

	EAP Theme	Employee Webinar	Manager Webinar
<i>Online webinars are on the Achieve Solutions home page under Featured Items, or you can search for them by title.</i>			
January	What's Your Financial Resolution?	Take Control of Your Finances Financial stress is linked to several health issues, such as anxiety, depression, and insomnia. Learning appropriate money management skills can reduce stress levels and decrease money troubles. Available on demand January 1-31, 2017	How Employees' Finances Can Affect Job Performance Is it none of your business how well your employees manage their money? Yes and no. Personal financial issues are a significant cause of employee stress. Anxiety over money can negatively affect an employee's health and work performance. Available on demand January 1-31, 2017
February	The Loneliness Antidote: Strengthening Your Social Health	Enrich Your Social Life With Friendships Exercise, eating healthily, and practicing stress-reducing techniques are some of the ways people maintain their health. But did you know that having friends can have significant health benefits as well? Available on demand February 1-28, 2017	Strategies to Manage and Work With Employees Remotely Telecommuting and flexible work schedules are becoming increasingly common. Supervisors should set appropriate guidelines and strengthen their ability to handle challenging situations to ensure successful employee engagement and productivity. Available on demand February 1-28, 2017
March	Have No Fear	Preventing and Reducing Anxiety According to the Anxiety and Depression Association of America, anxiety disorders affect 40 million adults in the U.S. The good news is anxiety disorders are highly treatable. Available on demand March 1-31, 2017	Creating a Resilient Workforce Managers and supervisors can learn resilience skills that can benefit themselves and their team. Available on demand March 1-31, 2017
April	Overcoming Addictions	Recognizing and Overcoming Addictions There are many types of addiction from gambling to shopping to internet addiction. Learn strategies to help you overcome an addiction. Available on demand April 1-30, 2017	Using the EAP to Improve Workplace Performance Learn more about the EAP, including the services it provides, how the program works, and how it can be used as a management resource when dealing with a troubled employee. Available on demand April 1-30, 2017
May	Children's Mental Health Matters	Is This Normal Teen Behavior, or Is My Teen Depressed? Adolescence can be difficult, and it is normal for teens to feel sad, irritable, or discouraged at times. However, if these feelings don't go away or disrupt your	Preventing Suicide in the Workforce According to the International Association for Suicide prevention, most people who die by suicide are of working age. Help prevent and reduce suicide in the workplace by learning myths and misconceptions about suicide and being

		<p>teen's ability to function on a day-to-day basis, your teen may have depression.</p> <p>Available on demand May 1-31, 2017</p>	<p>able to identify suicide risk factors and warning signs.</p> <p>Available on demand May 1-31, 2017</p>
June	Pillars of Good Mind-body Health	<p>Take Control and Improve Your Health!</p> <p>Getting a flu shot or an annual check-up are just a few things you can do to stay healthy and potentially find medical issues earlier.</p> <p>Available on demand June 1-30 2017</p>	<p>Being a Supervisor Is Tough: Reduce Your Stress</p> <p>In today's competitive economy, people are experiencing more demands and more pressures in the workplace and at home. While some stress is good, excessive or chronic stress can lead to decreases in productivity, an inability to concentrate, and an increase in stress levels in your employees.</p> <p>Available on demand June 1-30, 2017</p>
July	Conflict Resolution for Healthy Relationships	<p>Healthy Ways to Resolve Conflict</p> <p>The word "conflict" often conjures negative images that inevitably lead to disastrous outcomes. But it doesn't have to be that way. This webinar assists participants in learning the principles of successful conflict management and how to apply those principles to specific personal and workplace situations.</p> <p>Available on demand July 1-31, 2017</p>	<p>Effective Communication Is Good for Business</p> <p>Research indicates that managers spend 50 percent to 80 percent of their time communicating in one way or another. This webinar will help managers learn key skills for successful communication.</p> <p>Available on demand July 1-31, 2017</p>
August	Lost and Found: Recovering From Loss	<p>Feeling Sad? Moving Forward After Loss</p> <p>At some point in our lives, we all face loss. It may be a loved one, a relationship, a job, or an ability. The aftermath can be difficult and even agonizing. Learning how to cope and adjust to your loss in a healthy manner is essential to the healing process.</p> <p>Available on demand August 1-31, 2017</p>	<p>When an Employee Is Grieving: A Guide for Managers</p> <p>Everyone deals with grief differently. However, there are several things managers can do to effectively and compassionately support a grieving employee.</p> <p>Available on demand August 1-31, 2017</p>
September	Preparing for Transitions	<p>Navigate Life's Changes</p> <p>By increasing your resilience and understanding how you cope with change, you can successfully manage and thrive through a challenging situation.</p> <p>Available on demand September 1-30, 2017</p>	<p>Fostering Resilience in Employees</p> <p>Resilience is a major factor in helping organizations and employees successfully adapt to change in the workplace. Managers and supervisors can learn resilience skills that can benefit themselves and their entire team.</p> <p>Available on demand September 1-30, 2017</p>
October	Sleep Better to Live Better	<p>Sleep Better to Live Better</p> <p>Sleep deprivation or inadequate sleep can cause serious medical conditions, such as high blood pressure, depression, and heart disease. A good sleep routine can help improve your quality of sleep and your health.</p>	<p>Less Sleep = Less Productivity</p> <p>Shift work, technology, and poor sleeping habits all can have an impact on a person's quality of sleep. Poor sleep can cause a decrease in work efficiency, an increase in accidents on the job, and an increase in</p>



		<p>Available on demand October 1-31, 2017</p>	<p>absenteeism. Learn how to recognize signs of fatigue and what you can do about it.</p> <p>Available on demand October 1-31, 2017</p>
<p>November</p>	<p>Real-life Planning for Grown-ups</p>	<p>Planning for Life Events</p> <p>Many life events cannot be controlled. However, appropriate measures can give you peace of mind.</p> <p>Available on demand November 1-30, 2017</p>	<p>Enhance Your Leadership Skills by Managing With Intention</p> <p>As a manager, your words and actions have an enormous impact on your employees. By developing specific leadership skills, you will see the performance and productivity of your entire team improve.</p> <p>Available on demand November 1-30, 2017</p>
<p>December</p>	<p>Promoting Diversity and Respect for All</p>	<p>Nurturing Respect in the Workplace</p> <p>What behaviors are acceptable in the workplace? Which are not? Business etiquette is a key competency in professional development, setting the tone for work relationships and how you are perceived by your colleagues.</p> <p>Available on demand December 1-31, 2017</p>	<p>Valuing Diversity in the Workplace: A Win-win Approach to Greater Productivity</p> <p>The American workplace includes people of diverse cultures and backgrounds, bringing a wider breadth of experience and ideas to an organization. However, it can also create a clash of cultures that brings tension, frustration, and conflict into a workgroup. It is critical that managers and supervisors learn how to effectively address issues related to workforce diversity.</p> <p>Available on demand December 1-31, 2017</p>

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