



## TRAINING SCHEDULE 1<sup>st</sup> Quarter 2010 (January – March)

### **Living a Congruent Life: Beliefs & Behaviors in Sync NEW!!!**

**Jo Lynn Bright, LCMFT**

**Tuesday, January 12<sup>th</sup> (1:00pm – 3:00pm)**

We all have moments when our behaviors are out of sync with the beliefs we hold deep inside. Do you know what your core values are? Come join us as we discover & explore key personal and organizational core values. The overall goal for this session is that we all walk away with a plan to have our behavior match what we say is important to us!

### **Dealing with Difficult People & Conflict Resolution NEW!!!**

**Gordon Rogers, CEO**

**Wednesday, January 27<sup>th</sup> (1:00pm – 3:00pm)**

Participants will be able to:

- Identify and use communication skills such as attending behavior, paraphrase, open-ended questions, reflection of feeling and reframing.
- Describe the advantages and disadvantages of competition, accommodation, avoidance, compromise and collaboration in conflict resolution.
- Explain the essential elements of conflict resolution.
- Analyze the type of difficult person that creates the most difficulty for them.
- Appraise the difference between action and reaction in dealing with difficult people.
- Discuss how irrational beliefs can contribute to our effectiveness in working with difficult people.
- Apply appropriate skills in interactions with negative people.

## **Stress Management**

**Adam Gragg, LCMFT**

**Wednesday, February 10<sup>th</sup> (1:00pm – 3:00pm)**

Each participant will:

- Define stress
- Appraise each individual's stress cues
- Discover immediate ways to stop the stress cycle
- Examine illogical and irrational beliefs which lead to stress
- List rational and logical beliefs
- Assess his/her life in terms of "balance"
- Define assertiveness
- Compose a list of assertive responses
- Explain the importance of humor
- Discuss ways to develop flexibility
- Analyze priorities in the work environment
- Design a plan for organizing time
- Develop a plan for increasing his/her support network
- Practice relaxation techniques

## **Dealing with Your Aging Parents **NEW!!!****

**Sherri Flippo, LBSW & Laurel Alkire, MS (Senior Services)**

**Wednesday, February 24<sup>th</sup> (1:00pm – 3:00pm)**

This presentation will involve subjects such as typical emotional response when we have an elder who is declining, family roles and how it impacts the family, how to set limits, stress, and self care. Available resources will be shared.

## **SLEEP: Its Powerful Impact on Work Performance**

**Jo Lynn Bright, LCMFT**

**Tuesday, March 16<sup>th</sup> (9:00am – 11:00am)**

Do you get a good night's sleep? 80% of adults believe that not getting enough sleep leads to poor performance at work, risk for injury and poor health, and difficulty getting along with others. This training will explore how sleep impacts our work & personal lives and our health. Helpful tips & treatments will be discussed to help participants improve their chances of getting good, restful sleep.

**Schedule online at:**

**[www.empac-eap.com/train.html](http://www.empac-eap.com/train.html)**