



# Options in Learning Guide

For Work and Home

Updated April 2023



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# Table of Contents

## Health and Wellness Trainings

<b>Frequently Asked Questions .....</b>	<b>5</b>
<b>Navigating Uncertain Times.....</b>	<b>8</b>
All Employee Trainings .....	8
An Orientation to eMbrace <i>Revised</i> .....	8
Coping and Supporting Others Through Grief .....	8
Conquering Workplace Stress .....	8
Creating Calm: Relaxing Your Mind and Body .....	9
Cultivating Civility in Your Work Environment .....	9
Growing Your Personal and Professional Resilience .....	9
Managing Anxiety and Worry During Uncertain Times .....	9
Moving Forward: Transitioning to the Next Normal .....	9
Positively Maneuvering Change in the Workplace.....	10
Power Your Life with Better Sleep .....	10
Quick Stress Busters and Hacks .....	10
Using the Power of Meditation to Restore Wellbeing and Improve Health <i>New</i> .....	10
<b>Leader Trainings .....</b>	<b>11</b>
A Leader's Orientation to eMbrace <i>Revised</i> .....	11
Cultivating Workplace Civility for Leaders .....	11
Identifying and Addressing Performance Concerns.....	11
Leading During Times of Downsizing and Job Loss .....	11
Managing and Supporting a Remote or Hybrid Team .....	12
Managing and Supporting a Remote or Hybrid Team .....	12
Mental Health, Substance Use and Suicide Prevention Awareness for Leaders.....	12
<b>Emotional Wellbeing.....</b>	<b>13</b>
Coping and Supporting Others Through Grief .....	13
Creating Calm: Relaxing Your Mind and Body .....	13
Developing a Positive Mindset.....	13
Mental Health Awareness: What You Need to Know .....	13
Mental Health, Substance Use and Suicide Prevention Awareness .....	14
Quick Stress Busters and Hacks .....	14
Successfully Navigating Challenging and Difficult Relationships .....	14
Tackling Life's Challenges with Resilience and Grit.....	14
Using the Power of Meditation to Restore Wellbeing and Improve Health <i>New</i> .....	14
Using Mindfulness to Reduce Stress and Improve Wellbeing .....	15

<b>Healthy Living</b>	<b>16</b>
Combating Caregiver Burnout <i>Revised</i>	16
How to Thrive this Holiday Season	16
Power Your Life with Better Sleep	16
Tobacco Cessation: Setting the Stage to Quit	16
Using Self-Coaching to Achieve Your Health and Wellness Goals <i>Revised</i>	17
Wellbeing for a Healthier Body and Mind	17
<b>Leadership</b>	<b>18</b>
<i>Many of Magellan's customer training programs may be appropriate for general Human Resources continuing education credits. As an example, you may be able to submit a leadership training program by self-reporting it as general HR credits for recertification of your HR Certification Institute (HRCI) credential.</i>	
A Leader's Guide to a Drug-Free Workplace	18
A Leader's Guide to Understanding the Impact and Prevention of Workplace Violence	18
A Leader's Orientation to eMbrace <i>Revised</i>	18
Cultivating Workplace Civility for Leaders	18
Department of Transportation (DOT) Drug and Alcohol Guidelines for Leaders	19
Domestic Violence Awareness: What Leaders Need to Know <i>New</i>	19
Helping Employees Positively Maneuver Workplace Change	19
Helping Your Employees Manage Workplace Stress	19
Identifying and Addressing Performance Concerns	20
Leaders: Understanding and Responding to Workplace Bullying	20
Leading During Times of Downsizing and Job Loss	20
Leadership Strategies for Resolving Workplace Conflict	20
Making the Transition from Individual Contributor to Leader	21
Mental Health, Substance Use and Suicide Prevention Awareness for Leaders	21
Supporting Employee Emotional Wellbeing: Mental Health and Suicide Prevention Awareness	21
Supporting New Parent Employees' Transition to Working Parent	21
Team Building Strategies for Leaders	22
Tips to Successfully Manage Remote and Hybrid Workers	22
<b>Working Well</b>	<b>23</b>
An Orientation to eMbrace <i>Revised</i>	23
Becoming a Successful Team Player	23
Combating Compassion Fatigue	23
Communicating Effectively in the Workplace—Part One	24
Communicating Effectively in the Workplace—Part Two	24
Conquering Workplace Stress	24
Cultivating Civility in Your Work Environment	24
Daily Stress Balance and Work-Life Survival Guide	25
Department of Transportation (DOT) Drug and Alcohol Guidelines for Employees*	25
Drug-Free Workplace	25
Goal Setting to Ignite Workplace Success	25
Growing Your Personal and Professional Resilience	26

