

# Employee Assistance Seminars

Topics available on-site or via webinar

## General Topics

- Avoiding Job Burnout
- Conquering the Winter Blues
- Diversity: Equity & Inclusion
- Employee Orientation
- Exploring Your Relationship with Money
- Generations at Work
- Intro to Emotional Intelligence & Awareness
- Resilience & Mental Flexibility

## Communication

- Conflict Resolution
- Customer Service
- Interpersonal Effectiveness
- Plain Language & Digital Communication

## Stress/Change

- Compassion Fatigue
- Holiday Stress
- Mindfulness Based Stress Reduction & Self Compassion
- Stress Management
- Time Management
- Working in a Changing Environment

## Work/Family/Life

- Caregiver Resources
- Raising an Emotionally Intelligent Child
- Work/Life Balance

## Career Development

- Maximizing Your Vocational Potential
- Resumes/Interviewing

## Wellness

- Healthy Sleep
- Tobacco Cessation
- Wellness at Work

## Substance Abuse

- DOT Employee Training\*
- Drug & Alcohol Awareness

## For Supervisors/Managers

- Manager's Guide to Compassion Fatigue
- Manager's Guide to Critical Incidents in the Workplace
- Managing Employees during Downsizing and Job Loss
- Mental Illness in the Workplace: A Manager's Role\*
- Supervisor / Manager Orientation

## Organizational Development\*

- DOT Supervisor Training
- Emotional First Aid in the Workplace
- Emotional Intelligence
- Enhancing Team Effectiveness through Communication
- Maintaining a Safe & Professional Workplace
- Reasonable Suspicion
- Team Building

All topics are 1 hour with the exception of Organizational Development.

**Please allow 3 - 4 weeks notice for scheduling.**

*\*Additional fees may apply.*

### For Assistance:

Call: 800-433-2320  
Text: 503-980-1777  
cascadecenters.com

