Any of the bulleted topics can be customized to your team’s needs.

Supporting Healthy Employees
- Balancing Work & Home
- Live Your Best Life! (Wellness 101)
- Emotional Intelligence
- Mental Health Awareness in the Workplace

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

Supporting a Healthy Work Environment
- Interpersonal Communication Styles
- Communication and Conflict Resolution within Difficult Interactions
- The Power of Communication in the Workplace
- Fostering Respect in the Workplace
- Respect and Anti-Harassment in the Workplace
- Professional Boundaries
- Diversity: Building a Culture of Inclusion
- Team Building
- Understanding and Preventing Workplace Violence

Leadership Training
- Welcome to AAH EAP
- Navigating Change in the Workplace
- Fostering Resilience
- Grief in the Workplace
- Alcohol and Other Drug Awareness (Reasonable Suspicion Training)
- DOT Drug and Alcohol Training

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