Harnessing the Power of Mindfulness to Decrease Workplace Stress .....	26
Maximizing Your Day: Basics of Effective Time Management .....	26
Motivating Others to Be Their Best .....	26
Navigating Remote and Hybrid Work <b>New</b> .....	26
Navigating Workforce Reductions and Job Loss .....	27
Overcoming Stress and Burnout .....	27
Positively Maneuvering Change in the Workplace .....	27
Strategies for Resolving Workplace Conflict .....	27
Thriving in a Multigenerational Workforce .....	27
Understanding and Responding to Workplace Bullying .....	28
Using Emotional Intelligence for Workplace Success .....	28
Workplace Violence: Impact and Prevention .....	28

## Specialty Trainings

<b>Frequently Asked Questions .....</b>	<b>29</b>
<b>Legal Services Trainings .....</b>	<b>30</b>
Estate Planning 101 .....	30
Legal Resources for Caregivers .....	30
Planning for Future Medical Decisions .....	30
<b>Identity Theft Resolution Trainings .....</b>	<b>31</b>
Avoiding Holiday Shopping Fraud .....	31
Avoiding Tax Filing Fraud .....	31
Battling Unemployment Fraud .....	31
Data Breach Education .....	31
ID Theft Protection 101 .....	32
Personal Data Security (only offered after experiencing a company data breach) .....	32
Social Media Privacy .....	32
<b>Financial Wellness Trainings .....</b>	<b>33</b>
#Adulting: Money Matters .....	33
A Holiday Planning Guide .....	33
Common Risks to Your Retirement Plan .....	33
Dreaming of Retirement .....	33
Estate Planning: Financial Basics .....	34
Financial Setback? Regroup & Rebuild .....	34
Getting & Keeping Good Credit .....	34
I Want to Buy a House .....	34
Investing: Education for Beginners .....	34
It's My Budget & I'm Sticking to It! .....	35
Money Basics: Let's Build a Plan .....	35
New Year...New You! Financial Resolutions You Can Keep .....	35
Planning for College 101 .....	35

Protecting Your Assets with Insurance .....	35
Raising Money-Savvy Kids .....	36
Relationships & Money .....	36
Retirement Planning: Getting Started .....	36
Sandwich Generation: Caught in the Middle .....	36
Smart Tips for Making a Major Purchase .....	36
Student Loan Repayment Strategies .....	37
The Financial Wellness Playbook .....	37
Understanding Tax Returns .....	37
Women & Money .....	37
Your Debt-Free Game Plan .....	37

# Frequently Asked Questions

## 1. How are the courses in the *Options in Learning Guide* delivered?

Courses can be delivered in a variety of ways.

- Classroom-based courses are generally held at the work site for a group (approximately 20–30) of employees. Magellan’s training network allows us to locate a local trainer to facilitate the course in person. This format is typically best when the subject matter could be emotionally stressful, or a lot of interaction is required, such as downsizing or team building topics..
- Webinars are presented in real-time via computer. Audio is via computer speakers. **If you need a phone line for audio, please indicate this need when ordering the webinar. Mobile access is also available using the Adobe Connect mobile app.**<sup>1</sup> Participants may log in to the webinar individually or as a group in a conference or meeting room.<sup>1</sup> Participants interact with each other and the presenter via poll questions and the “chat” feature. Speakers with over 30 participants may choose the listen-only mode and conduct all participant communication through the chat. Webinar meeting rooms can accommodate up to 100 attendees.<sup>2,3</sup>

1. *The Adobe Connect application can be downloaded from Apple iTunes, Android Market or Blackberry App World.*
2. *If you would like to use your company’s webinar platform, please discuss this request with your account representative. Magellan trainers are not responsible for moderating webinars outside of Magellan’s Adobe Connect platform. For that reason, if you use your company’s platform, you will need to provide technical support for the trainer.*
3. *If you anticipate more than 100 participants, please notify your account representative to discuss options.*

## 2. How soon in advance should I request a course?

Classroom-based: At a minimum, a notice of 25 business days is required to ensure we locate a trainer with experience in your course topic. Six to eight weeks is needed to create a classroom-based course that is customized to your company. Consult with your account representative if customization is needed as additional fees may apply.

*Please note—larger scale requests, such as more than one training requested on the same day, may require additional lead time.*

Webinars: Due to their popularity, a minimum of 25 business days’ notice is also required for requesting webinars. Six to eight weeks is needed to create a webinar that is customized to your company. Consult with your account representative if customization is needed as additional fees may apply.

### 3. How do I decide which course to select and in what manner it should be delivered?

In addition to calling your account representative at Magellan for a consultation\*, asking yourself the questions below can also help you to decide.

