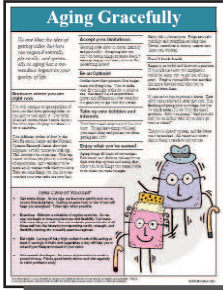




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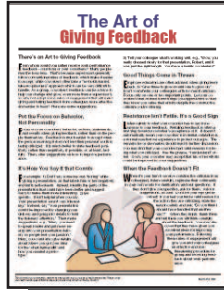
E046

Aging Gracefully

WHAT: Embracing the present; accepting limitations without elimination; moderating versus giving up on things you love; being an optimist; new hobbies; taking care of yourself; tips on

enjoying life; not looking back; much more.

WHERE TO USE: Client sessions, brown-bag luncheons.

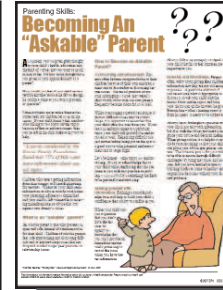


E047

The Art of Giving Feedback

WHAT: The art of giving feedback to others; focusing on behavior, not personalities; what to say, how you say it; the sandwich technique; when others resist; when feedback doesn't fit; keeping egos out of feedback.

WHEN TO USE: Team building, client sessions, off-site retreats, conflict resolution.



E048

Becoming an "Askable" Parent

WHAT: Children who aren't getting answers from their parents will go somewhere else. What is an "askable parent"? Becoming receptive. Developing skills in honesty and

directness. Arming yourself with information and understanding "TMI".

WHEN TO USE: Client counseling sessions. EAP waiting areas, health fairs.

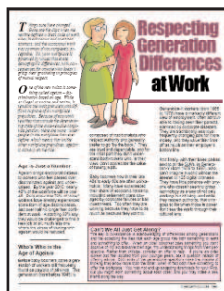


E049

Before You Quit Your Job

WHAT: Avoiding over-react to conflict; the right reasons to quit; the right reasons to quit; considering the consequences of quitting a job; being professional in letting go; not burning bridges; more.

WHERE TO USE: Counseling and individual client sessions, waiting rooms.

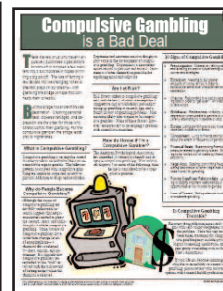


E050

Respecting Generational Differences

WHAT: "Ageism" and its cost; attitudes and values of different generations--boomers, X, Y and beyond; why we can't get along, and how to start making it happen.

WHERE TO USE: Conflict resolution, individual sessions, brown-bag seminars.

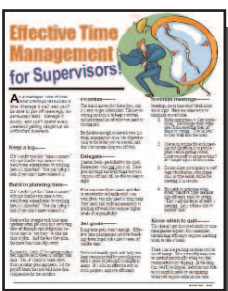


E051

Compulsive Gambling is a Bad Deal

WHAT: What is compulsive gambling; why people become gamblers. Am I at risk? Self-diagnosis, signs and symptoms. Treatment and recovery of compulsive gambling addiction.

WHEN TO USE: Individual counseling, health fairs, family counseling.



E052

Effective Time Management for Supervisors

WHAT: Supervisors who manage time well win the management game. Loads of tips, "building in" time, prioritizing, delegating, setting goals, minimizing meetings, knowing when to take a break.

WHERE TO USE: Clients sessions, training supervisors, small group work.



E053

Coming Back Home

WHAT: Managing the emotional build-up of coming home from; transitions; expectations; getting back to normal life; Ten powerful tips for families and

key issues of reuniting. **WHERE TO USE:** Family sessions, group work, health fairs, waiting rooms.



E054

Coping with a Crisis

WHAT: Crisis versus trauma. Definition and "what works" in managing crises. Is it a crisis? Staying mobilized. Steps for coping. Managing disruption. Keep-

ing structure in your life. Decision making. Signs that crisis is affecting you.

WHERE TO USE: Counseling sessions. Groups.



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E055
Coping with Divorce

WHAT: Emotions and loss; legalities; avoiding unnecessary conflict; seeking support; taking care of yourself; refocusing your energy; avoiding unhealthy coping behaviors; forgiving yourself. Moving forward.

WHEN TO USE: Client sessions, counseling, waiting rooms.

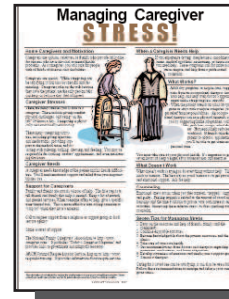


E056

When You've Been Disciplined at Work

WHAT: Discipline isn't punishment; causes of employee discipline; what to do; how to respond; seeing an opportunity for change; why the employer isn't the "bad guy."; responding with the right attitude; using the EAP.

WHEN TO USE: Individual counseling sessions

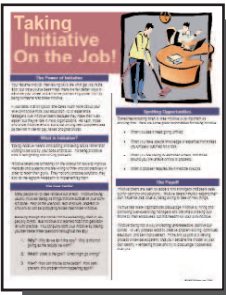


E057

Managing Caregiver Stress

WHAT: Caregivers are special, but have important needs. Types of stress; caregiver needs; avoiding denial of needs; support of caregivers; when you need help; what works!; what doesn't work!; counseling; tips.

HERE TO USE: Counseling, waiting rooms.

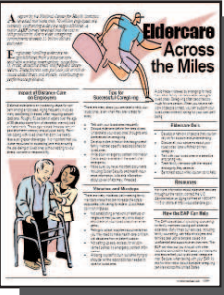


E058

Taking Initiative On the Job

WHAT: Why initiative is powerful--and it's free! What is initiative; why you don't take initiative; proactive initiative vs. initiative out of fear. Spotting opportunities

for initiative; the payoffs for everyone.
WHEN TO USE: Waiting rooms; team building.



E059

Eldercare Across the Miles

WHAT: Stressors faced by employees with long-distance eldercare responsibilities; tips for caregivers and family; mistakes and missteps of family members;

what elderly persons should do; resources.
WHEN TO USE: Counseling sessions, brown-bag presentations.



E060

Preventing Identity Theft

WHAT: Keeping personal information secure. Monitoring credit properly; shredding and protecting; guarding your SSN; responding to mail and

e-mail solicitations; password problems; credit bureaus; responding to suspicious activity.
WHEN TO USE: Waiting rooms, seminars.

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