For the Well-being of Your Team

2024 Aurora EAP Training Menu

Supporting Healthy Employees
- Welcome to Aurora 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
- Communication and Conflict Resolution
- Well Workplace: Respect and Anti-Harassment in the Workplace
- Professional Boundaries
- Diversity: A Place to Begin
- Team Building

Leadership Trainings
- Welcome to Aurora EAP!
- Leaders CARE: Mental Health Awareness & Suicide Prevention (2-Part Series)
- Navigating Change in the Workplace
- Fostering Resilience
- Understanding and Preventing Workplace Violence
- Grief in the Workplace
- Alcohol and Other Drug Awareness (Reasonable Suspicion Training)
- DOT Drug and Alcohol Training

Stress Management & Resilience
- Gratitude for Life
- An Introduction to Mindfulness
- Fostering Resilience
- Happiness and Laughter
- Holiday Stress Management
- From Stress to Strength
- Navigating Change in the Workplace
- Self-Care

Any of these topics can be customized to the needs of your team.

If you have questions or would like additional information, please contact us via email at EAP.LiveWellBeWell@aurora.org or call 800-236-3231.