- What's going on in the workplace that led me to inquire about a Magellan course? (i.e.: a new product line, organizational change, employee stress)
- What do I want employees to gain from this course? (i.e.: strategies to balance work and personal life, strategies to cope with stress)
- What areas are the majority of employees talking about? (i.e.: financial strain, communication concerns)
- Do I want employees from multiple sites to participate at the same time?
- What learning format works best with our employees? (i.e.: classroom based, webinar)

*\*Magellan develops training content to be easily adaptable to a variety of environments. When requesting a training, providing as much detail as possible will help the trainer tailor the subject matter content to fit the audience.*

### 4. Once I've selected a course, how do I request it?

You can request a course by calling either your company's program phone number or your account representative. Be prepared to provide information such as the course you have selected; whether you would like the presentation via webinar or in person; anticipated number and position of employees participating (leader/non-leader/mixed); any relevant information/events precipitating the request and what day and time you would like the course held.

### 5. What if I don't see a course in the *Options in Learning Guide* that meets my needs?

Most of Magellan's standard trainings can be adapted to a variety of situations and audiences without additional fees. However, if you need an entirely new course, please consult with your account representative for customization fee details. Please keep in mind additional lead-time is needed for customization. Please note—Magellan does not create trainings in compliance with any state regulations and/or requirements.

*Magellan maintains copyrights on all Magellan developed materials.*

### 6. What if I schedule a course and then have to cancel it?

Please notify your account representative as soon as you know the course will need to be canceled. Please respect the trainer's schedule and provide at least one week notice. Consult with your account representative regarding cancellation fees if a training needs to be canceled with less than one week notice.

### 7. How long are the courses?

- Classroom-based: Classroom-based courses vary in length depending on topic, but most are between 60 and 90 minutes.
- Webinars: Webinars also vary in length, but are generally 60 minutes.

### 8. What if I want to change the content or length of a training?

Please contact your account representative to discuss this variation. Please note—customization of materials may change the course objectives. Also, all customizations require additional lead-time. Please consult with your account representative for customization fee details.

*Magellan maintains copyrights on all Magellan developed materials.*



## **9. Whom do I contact if I want to have Magellan at a health fair?**

You can request Magellan attend a health fair by calling either your company's program phone number or your account representative. Let us know the location (in person or virtual) of the health fair, how many employees will be participating and what day and time you would like the health fair to be held. At a minimum, a notice of 15-business days is optimal to ensure we locate a provider in your area.

## **10. Can a Magellan training session be recorded by the customer?**

Magellan's trainings are copyrighted and can only be recorded by customers when special arrangements have been made in advance of the scheduled training. Please reach out to your account representative regarding obtaining a license agreement if you would like to record a session.



# Navigating Uncertain Times

Selections geared towards supporting employee and leader participants while building coping skills and resiliency through these ever-changing and uncertain times. Through advance consultation, trainers will adapt presentations to address unique participant circumstances, such as fears and anxiety about the future, sudden changes in routine, returning to work, grief from community violence/civil unrest, etc.

*\*Some trainings located in this section may also be found in other sections of this guide.*

## All Employee Trainings

### An Orientation to eMbrace *Revised*

eMbrace empowers employees with a personalized, guided experience to advance the quality of their lives. This program is confidential and available to employees and their household members. In this session, participants will learn about the total wellbeing program, digital tools, services, and resources that help employees build thriving lives and resilient minds.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	HEMB22	In-person, Webinar	1 hour

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### Coping and Supporting Others Through Grief

The loss of a loved one, job, relationship or 'the way things used to be' may lead to many challenging and conflicting emotions. While there is no right or wrong way to grieve, there are healthy ways to cope with the pain. In this seminar, you will learn the impact of loss and grief, what happens when we grieve, how to cope and help others overcome grief and when to seek help.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	ECSTG	In-person, Webinar	1 hour

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### Conquering Workplace Stress

Stress is inevitable, but not all stress is bad; when well-managed, it can help us grow and become resilient. In fact, when job pressures match our abilities and resources, stress helps to motivate us to achieve our goals. However, when we have difficulty managing our stressors it affects our ability to be productive and may start to impact our emotional health, relationships, and home life. In this training, participants will learn the common causes of workplace stress and techniques to manage these stressors.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WCWS	In-person, Webinar	1 hour

## Creating Calm: Relaxing Your Mind and Body

Often, we hurry through our day in a stressful rush to get done as much as we can. We face tough decisions, responsibilities, and obligations that can seem overwhelming at times. It is hard to imagine being able to create calm amid the day-to-day juggles; however, it can be done. In this experiential training, participants will identify triggers, signs and symptoms of stress, as well as learn and practice techniques proven to combat stress.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	ECMB	In-person, Webinar	1 hour

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## Cultivating Civility in Your Work Environment

