2015 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
Helping Children Cope with Grief
Helping Children Develop Strong Ethics and Values
Helping Your Child Set Goals for the Future
Kids and Computers: 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
Keeping Your Senior Loved One 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
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
Overcoming Procrastination

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*New for 2015
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.