



Excelling at Work & Life

2026 Training Series Presented by TriHealth EAP®



TriHealth EAP's [Excelling at Work & Life series](#) offers 30-60 minute webinars that help participants build skills to succeed both personally and professionally. Sessions will be facilitated by EAP clinicians, Workplace Wellbeing & Fitness coordinators, and registered dietitians.

To register for one of the webinars below, please call [513 977 2165](tel:5139772165), email TriHealthEAP-CST@TriHealth.com, [register here](#) or scan the QR code.



Revvng Our Engines - Getting Motivated to Change

- Wednesday, Jan. 14 at 10:00 a.m.
- Thursday, Jan. 22 at 12:00 p.m.

This session empowers participants to cultivate motivation and prepare for meaningful personal or professional change. Through practical strategies and mindset shifts, attendees will gain tools to overcome resistance, build confidence, and take actionable steps toward their goals.

Talk More, Text Less: Improve Your Health through Connection

- Wednesday, April 1 at 10:00 a.m.
- Thursday, April 9 at 12:00 p.m.

This training highlights the vital role of authentic, face-to-face or voice conversations in promoting overall well-being. Participants will discover how meaningful human connection can ease stress, boost mental health, and foster stronger, more resilient relationships—far beyond what digital texting can offer.

Blueprint for Balance: Creating Work-Life Harmony

- Wednesday, May 6 at 10:00 a.m.
- Thursday, May 14 at 12:00 p.m.

Work-Life Harmony is about creating a seamless integration between your personal life and career, rather than simply balancing the two. This training explores how harmony differs from balance, practical ways to enhance your sense of harmony, and actionable tools to help you navigate times when life feels out of sync.

Tools for Thriving: Men's Mental Health

- Wednesday, June 10 at 10:00 a.m.
- Thursday, June 18 at 12:00 p.m.

Men's mental health is a critical yet often under-discussed topic. Many men face pressures from heavy workloads, long hours, limited social support, and cultural norms that discourage vulnerability. These challenges can lead to stress, anxiety, depression, substance misuse, and burnout. This training raises awareness, addresses common barriers, and equips men with practical strategies to support their mental well-being, including recognizing when and how to seek help

The Importance of Living Life on Purpose

- Wednesday, July 22 at 10:00 a.m.
- Thursday, July 30 at 12:00 p.m.

Living life on purpose means intentionally aligning your actions with your core values to create an authentic, fulfilling life. It's about setting clear goals, taking consistent steps toward them, sharing your unique gifts with the world, and embracing continuous growth. In this session, you'll learn how to identify your core values, evaluate priorities, and explore how adopting a growth mindset can transform your perspective and your life.

The Cost of Caring: Protecting Yourself from Vicarious Trauma

- Thursday, Aug. 6 at 12:00 p.m.
- Wednesday, Aug. 12 at 10:00 a.m.

Vicarious trauma—often referred to as the '*cost of caring*' or '*compassion fatigue*'—arises when professionals internalize the emotional pain and trauma of those they serve. Left unmanaged, it can lead to heightened stress, burnout, and emotional exhaustion. This session explores practical strategies to recognize early signs, build resilience, and maintain wellbeing while continuing to provide compassionate care.

Understanding Adult ADHD: Building Inclusive Work Environments

- Wednesday, Oct. 7 at 10:00 a.m.
- Thursday, Oct. 15 at 12:00 p.m.

We often think of Attention-Deficit Hyperactivity Disorder (ADHD) as a classroom challenge, but untreated ADHD can significantly affect wellbeing and productivity in the workplace. This session explores the impact of ADHD on professional life and provides practical strategies to improve focus, reduce frustration, and create a more supportive work environment.

Exploring Mindfulness in our Daily Lives (30 minutes)

- Wednesday, Dec. 9 at 10:00 a.m.
- Thursday, Dec. 17 at 12:00 p.m.

Mindfulness is the practice of being fully present and aware—without judgment—in each moment. It helps us engage deeply with our experiences, fostering calm, clarity, and resilience. This session will explore practical ways to integrate mindfulness into daily life and include hands-on exercises to help participants experience its benefits firsthand

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