Americans report deep concern regarding incivility. Workers in uncivil conditions report low morale and motivation as well as negative impact on personal lives. The good news is many say they are hopeful, noting individuals as top drivers for change, and they are willing to take responsibility and action. In this training, participants will learn about workplace civility, negative impacts of incivility, the value of being a part of and promoting a positive and civil workplace.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WFWC	In-person, Webinar	1 hour

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## Growing Your Personal and Professional Resilience

No one is immune from loss, trauma or significant stressors. We typically cannot control when these things happen. What we can control is how we respond, adapt and even grow from challenges and adversity. In this training, you will explore what it means to be resilient and why it is so important. You will privately explore and identify your own personal or professional challenges and stressors. Finally, you will review characteristics of resilience, how to grow them to adapt to and overcome challenges and leave having started your own Personal Resilience Plan.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WGPP	In-person, Webinar	1 hour

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## Managing Anxiety and Worry During Uncertain Times

Our rapidly changing world can lead us to worry. Although we all worry from time to time, excessive anxiety and worry can affect us emotionally and physically and prevent us from functioning effectively in our work and family lives. In this training, learn how to pinpoint your most significant worries and develop a plan and strategies to manage them better. You will also hear tips on how to help others in your life to manage their anxiety.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	EWOR_cv19	Webinar	1 hour

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## Moving Forward: Transitioning to the Next Normal

The pandemic and other world events changed everyone's lives more than any of us could have imagined! Every area of our lives, personal and professional, was affected by multiple events outside our control. As a result, employees had to adapt and change with little or no notice. During this training, employees will learn some of the reasons we feel stress, tips to adapt to the changes ahead, and when to reach out for help.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WTNN	Webinar	1 hour

## Positively Maneuvering Change in the Workplace

Change is inevitable and essential to functioning and growing in today's world. Our response to change is personal and varied based in part by past experiences and personality traits. In this training, participants will learn how different change types and sizes impact the change experience, the role of resistance in change, the importance and value of change, managing emotions in a changing environment and the power of resiliency and self-care in navigating change.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WPMC	In-person, Webinar	1 hour

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## Power Your Life with Better Sleep

In today's fast-paced world it can be difficult to obtain sufficient sleep. Getting great sleep can leave you feeling refreshed and is one of the best things you can do for your mental and physical health. Join us as we explore the reasons why many are not getting good quality sleep and how lack of sleep can result in serious health risks. Participants will receive guidelines and techniques to help improve their sleep hygiene.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	HLPS	In-person, Webinar	1 hour

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## Quick Stress Busters and Hacks

When we encounter stress, our brain and body go into "fight-or-flight" mode, causing our heart rate and breathing to increase and muscles to become tense. Over time, repeated activation of this stress response takes a toll on the body, both physically and psychologically. Since we encounter stressors every day, we need tools to use on the fly that give quick results and relief. In this training, participants will learn to identify stressors and signs of stress, as well as fast and straightforward ways to de-stress.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	ESBH	In-person, Webinar	1 hour

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## Using the Power of Meditation to Restore Wellbeing and Improve Health **New**

Life is full of circumstances that deplete our energy and leave us feeling unhealthy and unfulfilled. Therefore, it's important to find ways to restore our wellbeing regularly and purposefully. Meditation is a powerful tool that can help reduce stress, create a sense of peace, and help improve mental and physical health. This training will define meditation and its benefits. In this highly interactive session, participants will engage in gratitude and mindfulness meditation.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	EMRI	In-person, Webinar	1 hour

# Leader Trainings

## A Leader's Orientation to eMbrace *Revised*

Intentionally investing in employee wellbeing at work is the next strategic imperative. When leaders, managers and employees truly care about their overall wellbeing, they become more engaged, work smarter, produce better and stay longer. In this session, participants will learn about the eMbrace unique, personalized experience, digital tools, services, and resources to help leaders, managers and employees build thriving lives and resilient minds.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LEMB23	In-person, Webinar	1 hour

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## Cultivating Workplace Civility for Leaders

Workers in uncivil conditions report low morale and motivation as well as negative personal impact. The good news is many say they are hopeful, noting individuals as top drivers for change, and are willing to take responsibility and action. The culture of civility starts with each of us. This is especially true for leaders. In this training, managers, supervisors, and human resource managers will learn about workplace civility, negative workplace and employee impacts of incivility, the value of promoting a civil workplace and positive actions to take.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LCCL	In-person, Webinar	1 hour

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## Identifying and Addressing Performance Concerns

Unaddressed staff performance concerns can have a significant negative impact on the workplace including the company's bottom line. Participants of this leadership training will learn to identify individual performance concerns, the importance and process of documenting and addressing performance issues and review strategies for providing effective feedback including addressing commonly encountered barriers. Company and program support and consultation resources will also be shared.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LAPC	In-person, Webinar	1 – 1.5 hours

