

EAP Training Library

Ascension EAP offers a variety of training topics for your employees. If you have a topic idea that's not listed, just ask! All trainings are customized to meet the needs of your organization.

General Training:

- Anxiety & Depression
- Bullying and Violence in the Workplace
- Burnout Prevention
- Communication
- Compassion Fatigue
- Conflict Resolution
- Coping with Change
- Creating a Wellness Plan
- Diversity
- Domestic Violence
- EAP Orientation
- Emotional Intelligence
- Financial Wellness
- Food as Medicine
- Generations in the Workplace
- Goal Setting
- Gratitude
- Harassment
- Holiday Stress
- Implicit Bias
- Kindness

- Mental Health in the Workplace
- Moral Injury
- Personalities at Work
- Post Traumatic Stress Disorder
- Resilience
- Suicide Prevention
- Sleep Well
- Stress Management
- Trauma Informed Care
- We Care: Supporting Others

Leader-Focused Training:

- Change Management
- Conflict & Assertiveness
- Emotional Intelligence
- Implicit Bias
- Look, Listen, Link
- Motivating Employees
- Organizational Justice
- Personalities at Work
- Tackling Tough Behavior
- Trauma Informed Care

Most training sessions last about an hour but we can also offer sessions as a "Lunch and Learn" that can be done in as little as 30 minutes.

Call anytime to talk about training sessions for your organization!