

2016 Best Care Essential Training Programs



In these 63 training programs, Best Care provides training “Essentials” for overall health and wellness, both personally and professionally. Each program includes information about how employees and their dependents can access Best Care EAP. Contact us today to reserve your training dates at **402-354-8000 / 800-801-4182** or EAP@BestCareEAP.org

Workplace Essentials

- **Building Trust in the Workplace – NEW!**
- Bullies: Not Just in the School Yard
- **Clues to Teamwork – NEW!**
- Coworkers and Other Strangers: Creating Harmony at Work
- Emotionally Safe Workplace, The
- Everyday Diversity
- Everyday Professionalism
- Fish Philosophy: Catch the Energy!
- Hoo-Yah! Lessons from the SEALs
- Lessons from the Geese
- **Managing Up! – NEW!**
- **Modeling Team Communication – NEW!**
- Personality Style at Work
- Playing Your Part: How Team Roles Drive Success
- Preventing Workplace Violence
- Team Survivor: Sink or Swim
- Teamwork: It’s No Mystery!
- Say “No” to Negativity!
- Sexual Harassment Part 1: Let’s Get Honest!
- Sexual Harassment Part 2: He Said, She Said
- Snow White and the Seven Associates
- Substance Abuse Awareness for Employees
- Successful Workplace Communication
- Successful Workplace Relationships
- X, Y, and Me: Bridging the Generation Gap
- Your Customers, Your Success

*Training is 2 hours in length; meets DOT requirements



BEST CARE EAP

Management Essentials

- Coaching for Excellence
- Confronting Substance Abuse* (2 hours; meets DOT requirements)
- **Delegating for Results – NEW!**
- From BFF to BOSS
- Gone in 60 Minutes: The Art of the Meeting
- Low-Cost Ways to Reward Employees
- Managers, Say “No” to Negativity!
- Managing Conflict Between Employees
- Managing the Change Process
- Motivating Today’s Employees
- Principles of Successful Negotiation
- Rider, Elephant, Path: The Psychology of Workplace Change

Personal Essentials

- An Attitude of Gratitude
- BEAT the Blues
- Bounce Back Better
- BYO Positive Attitude
- Coping with Change
- Creating Happiness That Lasts
- **Cultivating Creativity – NEW!**
- Designing a Personal Wellness Plan
- Don’t Fear Feedback
- Down with Distractions: Increase Focus & Reduce Stress!
- Fight Fatigue: Boost Your Energy!
- Financial Wellbeing
- Food Facts vs. Food Fads: Separating Health from Hype
- Frazzled vs. Festive: Managing Holiday Stress
- How Food Impacts Your Mood
- Motivation Mojo
- Psychology of Food Choice, The
- Psychology of Money, The
- Quit the Tobacco Habit
- Smart Eating for Busy People
- **Stress Less! – NEW!**
- Taking Care of Your Brain: The New Brain Science
- Time Management: Boost Your Effectiveness
- Unspoken Messages: Nonverbal Communication
- Work and Life: Managing the Delicate Balance