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## Leading During Times of Downsizing and Job Loss

Navigating downsizing and job loss is challenging, not only for impacted employees but also for leaders. Often the leader is in a dual role of supporting and guiding their employees through this period of change and transition while also being personally impacted. In this training, participants will learn about common reactions to downsizing and job loss; practical support and leadership strategies; best practices for communicating downsizing information; and valuable program resources.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LDJL	In-person, Webinar	1 hour

## Managing and Supporting a Remote or Hybrid Team

Leading a team in today's world can be complicated with the constant change in how business is performed. Many leaders are managing remote and in-office staff, which requires a unique set of skills. In this training managers/supervisors/HR representatives will learn why they want to support a remote or hybrid model and strategies to manage staff in this unique workforce.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LSVH	Webinar	1 hour

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## Managing and Supporting a Remote or Hybrid Team

Leading a team in today's world can be complicated with the constant change in how business is performed. Many leaders are managing remote and in-office staff, which requires a unique set of skills. In this training managers/supervisors/HR representatives will learn why they want to support a remote or hybrid model and strategies to manage staff in this unique workforce.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LSVH	Webinar	1 hour

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## Mental Health, Substance Use and Suicide Prevention Awareness for Leaders

Despite the high prevalence and deaths by substance misuse and suicide, about two-thirds of people with mental illness never seek professional care. Yet, most who receive care improve and many recover completely! Attend this training to learn facts, warning signs and how to help and respond to mental illness, substance use, suicide and work performance concerns including emergencies. You will receive additional information on manager, supervisor and human resource responsibilities and specialized resources.

Please note—This training significantly overlaps content within LMHA. The main difference is this training includes substance use content. It is highly recommended either LMHA or LPSS, but not both, is selected based on your specific training goals.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LPSS	In-person, Webinar	1.5 hours

# Emotional Wellbeing

## Coping and Supporting Others Through Grief

The loss of a loved one, job, relationship or 'the way things used to be' may lead to many challenging and conflicting emotions. While there is no right or wrong way to grieve, there are healthy ways to cope with the pain. In this seminar, you will learn the impact of loss and grief, what happens when we grieve, how to cope and help others overcome grief and when to seek help.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	ECSTG	In-person, Webinar	1 hour

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## Creating Calm: Relaxing Your Mind and Body

Often, we hurry through our day in a stressful rush to get done as much as we can. We face tough decisions, responsibilities and obligations that can seem overwhelming at times. It is hard to imagine being able to create calm amid the day-to-day juggles; however, it can be done. In this experiential training, participants will identify triggers, signs and symptoms of stress, as well as learn and practice techniques proven to combat stress.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	ECMB	In-person, Webinar	1 hour

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## Developing a Positive Mindset

What is a positive mindset and how can you use it to build a better life? Having a positive mindset means developing a set of ideas, emotions, and actions that allow you to respond constructively to negative circumstances and make the best of those situations. This training will help you develop a new perspective and tips for applying positive mindset practices to your life.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	EDPM	In-person, Webinar	1 hour

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## Mental Health Awareness: What You Need to Know

Most people are aware of the importance of caring for their physical health; however, mental health is often a passing thought. For overall health and wellness, it's vital to consider emotional health to detect any symptoms and seek professional help when necessary. Raising mental health awareness can help staff understand their symptoms, find professional treatment, and break the mental health stigma that leaves many people suffering in silence.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	EMTA	In-person, Webinar	1 hour

## Mental Health, Substance Use and Suicide Prevention Awareness

Despite the high prevalence and deaths by substance misuse and suicide, about two-thirds of people with mental illness never seek professional care. Yet, most who receive care improve and many recover completely! Attend this training to learn the facts, warning signs and how to help yourself and others with mental illness and substance use concerns. You will also gain valuable resources for promoting mental health.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	EHSS	In-person, Webinar	1 hour

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## Quick Stress Busters and Hacks

When we encounter stress, our brain and body go into “fight-or-flight” mode, causing our heart rate and breathing to increase and muscles to become tense. Over time, repeated activation of this stress response takes a toll on the body, both physically and psychologically. Since we encounter stressors every day, we need tools to use on the fly that give quick results and relief. In this training, participants will learn to identify stressors and signs of stress, as well as fast and straightforward ways to de-stress.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	ESBH	In-person, Webinar	1 hour

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## Successfully Navigating Challenging and Difficult Relationships

Relationships are an integral part of our personal and work lives and can be very enriching. Unfortunately, that is not always the case. Some relationships can be a source of anxiety, stress and negativity. In this training, participants will explore their own challenging and difficult relationships; learn practical strategies, techniques and resources to improve those situations; and identify a personal action plan.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	ECDR2	In-person, Webinar	1 hour

