



# fseap

## Supporting your Wellness Goals

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



2018 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. Sessions can also be tailored to meet the individual needs of your organization.



All Personal, Lifestyle and Workplace Wellness workshops are delivered by a Registered Social Worker or Registered Psychotherapist. Financial Wellness workshops are delivered by an experienced Credit Counsellor certified as an Accredited Financial Counsellor of Canada.

**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

## 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

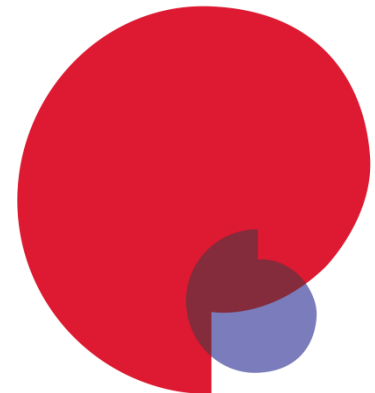
- Identify the most common stages of change
- Develop the personal action plans to cope with change

## 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

## 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



# Lifestyle Wellness

## Balancing Personal and Work Life

- Complete a life satisfaction inventory
- Learn strategies to rebalance your life based on personal beliefs and values
- adjusting to changes in relationship as a result of retirement

## 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

## 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

## The Cost of Caring: Workshops for Helping Professionals



- Understand **Compassion Fatigue, Vicarious Trauma** and **Burnout**
- Learn the warning signs and contributing factors
- Identify strategies to develop a Compassion Fatigue prevention toolkit
- Acquire Compassion Fatigue resiliency

Workshops on this topic are available in segments from one hour to a full day of training by a trained Compassion Fatigue Educator



# Financial Wellness

## Managing Money 101

- Create financial awareness and manage your debt load
- Know your rights with collection agencies

## What's the Score?

- Understand credit ratings and how to avoid negative reports
- 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
- Explore personal choices and financial concerns that may impact your planning

## Going for Broke!

- Plan your holidays, 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 and debt in a tough economy
- Explore steps to minimize the impact reduced income or increased expenses have on your household budget and consumer debt

## Finances and Stress – Recognize the Warning Signs

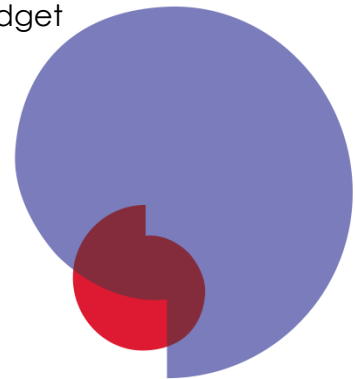
- Learn to identify possible signs of financial stress in your personal finances or those of your family members and potential next steps to take action and minimize stress
- Learn your rights, understand the collection agency act and learn tips to avoid increased credit problems & strains on your personal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

## Organize Your Finances

- Learn how to create an emergency preparedness kit for your 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 become inspired 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





# Workplace Wellness

## 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

## Supporting Employees with Mental Health Concerns



- Responsibilities of employers/employees
- Ways of intervening
- Accommodation/Return to Work Strategies

## Communicating Effectively at Work

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

## Workplace Harassment



- Overview of Workplace Harassment, Sexual Harassment, Workplace Violence and Bullying
- Strategies to respond appropriately and assertively

## 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



Call for more  
information or to  
book your  
Wellness Topic

705.742.4258