



TotalCare EAP
Public Safety EAP
Educators' EAP
Higher Ed EAP
HealthCare EAP
Union AP

ESI Client Referral Training Options

1. Introduction to Mindfulness

Duration: 1 hour

In our busy lives, and these challenging times, it can be hard to be mindful and easy to be on “autopilot.” Participants will explore what mindfulness is, identify its many benefits, and how to bring mindfulness to our daily lives to become present, resilient and manage stress more effectively. This training will include interactive practices and discussion.

2. Stress and Resilience

Duration: 1 hour

This workshop provides a new way to think about stress and focuses on strengthening your resiliency skills. It focuses on how you can change your response to stress and offers various techniques for relaxation and mindfulness. This is an interactive and experiential session with a menu of options that can be offered depending on the audience and time allowed.

3. Emotional Intelligence in the Workplace

Duration: 1 hour

In this one-hour, introductory seminar, we will cover the definition of emotional intelligence, why it is so important, misconceptions, and the five emotional intelligence competencies: self-awareness, empathy, social skills, self-regulation, and motivation. Case Studies and Strategies will be reviewed to increase skills.

4. Building Effective Work Teams for Managers

Duration: 1 hour

Effective teams have the power to make your organization more productive and competitive. In this one-hour training, we will provide supervisors with some basic tools and strategies to help them build teams that are more effective.

5. Navigating Change

Duration: 1 hour

In an ever shifting and often uncertain world, we are called upon to navigate change. Whether in the workplace or in our personal lives, change can be very disconcerting and create stress. This training explores characteristics of change, our reactions to change, and healthy ways to cope with change. This training can be coordinated with Human Resources in relation to a specific change that has occurred or is about to occur in the organization.

6. Balancing Work & Personal Lives

Duration: 1 hour

“Life balance” means successfully distributing your time and energy across the key areas of your life. This seminar will help you identify your priorities, aid in setting personal and professional goals and offer strategies to address potential obstacles that may arise in the process of achieving them.



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7. Effective Communication

Duration: 1 hour

This seminar will define the process of healthy communication. Communication styles will be identified, barriers to healthy and effective communication addressed, and active listening skills highlighted. Participants will learn helpful strategies to clarify requests, re-frame negative thinking, and communicate in a respectful, approachable, and professional manner.

8. Compassion Fatigue/Self-Care

Duration: 1 hour

In this one-hour training, participants will learn the definition, symptoms and causes of compassion fatigue. The impact on the individual and the team will be discussed, and self-care strategies will be presented. This training is primarily intended for healthcare professionals.

9. Managing Stress and Burnout

Duration: 1 hour

So many of us are struggling significant financial issues, caregiving concerns, grief, anxiety, relationship issues, parenting, work challenges and more. In this one-hour virtual presentation we will learn self-care techniques to reduce stress and burnout.

10. Learning to Relax

Duration: 45 Minutes

Relaxation is an essential piece of self-care but is not always easy to achieve. Throughout this training we will explore the importance, effects, and benefits of relaxation. Various methods of relaxation will be reviewed, and participants will experience and learn deep muscle relaxation and guided imagery relaxation techniques.