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## Tackling Life’s Challenges with Resilience and Grit

What gives some people the ability to recover from hardship and reach their long-term goals, while others struggle? The answer might be resilience and grit. In this training, participants will learn the meaning of resilience and grit, characteristics of people with these traits, benefits to building these skills and ways to improve your resilience and grit.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	ETRG	In-person, Webinar	1 hour

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## Using the Power of Meditation to Restore Wellbeing and Improve Health **New**

Life is full of circumstances that deplete our energy and leave us feeling unhealthy and unfulfilled. Therefore, it's important to find ways to restore our wellbeing regularly and purposefully. Meditation is a powerful tool that can help reduce stress, create a sense of peace, and help improve mental and physical health. This training will define meditation and its benefits. In this highly interactive session, participants will engage in gratitude and mindfulness meditation.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	EEMRI	In-person, Webinar	1 hour



Using Mindfulness to Reduce Stress and Improve Wellbeing

We live in a world that often requires doing two or more projects at any given time throughout the day. The constant interruptions of multitasking can lead to difficulty concentrating and increase stress. In the rush to complete necessary tasks, staff may find themselves missing out on what’s happening in the present moment and ignoring what’s happening with their physical sensations and emotions. In this seminar, participants will learn the difference between mindlessness and mindfulness. They will also learn the benefits of being mindful. Additionally, participants will get the chance to practice mindfulness activities.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	EMSW	In-person, Webinar	1 hour

# Healthy Living

## Combating Caregiver Burnout *Revised*

The stress of caring for someone with a chronic illness, disability, or an aging loved one puts a person at risk for caregiver burnout. Unfortunately, caregivers neglecting their own emotional and physical health is often the cause. In this training, participants will learn the warning signs of burnout, why people experience burnout, and what they can do to prevent or manage it.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	HCCB2	In-person, Webinar	1 hour

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## How to Thrive this Holiday Season

The holidays can be a wonderful time of year, full of fun activities and joy! If that is the case, have you wondered why so many people feel extra stress this time of year? For some, the holidays bring forth painful emotions. For others, it is a time of feeling overcommitted or financially stretched. All is not lost; there is a way to manage holiday stress. In this training, participants will identify what triggers stress during the holidays and learn coping skills to thrive this season.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	HTHS	In-person, Webinar	1 hour

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## Power Your Life with Better Sleep

In today's fast-paced world it can be difficult to obtain sufficient sleep. Getting great sleep can leave you feeling refreshed and is one of the best things you can do for your mental and physical health. Join us as we explore the reasons why many are not getting good quality sleep and how lack of sleep can result in serious health risks. Participants will receive guidelines and techniques to help improve their sleep hygiene.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	HLPS	In-person, Webinar	1 hour

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## Tobacco Cessation: Setting the Stage to Quit

Quitting tobacco is a difficult feat. However, it can be done! In this interactive training, participants will determine their readiness to quit, personal reasons to quit and triggers to tobacco use. Participants will learn about signs and symptoms of withdrawal and how to manage these, how to deal with relapses and get tips on how to quit using tobacco.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	HLTC	In-person, Webinar	1 hour

**Using Self-Coaching to Achieve Your Health and Wellness Goals** *Revised*

People struggling to reach health and wellness goals might find self-coaching to be the answer. In this training, participants will explore what healthy living means to them. They will also learn about self-coaching, how it can help to achieve health and wellness goals, and specifically how to use it in their day-to-day life.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	HLHW2	In-person, Webinar	1 hour

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**Wellbeing for a Healthier Body and Mind**

Who doesn't want to be comfortable, happy, and healthy? These are the components that make up one's sense of wellbeing. In this training, participants will explore ways to improve their overall wellbeing to help them meet the challenges of modern life. This includes learning benefits and strategies for improved physical fitness, nutrition, mindfulness, stress management, and happiness.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	HLWB2	In-person, Webinar	1 hour

# Leadership

## A Leader's Guide to a Drug-Free Workplace

Seventy-five percent of those with substance misuse disorders are employed which could lead to repercussions for the employee and employer. Attend this training to learn the impact of substance use on the workplace; emotional, behavioral and physical signs and symptoms; when employees may be tested; and leadership responsibilities, interventions and resources for maintaining a drug-free workplace.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LDFWC9	In-person, Webinar	1.5 hours

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## A Leader's Guide to Understanding the Impact and Prevention of Workplace Violence

No workplace is immune from the possibility of violence. Maintaining workplace safety is everyone's responsibility. This is especially true for managers, supervisors and HR personnel. In this training, you will learn more about what is workplace violence, including intimate partner violence and potential warning signs. You will also learn more about your responsibilities, intervention options and a range of resources available to help in responding to potential and actual threats of violence including active shooter incidents.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LUIP	In-person, Webinar	1.5 hours

