2020 Personal Development/Work-Life Topics

ComPsych® workshops provide valuable learning for employees and increase visibility and utilization of the GuidanceResources benefit. Topics are designed and written by our internal staff of psychologists and adult learning experts. These 45-60 minute programs are informative and engaging.

A minimum of 30 days is requested for scheduling sessions to ensure the training date is available and to secure the most qualified facilitator for the selected topic. A minimum of eight participants and a maximum of 35 participants are recommended.

 GuidanceResources Program Orientation

Employee and supervisory orientations are an integral part of the ComPsych program. Based upon customer needs, employee locations, population concentration, along with HR policies, ComPsych will help facilitate a smooth schedule for program roll-out or to reintroduce the services. The purpose of these orientations is to introduce the services, stress the professional and confidential nature of the benefit, and relate the methods of accessing help.

 Personal Development/Work-Life Workshops

**Communication Skills**
- Becoming a Better Listener
- Bringing Out the Best in Others
- Civility in the Workplace
- Deescalating Potentially Violent Situations
- Effective Communication
- Friendly Persuasion: How to Get the Things You Want & Need
- Giving Effective Feedback in Personal or Work Situations
- How to Deal With a Difficult Person
- Initiating Difficult Conversations
- Learning to Say “No”
- “Let’s Talk Politics”: How to Have Impassioned Disagreements Without Damaging Relationships*
- Practicing Assertiveness
- Responding To Behavior That Makes You Feel Uncomfortable
- Using Reason to Resolve Conflict

**Parenting**
- Building Strong Relationships With Your Adult Children
- Building Your Child’s Self-Esteem
- Communicating the Tough Stuff to Your Child: Drugs, Alcohol, Sex and Peer Pressure
- Discipline That Works
- The Emotionally Healthy Teen: Dealing With Issues of Substance Abuse, Depression, Suicide and Eating Disorders
- Encouraging Kids to Be Active
- Engaging in Creative Play With Children
- Establishing Bedtime Routines That Work
- Extracurricular Activities: How Much Is Too Much
- Getting Through the Stages of Pregnancy
- Helping Children Cope With Grief
- Helping Children Develop Strong Ethics and Values
- Helping Your Child Set Goals for the Future
- Kids and the Internet: Becoming a Cyber-Savvy Parent (Webinar Only)
- Kids and Meals: It Doesn’t Have to Be a Battleground
- No Such Thing as Perfect Parent
- The Parent as Role Model
- Parenting a Child With Special Needs
- Parenting Toddlers
- Parenting Your College Age “Kids”
- School’s Out: Getting Everyone Through the Summer
- Sibling Rivalry
- Standing Tall: Handling Bullies at School
- Talking To Kids About Violent Events With Widespread Media Coverage*
- Talking To Your Child About Tough Issues Affecting the Family
- The Successful Single Parent
- Teaching Your Kids How to Manage Money
- Teenage Rebellion

**Older Adult Care**
- Caring From a Distance
- Helping Your Senior Loved One Be Independent and Safe (webinar only)
- The Sandwich Generation: Balancing Your Personal Life With the Needs of Your Older Parents or Loved Ones
- Supporting Others Through End of Life
- Talking About the Tough Subjects With Your Parent or Older Loved One
- Understanding How Your Emotions Impact Interactions With Older Loved Ones
- When Someone You Love Has Alzheimer’s

**Personal Development**
- The Art of Patience
- Awakening the Passion in Your Life
- Being A Socially Responsible Person
- Being Accountable in Work and Life
- Being Part of a Multigenerational Team
- Becoming a Team Player
- Building Trust
- The Confident You: Taking Charge of Your Life
- Cutting Through the Clutter
- Developing Creativity
- Developing Grit - Strategies for Success In Work and Life*
- Emotional Intelligence
- Forgiving Yourself and Others
- Gratitude: A Skill for Happier Living
- How to Be More Engaged at Work
- How to Make a Habit of Success
- Improving Your Memory
- Journaling and Writing For Personal Growth
- Know Before You Go: How to Prepare for a Visit to the Doctor (webinar only)
- Laughter, Humor and Play to Reduce Stress and Solve Problems
- Living Simply: Simplify Your Life
- Loving...You: Boosting Self-esteem and Acceptance
- Making Connections At Work and In Life*
- Managing Anger at Home and at Work
- Managing Your Emotions in the Workplace

*New for 2020
Guides and Policies

• All sessions are designed to be 45-60 minutes in length.
• Face-to-face sessions are designed for a minimum of 8 participants and a maximum of 35 participants. Webinar sessions can accommodate up to 1,000.
• Same-day training sessions must run consecutively, unless otherwise mutually agreed.
• Sessions are available from 7 a.m. to 7 p.m., Monday through Friday.

*New for 2020