, Jan. 26, 12 p.m.

It is impossible to interact with others without disagreements or differences of opinion on occasion. Conflict is natural part of the workplace. When managed well, conflict often can be a means to arriving at better solutions and lead to improved working relationships. This training is designed to help managers and supervisors understand common causes of conflicts and lead to resolution of workplace conflict in a healthy way.

## Unplug: Take Care of Your Mind & Body and Connect with Others\*

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

Stop! Has it been more than five minutes since you checked Snapchat, Instagram, Facebook or Twitter? Do you have your cell phone in your hand right now? Many of us have become dependent on social media for news, connection to others, and entertainment. As a result, we might have neglected our health, picked up harmful habits, or forgotten our true passions. In this training, we will discuss the impact of social media in our lives, focus on alternatives, and learn relaxation tools.

## Preventing Burnout at Work and Home\*

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

Everyone experiences stress at work and at home in various ways. At times we manage that stress well and other times we do not. Feelings of chronic stress left unmanaged can lead to feelings of burnout. In this presentation, you will learn what burn out is, how to assess yourself for potential burnout, and discover tools to prevent and/or recover from burnout.

## What? Me Worry?!\* \*\*

- Wednesday, May 10, 10 a.m.
- Thursday, May 18, 12 p.m.

Most of us are familiar with the emotional habit of worry. In fact, 38% of Americans admit they worry on a daily basis. Worry itself is a normal and healthy coping mechanism, but too much worry can make us overwrought, sleepless, and unhappy. This training focuses on defining and identifying the different types of worry, describing the difference between productive and unproductive worry, and outlining strategies for how to worry less and enjoy life more.

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### Mindfulness for Depression \*\*

- Wednesday, June 14, 10 a.m.
- Thursday, June 22, 12 p.m.

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

### Building Work Relationships

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

Good work relationships are essential to our ability to do our jobs, but they also contribute to our job satisfaction. This training discusses the joys and challenges of interacting with coworkers, explores the process of making and keeping a good working relationship with coworkers, and teaches how to constructively cope with difficult co-worker situations.

### Addiction Awareness

- Wednesday, Oct. 18, 10 a.m.
- Thursday, Oct. 26, 12 p.m.

This training focuses on the disease of addiction, particularly explaining the most common questions asked about the disease of drug dependency. Issues discussed include the definition of drug and alcohol addiction; effects of addiction on the family and society, and how to help someone with addiction obtain sobriety.

### Dealing with Difficult People

- Wednesday, Nov. 8, 10 a.m.
- Thursday, Nov. 16, 12 p.m.

From time to time we all face the challenge of how to best deal with difficult people on and off the job. This program is designed to explore what makes people "difficult" and help participants develop communication strategies to deal constructively with difficult people. We will look at traits of common types of difficult people and identify strategies to assist in improving interactions with them.

**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.

To receive Ohio Counselor or Social Work CEUs, you must be able to sign onto the training session from a computer or phone that will show your name on our attendance roster.