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## A Leader's Orientation to eMbrace *Revised*

Intentionally investing in employee wellbeing at work is the next strategic imperative. When leaders, managers and employees truly care about their overall wellbeing, they become more engaged, work smarter, produce better and stay longer. In this session, participants will learn about the eMbrace unique, personalized experience, digital tools, services, and resources to help leaders, managers and employees build thriving lives and resilient minds.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LEMB23	In-person, Webinar	1 hour

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## Cultivating Workplace Civility for Leaders

Workers in uncivil conditions report low morale and motivation as well as negative personal impact. The good news is many say they are hopeful, noting individuals as top drivers for change, and are willing to take responsibility and action. The culture of civility starts with each of us. This is especially true for leaders. In this training, managers, supervisors, and human resource managers will learn about workplace civility, negative workplace and employee impacts of incivility, the value of promoting a civil workplace and positive actions to take.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LCCL	In-person, Webinar	1 hour

## Department of Transportation (DOT) Drug and Alcohol Guidelines for Leaders

Employers of safety-sensitive transportation employees play a vital role in ensuring the safety of their employees and the traveling public. As a leader, you are responsible for understanding workplace drug and alcohol guidelines. In this training you will learn about the impact of substance use in the workplace, reasons for substance testing, what substances are tested, the testing process, employer responsibilities and what to do if an employee tests positive.

Please note—this training is general in nature and does not necessarily meet specific state requirements. It is highly suggested a representative from your company be available during the training to answer any questions about your company's policies and procedures.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LDOT2	In-person, Webinar	2 – 2.5 hours

*Whenever possible, a Substance Abuse Professional (SAP) will present D.O.T. trainings. If there are no SAPs available, a non-SAP credentialed trainer will present the training. Because of the specificity of the SAP credential, a minimum of six weeks' notice is required when requesting this training.*

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## Domestic Violence Awareness: What Leaders Need to Know **New**

Domestic violence (DV) is abuse that happens in a personal relationship. It can occur between former or current partners, spouses, or friends. Leaders with staff working remotely or in a hybrid work model may be exposed virtually to intimate home situations, including domestic violence. As a leader, you have an opportunity to support staff affected by DV, who may not have any other allies. But do you feel prepared to help staff dealing with domestic violence? If not, this training will help you identify indicators of DV, describe the cycle of abuse, and give you tools to help staff impacted by domestic violence.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LDVA	In-person, Webinar	1 hour

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## Helping Employees Positively Maneuver Workplace Change

Change is all around us. Change is needed for growth—personally and organizationally. Success or failure of workplace change depends largely on how the change is managed. In this training, managers, supervisors and human resource managers will learn the types of change, challenges and benefits of change, effective leadership for a changing environment and proven methods of self-care in times of change.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LHEPC	In-person, Webinar	1 – 1.5 hours

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## Helping Your Employees Manage Workplace Stress

A certain level of stress is healthy; it can boost memory and help people accomplish tasks more efficiently. Stress becomes a problem when it is chronic and unmanaged, which can lead to physical and emotional issues. These issues may ultimately affect job performance. As a leader, it is impossible to eliminate all your employees' stressors, but there are things you can do to help decrease workplace stress. In this training, you will learn causes of workplace stress, warning signs of unmanaged job stress and practical strategies to help reduce your employees' job-related stress.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LWHS	In-person, Webinar	1 hour

## Identifying and Addressing Performance Concerns

Unaddressed employee performance concerns can have a significant negative impact on the workplace including the company's bottom line. Participants of this leadership training will learn to identify employee performance concerns, the importance and process of documenting and addressing performance issues, and review strategies for providing effective employee feedback including addressing commonly encountered barriers. Company and program support and consultation resources will also be shared.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LAPC	In-person, Webinar	1 – 1.5 hours

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## Leaders: Understanding and Responding to Workplace Bullying

Workplace bullying is a serious health and safety issue. Targets of bullying can experience long-term physical and mental health issues. And bullying targets are not the only victims; entire teams and companies can experience the negative impacts. This training will define what bullying is and what it looks like in the workplace. In this training, managers, supervisors, and human resource managers will learn to identify signs and symptoms, including effects on mental and physical health and employee performance, and how to support and build bully-free teams.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LUWB	In-person, Webinar	1 hour

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## Leading During Times of Downsizing and Job Loss

Navigating downsizing and job loss is challenging, not only for impacted employees but also for leaders. Often the leader is in a dual role of supporting and guiding their employees through this period of change and transition while also being personally impacted. In this training, participants will learn about common reactions to downsizing and job loss; practical support and leadership strategies; best practices for communicating downsizing information; and valuable program resources.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LDJL	In-person, Webinar	1 hour

