



fseap

Supporting your
Wellness Goals

- ✓ Personal Wellness
- ✓ Financial Wellness
- ✓ Lifestyle Wellness
- ✓ Workplace Wellness



2015 Edition

FSEAP provides educational and wellness sessions. These sessions are intended to be interactive and informative. They can be helpful to individuals and the organization, however deeply rooted issues need to be addressed in a more intensive manner whether they are individual or organizational in nature.



Educational sessions need to be booked a minimum of one month to six weeks in advance to allow time to promote the event and time for the presenter to schedule and prepare the presentation and handouts. Sessions can also be tailored to meet the individual needs of your organization.

Call 705.742.4258 to speak with the EAP Manager about your organization's unique needs

Personal Wellness

Assertiveness Skills

- Learn the distinction between passive, aggressive and assertive styles of communication
- Understand the risks and benefits of being assertive
- Complete an inventory of your assertiveness skill level
- Learn basic assertiveness skills

Self-Esteem

- Understand the meaning of self-esteem
- Develop strategies to improve self-esteem

The Basics of Stress Management

- Learn to identify your signs and types of stress
- Increase your awareness of techniques to manage personal stress including:
 - a) Communication and people skills
 - b) Cognitive skills
 - c) Time management skills
 - d) Self-care and work-life balance skills

Understanding Depression

- Learn about the spectrum of depressive disorders
- Understand the causes of depression and common symptoms
- Increase your awareness of the various treatment options

Seasonal Affective Disorder

- Learn what causes SAD
- Learn coping and treatment strategies for dealing with SAD

Understanding Grief and Loss

- Learn the stages of grief
- Learn strategies for managing grief and loss
- Learn how to be supportive of a bereaved co-worker

Dealing with transitions

- Identify the most common stages of change
- Develop the personal action plans to cope with change



Financial Wellness

Managing Money 101

- Create financial awareness
- Learn how to live within your means, ensuring lifestyle choices do not exceed your income
- Understand how to manage your debt load
- Know your rights with collection agencies

What's the Score?

- Understand credit ratings and how to avoid negative reports
- Discover how your credit score impacts your overall financial picture and aspects of daily life
- Get tips to improve your credit standing
- Learn how to protect yourself from identify theft

Planning for Life Transitions

- Learn tips to plan for financial changes that come with events such as a new home, baby or retirement
- Take away ideas that will help you adjust to your new financial circumstances
- Explore personal choices and financial concerns that may impact your planning

Going for Broke!

- Plan your holiday spending, celebrations and special events without bursting your budget
- Learn techniques to engage others and overcome group resistance
- Get tips for creating and sticking to a realistic special event budget

Credit and You

- Learn about different types of credit, lenders & the cost of credit
- Understand the role of credit reporting agencies, ratings & scores
- Get tips to avoid future credit problems

Surviving Tough Times

- Gain strategies for managing finances in a tough economy
- Explore steps to minimize the impact reduced income or increased expenses have on your household budget and consumer debt
- Learn options for reducing debt in a manageable way

Finances and Stress - *Recognize the Warning Signs*

- Learn to identify possible signs of financial stress in your personal finances or those of your family members and potential next steps to take action and minimize stress
- Learn your rights, understand the collection agency act and learn tips to avoid increased credit problems & strains on your personal relationships

Organize Your Finances

- Learn how to create an emergency preparedness kit for your personal financial documents
- Leave with the tools you need to create your own "Grab n' Go" personal finance kit in an environmental or medical emergency. A *MUST* workshop for everyone!

My Savings Plan: Get Started Now!

- Understand how to make SMART financial goals and inspire your motivation to attain them
- Explore your current spending patterns and identify saboteurs to saving
- Learn savvy consumer tips, banking options and questions to ask a financial planner

Lifestyle Wellness

Balancing Personal and Work Life

- Complete a life satisfaction inventory
- Learn strategies to rebalance your life based on personal beliefs and values

Lifestyle Planning for Retirement

- Increase your awareness of the emotional and psychological aspects of leaving the world of work
- Learn the importance of identifying retirement goals
- Learn how to prepare for lifestyle changes, including dealing with uncertainty and adjusting to changes in relationship as a result of retirement

Coping with Aging Parents

- Identify the signs of care-giver stress
- Understand the special stressors of the sandwich generation
- Learn how to manage decision-making dilemmas
- Become aware of emotional and practical resources to cope with the demands of the care-giver role

Creating a Positive Relationship with your Teen

- Understanding the world of teenagers
- Understanding normal teen behavior and behaviours that are cause for concern
- How to communicate with teens
- Dealing with conflict and how to develop a harmonious relationship with your teen

Managing Holiday Stress

- Take some “time out” to talk about holiday stress
- Identify your personal risk factors
- Learn coping strategies to better enjoy the holidays

Dealing with Job Burnout: Personal Strategies for Self Care

- Understand the differences between “job burnout” and just “having a bad day”
- Learn short term stress management coping skills
- Plan long term strategies for achieving work-life balance

Workplace Wellness

Coping with Shift Work

- Understand how shift work affects the employee
- Develop new ways to cope with shift work

Dealing with Difficult People

- Learn to identify difficult employees/colleagues
- Learn to communicate with difficult employees/colleagues

Leadership

- Learn to lead teams effectively
- Learn to engage employees in team work
- Learn to maintain effective teams

Psychological Health in the Workplace

- Overview of mental health issues
- Understand how mental health impacts the workplace
- Tools for identifying and helping an employee/colleague with mental health issues

Stress Busters: How to Leave a Bad Day at Work

- Understand workplace stressors and their impact
- Recognize your own workplace triggers for stress
- Explore positive coping strategies

Communicating Effectively at Work

- Overview of different types of communication
- Understand your personal conflict style
- Learn a model of effective conflict resolution



Call for more information or
to book your Wellness Topic

705.742.4258