



2026 Training Menu

Employee Assistance Program

For the Growth and Well-Being of your Team

Supporting Healthy Employees

- Welcome to Your EAP!
- Mastering the Work-Home Juggle
- Live Your Best Life! (Wellness 101)
- Emotional Intelligence for Impact
- Mental Health Awareness in the Workplace

Supporting a Healthy Work Environment

- 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)
- Resilience Reset
- Finding Your Happy Holidays: Managing Holiday Stress
- Flip the Script on Stress
- Rolling with Change at Work

Leadership Training

Any of the trainings on the menu can be customized for leaders, in addition to these leader specific offerings:

- **New for 2026!** Elevating Your Leadership
- Leadership Essentials: Welcome to Your EAP
- Mental Health & Suicide Awareness (Potential 2-Part Series: Leaders CARE)
- **New for 2026!** Building Blocks for Successful Communication
- Team Building
- Psychological Safety
- Alcohol and Other Drug Awareness (Reasonable Suspicion Training)
- DOT Drug and Alcohol Training

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

Please contact us via email at EAP.LiveWellBeWell@aah.org or call 800-236-3231.