

# For the Emotional Well-Being of Your Team



## Employee Assistance Program 2025 Training Menu

### Supporting Healthy Employees

- Welcome to Your EAP!
- Balancing Work & Home
- Live Your Best Life! (Wellness 101)
- Emotional Intelligence
- Mental Health Awareness in the Workplace

### Supporting a Healthy Work Environment

- Your Communication Style Matters
- Civility in the Workplace
- Mastering Challenging Conversations
- Conflict Resolution
- Well Workplace: Respect and Anti-Harassment in the Workplace
- Diversity: A Place to Begin

### Stress Management & Resilience

- Gratitude for Life
- Mindful Moments (2-Part Series)
- Fostering Resilience

### Leadership Trainings

- Welcome to Your EAP!
- Mental Health & Suicide Awareness (Potential 2-Part Series: Leaders CARE)
- Navigating Change in the Workplace
- Fostering Resilience
- Team Building
- Mastering Challenging Conversations
- Psychological Safety
- Emotional Intelligence
- Alcohol and Other Drug Awareness (Reasonable Suspicion Training)
- DOT Drug and Alcohol Training

- Holiday Stress Management
- From Stress to Strength
- Navigating Change in the Workplace

*Consultation with your EAP representative is recommended to best identify your training needs.*

**Please contact us via email at [EAP.LiveWellBeWell@aah.org](mailto:EAP.LiveWellBeWell@aah.org)  
or call 800-236-3231.**



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