

EAP Work Life Trainings



Our trainings teach practical skills for personal and professional development.

We offer classes for both employees and leaders. Trainings last approximately 60 minutes and are taught by licensed professionals. Our web-based platform reaches a wide audience, allowing employees to participate at their personal computer, tablet, or phone. Trainings are accessible to everyone in your organization, even off-site employees. In some situations, we can provide in-person instruction.

For specific training requests by departments or organizations, we ask that there be at least 10 people in attendance and need six weeks advance notice to schedule. To schedule, please email eap@imail.org or call 801-442-3509 or 1-800-832-7733.

All EAP trainings are taught once a month as open classes for anyone to attend.

Registration is available online:



<https://intermountainhealthcare.org/services/employee-assistance-program/resources/training/>



Register by scanning the
QR code below:



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Our current training offerings are listed on the following page.

Employee Support

Becoming Your Most Resilient Self

Resiliency can be strengthened by focusing on core principles of growth such as courage, commitment to values, and recognizing what is within our control. This training focuses on characteristics, qualities, habits, and behaviors that build resilience.

Managing Life's Stress

Life can become out of balance when stress overwhelms our ability to recover. Participants will learn practical ways to manage and reduce stress by strengthening the connection between the mind and body.

Managing Conflict Effectively

Conflict is a part of our work and personal lives – it is inherent in all relationships. This training challenges participants to think differently about conflict and teaches skills to be able to address conflict more effectively.

Navigating Change and Transition

During times of uncertainty, our ability to navigate change is compromised. This training explains the human response to change and suggests skills to increase our capacity to navigate and thrive with change and uncertainty.

Compassion Fatigue: The Journey from Fatigue to Wellness

Over time, caregivers and helping professionals can become weary of the demands of their jobs resulting in irritability, cynicism, and withdrawal. Oftentimes, it is a matter of when, not if, a helping professional will be impacted. This training outlines the signs and symptoms of compassion fatigue and offers interventions to renew, recharge, and recommit to caregiving.

Managing Workplace Trauma: When What Happens at Work Won't Stay at Work

Caregivers and first responders are exposed to significant trauma and stress at work due to witnessing and hearing stories of people suffering. This is commonly referred to as Secondary Traumatic Stress. Additionally, caregivers experience Primary Traumatic Stress as a result of their caregiving work. This training identifies typical and atypical responses to trauma and explains interventions that can help manage the symptoms related to trauma exposure.

Mindfulness in the Workplace

This training is designed to educate participants about the benefits of mindfulness; which is the awareness of thoughts, feelings, and body sensations,

and then use this awareness to respond with choice rather than reactivity. The practice of mindfulness has been shown to improve health and productivity.

Developing Emotional Intelligence

Experts agree that emotional intelligence accounts for twice as much as intellectual intelligence when determining success. Key components of emotional intelligence are self-awareness, self-regulation, motivation, empathy, and social skills to name a few. This training outlines practical ways to improve emotional intelligence.

Managing Grief and Loss

We are all faced with grief and loss, and many do not know how to respond appropriately. This training will offer practical suggestions for normalizing the emotions that accompany grief, as well as teach healthy responses to grief and loss.

Disconnecting From Work

Burnout can result from a person's inability to walk away from work and engage with home life. This training looks at the obstacles that keep employees ruminating about work long after the workday has ended. Participants will learn healthy ways to disengage from work and focus on work-life balance.

Leader Support

EAP: A Valuable Resource for Leaders


This training will cover the various services offered through the EAP and how leaders can access them to help themselves and their teams in managing employee issues, adverse events, and crises that affect the workplace.

When Grief and Loss Impact Your Staff

All work teams will experience grief or loss related to a colleague at some point. This training covers best practice responses for leaders and offers tools to help them support their teams when incidents of grief and loss affect the workplace.

Managing Workplace Trauma: When What Happens at Work Won't Stay at Work (leader edition)

Caregivers and first responders are exposed to significant trauma and stress at work due to witnessing and hearing stories of people suffering. This is commonly referred to as Secondary Traumatic Stress. Caregivers also experience Primary Traumatic Stress as a result of their caregiving work. This training is designed to help leaders identify signs and symptoms of Traumatic Stress, learn how to approach staff who may be struggling, and support their teams.



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