

Employee Assistance Program

Educational and Training Presentations

Personal and Professional Development

- Achieve Your Personal Balance
- Anxiety
- Creating a Positive Work Environment
- Dealing with Change
- Depression in Yourself and Others
- Developing Positive Self-Esteem
- Enhancing Your Morale
- Forgiveness
- Managing and Responding to Anger
- Managing Negativity
- Managing Stress and the Holidays
- Not Just Friends: Identifying and Recovering from Emotional Affairs
- Preparation for Retirement
- Professionalism
- Professional Etiquette and Courtesy
- Relaxation: Care for the Caregiver
- Relaxation Techniques for Stress Relief
- Self-Esteem
- Signs of Stress and Job Burnout
- Stress Management
- Time Management

Management and Supervisory Processes

- Bullying in the Workplace
- Common Errors in Supervision
- Depression in the Workplace
- Diversity in the Workplace
- Having Fun in the Workplace
- How to Inspire and Motivate Employees
- Keys to Change in the Workplace
- Leadership
- Leading with a Positive Attitude
- Management vs. Leadership
- Managers as Leaders
- Mentorship
- Policy Development for Today's Technology
- Realizing Employees Worth
- Shift Work: Stress Management
- Sexual Harassment in the Workplace
- So, Now You're a Supervisor
- Supervisory Approaches to Conflict Resolution
- Supervisory Constructive Intervention
- Team Building
- Understanding Workplace Personalities and Generational Difference

Substance Abuse Patterns

- Behavioral Addiction
- Drug Testing in the Workplace and the Role of you EAP
- Substance Abuse and the Workplace: The Role of the Supervisor
- Substance Abuse: What It Is and Why It Exists
- Substance Abuse: Whose Problem Is It, Anyway?

Home and Family Dynamics

- Empty Nesting and Boomerang Kids
- Improving Relationships
- Parenting the Emerging Teenager

Crisis Intervention

- Critical Incident Stress Debriefing
- Dealing with Grief and Loss
- Responding to Grief and Death in the Workplace

For questions or more information on the educational and training presentations, please contact CHI St. Alexius Health Employee Assistance Program.

(701) 530-7195 or (800) 327-7195

Monday through Friday

8:00 a.m. to 5:00 p.m.

st.alexius.org

1310 East Main Street

PO Box 5510

Bismarck, ND 58506-5510