

# Excelling at Work & Life

2024 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. Sessions will be facilitated by EAP Clinicians, Workplace Wellbeing & Fitness Coordinators and Registered Dieticians,

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

## Find Your Voice: Stay Confident and Motivated through Life's Ups and Downs

- Wednesday, Jan. 10, 10-11 a.m.
- Thursday, Jan. 18, 12-1 p.m.

*"I can't believe she just said that to me!" "His words hurt me. I didn't know how to respond."* Have you struggled with knowing what to say, feeling confident to stand up for yourself, or being motivated to make changes? This webinar will help you advocate for yourself, gain confidence, increase your motivation, and develop goals. What a great way to start 2024!

## Marijuana: What You need to Know

- Wednesday, Feb. 21, 10-11 a.m.
- Thursday, Feb. 29, 12-1 p.m.

More and more states are legalizing marijuana for medical or recreational use. This training focuses on helping you understand the history and use of hemp and marijuana in the United States; the effects of marijuana and the extent of its use; the medical uses of marijuana; and CBD products and their similarities and differences from marijuana.

## Volunteerism (30 min presentation)

- Wednesday, April 15, 10-10:30 a.m.
- Thursday, April 23, 12-12:30 p.m.

People volunteer for many reasons. They want to make a difference in the world, change a condition, or help others. In this session, we will discuss the impact volunteering has on your wellbeing and how it can help you feel more connected to your community and provide a sense of purpose.



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### Setting and Keeping Boundaries: Where to Draw the Line

- Wednesday, May 15, 10-11 a.m.
- Thursday, May 23, 12-1 p.m.

Boundaries are the invisible lines that tell others what is acceptable and what is not. Healthy boundaries can improve mood, resilience, relationships, and time management. Without boundaries, we are left feeling misunderstood, taken advantage of, and even unloved. Explore the various types and benefits of good boundaries and get practical tips for setting boundaries in your own life.

### Holistic Health

- Wednesday, July 10, 10-11 a.m.
- Thursday, July 17, 12-1 p.m.

Holistic and Integrative health is an approach to wellness that goes beyond physical health. While physical health is an essential component of wellness, so too are emotional, spiritual, and social elements of health. We will explore multiple areas of wellness and identify traditional and holistic approaches to enhance wellness.

### Parenting Prep for Back to School

- Thursday, Aug. 1, 12-1 p.m.
- Wednesday, Aug. 7, 10-11 a.m.

Are you worrying about homework, juggling soccer practices, arguing about time on screens, packing lunches, and feeling stressed? It must be time for BACK TO SCHOOL! In this training, you will recognize the importance of establishing a routine, discuss best practices for smoother evenings, and learn how to add self-care into your busy day.

### Suicide Awareness

- Wednesday, Sept. 18, 10-11 a.m.
- Thursday, Sept. 26, 12-1 p.m.

Suicide is one of the leading causes of death in the United States. 132 people died from suicide each day on average last year. This training will discuss potential warning signs and possible risk factors. We will consider how to help yourself or someone else who may be considering suicide. Additionally, we will review how to cope with loss from a suicide.

### Sleeping Well (30 min presentation)

- Wednesday, Nov. 8, 10-10:30 a.m.
- Thursday, Nov. 16, 12-12:30 p.m.

Getting enough sleep is critical to both our physical and emotional well-being, yet seventy million Americans suffer from some type of sleep disturbance. This presentation will explore the importance of sleep and help participants develop an understanding of what is required for restful sleep. We will also look at common causes of sleep disruption and review helpful tips to improve sleep and be well rested.

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

