

2016 Personal Development/Work–Life Topics

ComPsych workshops provide valuable learning for employees, and can help increase visibility and utilization of the GuidanceResources benefit. Topics are designed and written by our internal staff of training experts, which includes psychologists who specialize in adult education. Through focused content and interactive facilitation, these 45-60 minute programs are informative and engaging.

Most topics can be offered as either face-to-face sessions or via live webinar. For face-to-face sessions, we have a contracted network of facilitators throughout the country who primarily have backgrounds in behavioral health fields. Live webinars are facilitated by our corporate staff of professional trainers and subject matter experts.

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 25-30 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

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

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"

Raising Children in a Diverse World

School's Out: Getting Everyone Through the Summer

Sibling Rivalry

Standing Tall: Handling Bullies

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

Talking About the Tough Subjects With Your Parent or Older Loved One

When Someone You Love Has Alzheimer's

Personal Development

The Art of Patience

Awakening the Passion in Your Life

Being Accountable in Work and Life

Becoming a Better Listener

Becoming a Team Player

Bringing Out the Best in Others

Building Trust

The Confident You: Taking Charge of Your Life

Cutting Through the Clutter

Developing Creativity

Effective Communication

Emotional Intelligence

Friendly Persuasion: How to Get the Things You Want

Gratitude: A Skill for Happier Living*

How to Be More Engaged at Work

How to Deal With a Difficult Person

How to Make a Habit of Success

How to Receive Criticism and Make it Work for You

The Impact of Attitude on Work and Life

Improving Your Memory

Initiating Difficult Conversations

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

Learning to Say "No"

Living With Change

Loving...You: Boosting Self-esteem and Acceptance

Managing Anger at Home and at Work

Managing Your Emotions in the Workplace

Mindfulness: Being Present in Your Work and Life

Moving From School to Career

Moving Through Grief and Loss

*New for 2016

Neuroplasticity: Mental Fitness for Optimal Brain Power*

Overcoming Procrastination

Overcoming Shyness

Resiliency: Bouncing Back After a Setback

The Road Warrior's Survival Guide: Health and Safety Issues for Business Travelers (webinar only)

Sailing On: A Guide to Transitioning Into Retirement

Social Media Do's and Don'ts (webinar only)

Time Management Principles

Time Management Tools: To-Do Lists, Calendars, and Smartphones

Using Kindness to Achieve Personal Success and Happiness

Using Reason to Resolve Conflict

Where Are You Going? Goal Setting for Personal and Professional Success

Legal And Financial

10 Strategies for Improving Your Finances

After the Holidays: Managing That Debt

Are You Financially on Track for Retirement?

Basics of Estate Planning

Distribution Options for Retirement Plans

Financial Considerations for the Sandwich Generation

The Finances of Purchasing Your Own Home

Financial Planning for Life

The Five Pillars of Personal Finance

Getting The Best Value out of Your Health Benefits (webinar only)

The Impact of Foreclosure

The Importance of Participating in Your Employer's Retirement Plan

Managing Personal Finances

New Realities in Home Ownership

Options for Financing College

Paying Off Debt While Building Wealth

Preparing for Financial Emergencies

The Psychology Behind Saving Money and Other Good Financial Habits*

Understanding the Importance of Credit in Today's Economy

Behavioral Health And Wellness

Balancing Work and Life

Connecting Mind and Body for Healthy Living

Coping With a Crisis or Traumatic Event

Coping With Compassion Stress

Developing Will Power and Self Control to Change Behavior

Eating Healthy on a Budget

Emotional Eating: The Connection Between Mood and Food

From Smoker to Smoke Free (Webinar Only)

Get Moving, An Introduction to Exercise

Happiness: A Key to Life's Satisfaction

Healthy Food Choices on the Go

Healthy Lifestyles: Changing the Way You Think About Diet and Exercise

The Impact of Shift Work on Mind and Body

Learning to Relax

Letting Go of the Things That Hold You Back

Managing Holiday Stress

Mental Health Awareness*

Running on E: Adding Energy and Passion to Your Work and Life

Sleep: An Essential Component of Health and Well-Being

Staying Young Through the Years

Stress: A Way of Life or a Fact of Life

Suicide Awareness

Understanding Depression

Family And Relationships

Communicating Without Conflict With Your Significant Other

Communication Skills for Families

Enjoying Your Empty Nest

Helping a Loved One Through Difficult Times

The Impact of Substance Abuse on the Family

Life After Divorce: Landing on Your Feet

Making the Most of Family Occasions

Planning a Family Vacation

Rewards and Challenges of the Blended Family

Single After All These Years

Staying Connected: Keeping the Spark Alive in Your Marriage

Transitioning Home - Relationships (for Veterans) (webinar only)

When Mom and Dad Move in With You

Training and Consulting Guidelines and Policies

To request training services there are a variety of options:

- › Through your Account Manager
- › Directly with the Training and Consulting Department
- › Online at the ComPsych ResourceCenterSM or through GuidanceResources® Online
- › Training must be requested a minimum of 30 days in advance. Sessions may be scheduled from 7 a.m. to 7 p.m.

Contracted Training Sessions

All work and life topics are designed to be one hour in length and count as one training session against your contracted number of sessions. Any requests of less than one hour in duration will still be counted as one session. Same-day training sessions must run consecutively, unless otherwise mutually agreed upon. Professional and management development and consulting services are not included in the contracted training number.

Cancellation of Services

Five business days' notice is required for cancellation of all previously scheduled sessions.

*New for 2016