



# Employee Training Seminars

Deer Oaks provides a variety of specialized trainings, orientation sessions, and wellness seminars to its clients each year covering a range of work/life, wellness, and EAP topics.

Call Deer Oaks today to schedule a seminar for your employees.

## Workplace Issues & Resources



- Appreciating Differences in the Workplace
- Managing Emotions in the Workplace
- Building Enthusiasm
- Bullying in the Workplace
- Conflict Resolution and Respect in the Workplace
- Conflict Resolution: Win-Win Strategies
- Coping with Domestic Violence Casework
- Coping with Obstacles and Failure
- Coping with Stress and Change
- Cultivating Initiative
- Time Management: Running From Morning 'Til Night
- Dealing Effectively with Everyday Stress
- Dealing with Difficult People
- Effective Employee and Customer Relations
- First Impressions and Conflict Resolution
- Frustration Tolerance
- Gaining Trust and Respect in the Workplace
- Assertiveness Training
- Non-Verbal Communication Skills
- Organization Skills
- Project Management
- Solving Interpersonal Conflicts on the Job
- Respect in the Workplace
- Sensitivity to Trauma
- Sexual Harassment
- Reducing Job Stress
- Telephone Etiquette
- Time Management: Handling Multiple Priorities
- Customer Service and You
- Harassment
- Violence in the Workplace: Strategies for Prevention
- Workforce Reduction-Employees
- Workplace Mobbing
- Understanding and Working with Suicidal Clients

## Family Issues & Resources



- Assisting your Elderly Parent
- Balancing Work and Family Life
- Children and Divorce
- Sandwich Generation: Care For The Caregiver
- Disciplining Children at all Ages
- Placing A Loved One In A Nursing Home
- Family Communication
- Help! My Child is a Teenager
- Help Your Child with ADHD
- Helpful Tips for Step-Parenting
- Parenting the Generation of Tomorrow
- Children With Challenges
- Disciplining With Love
- Setting Limits



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## Personal Issues & Resources



- Anger Management
- Beating the Blues
- Breaking the Cycle of Codependency
- Building Healthy Relationships
- Building Self-Esteem
- Communicating with Sensitivity
- Coping with a Friends' Terminal Illness
- Coping with Economic Decline and Governments' Reduction in Workforce
- Dealing Effectively with Everyday Stress
- Dealing with Change
- Developing Personal Resilience
- Goals and Self-Efficacy
- Stress Management: Balancing Work and Life
- Have You Become A Chronic Victim?
- Healthy Communication Patterns
- How to Recognize Depression
- Financial Stress
- Planning for Retirement
- Simplify Your Life
- Stages of Stress
- Positive Thinking-Letting Go of Negative Thoughts
- Stress, Anxiety Disorders, and Anger
- Stress, Anxiety, and PTSD
- Grief, Death and Dying
- The Art of Listening
- The Prevention of Domestic Violence

## Health Issues & Resources



- Behavioral Change: Overcoming Food Addiction
- Chemical Dependency: Recovery
- Coping with Chronic Illness and Stress
- Controlling Your Cholesterol
- Controlling Your Illness
- Coping With Stress and Change
- Eating for Nutrition and Pleasure
- Effective Techniques of Pain Management
- Exercise and Nutrition to Reduce Stress
- Smoking Cessation: A 2-hour Introductory Program
- Helping Someone Get Help with Substance Abuse
- Gambling, Exercise/Diet, Workaholics
- Overeating and Stress
- Signs of an Eating Disorder
- Sleep Deprivation
- Smoking Alternative Therapies
- Smoking Health Risks
- Substance Abuse-Signs and Symptoms
- Weight Management
- Sleep and You--Plan for a Good Night's Rest