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## Leadership Strategies for Resolving Workplace Conflict

Conflict is a normal, natural part of relationships—it is inevitable. Yet, unaddressed and unresolved conflict can be damaging. In this training, leaders will gain an understanding of why conflict happens and their response to it. Leaders will learn and apply strategies for helping employees approach and resolve workplace conflicts including the Positive Solution-Focused approach. Instances of when leaders should take on a more active role and additional support resources will also be shared.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LRWC	In-person, Webinar	1 – 1.5 hours

## Making the Transition from Individual Contributor to Leader

Being promoted to a manager or supervisor can be an exciting time. It can also be challenging. Often this is because new leaders fail to gain a full understanding of the shift from being a co-worker to a leader. This seminar is specifically designed for new supervisors or managers. New leaders will explore the role shift from being an individual contributor to a leader; identify the traits of effective leaders; learn three simple steps to help get started leading effectively and receive resource information to develop leadership skills further.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
New Managers/Supervisors	LICL	In-person, Webinar	1 hour

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## Mental Health, Substance Use and Suicide Prevention Awareness for Leaders

Despite the high prevalence and deaths by substance misuse and suicide, about two-thirds of people with mental illness never seek professional care. Yet, most who receive care improve and many recover completely! Attend this training to learn facts, warning signs and how to help and respond to mental illness, substance use, suicide and work performance concerns including emergencies. You will receive additional information on manager, supervisor and human resource responsibilities and specialized resources.

Please note—This training significantly overlaps content within LMHA2. The main difference is this training includes substance use content. It is highly recommended either LMHA2 or LPSS, but not both, is selected based on your specific training goals.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LPSS	In-person, Webinar	1.5 hours

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## Supporting Employee Emotional Wellbeing: Mental Health and Suicide Prevention Awareness

Mental illnesses affects many individuals, yet only about half of those affected receive treatment, often because of the stigma attached to mental health. Untreated, mental illness can contribute to poor work performance, fewer employment opportunities and increased risk of suicide. Attend this training to learn facts, warning signs and how to help and respond to mental illness, suicide, and work performance concerns including emergencies. You will also receive additional information on manager, supervisor and human resource responsibilities and specialized resources.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LMHA2	In-person, Webinar	1.5 hours

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## Supporting New Parent Employees' Transition to Working Parent

New parent employees face added responsibilities, demands and emotional changes. This can contribute to increased stress, compounded when transitioning back to work. Leaders are in unique positions to provide support, understanding and resources; often determining factors for a successful transition. In this training, leaders gain insights into the new parent experience and best practices for providing meaningful support.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LSNP	In-person, Webinar	1 hour



### Team Building Strategies for Leaders

Creating teamwork can be challenging. Simply calling a group a team does not make it so. In this interactive training supervisors, managers and HR leaders will learn differences between workgroups and teams; team strengthening strategies; identify their team’s areas of improvement; set goals for change and receive information on additional team building activities, continuous team building and leadership skill development.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LTBS	In-person, Webinar	1.5 – 2 hours

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### Tips to Successfully Manage Remote and Hybrid Workers

Supervising staff working remote or hybrid schedules can pose a unique set of circumstances for leaders. However, handling these work arrangements properly can lead staff members to experience a decrease in stress and an increase in productivity and morale. In this training, you will learn how to shift your thinking related to managing remote and hybrid workers, ways to measure performance, and how to maintain an effective working relationship with all staff, no matter their location.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
Manager/Supervisor/HR Rep	LMRH	In-person, Webinar	1 hour

# Working Well

## An Orientation to eMbrace *Revised*

eMbrace empowers employees with a personalized, guided experience to advance the quality of their lives. This program is confidential and available to employees and their household members. In this session, participants will learn about the total wellbeing program, digital tools, services, and resources that help employees build thriving lives and resilient minds.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	HEMB23	In-person, Webinar	1 hour

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## Becoming a Successful Team Player

Teamwork is an essential part of any successful team. Whether part of a workgroup; work individually yet interface with a larger group or work across teams, team players are an important part of your organization. In this highly interactive session, participants will learn what it means to be a team player, why it is important and characteristics of a good team player. Participants will also receive tips on how to better work with a team in the office and virtually and develop a short personal action plan to start improving these skills.

Please note—participants do not need to be part of a whole team; members from mixed teams are welcome to attend. Also, participant group size should be no less than five and no more than 30.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WTPW	In-person, Webinar	1.5 hours

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## Combating Compassion Fatigue

Compassion fatigue is normal, an often unavoidable byproduct of caregiving. While compassion fatigue may not be completely avoidable, helpers can expect to regain feelings of satisfaction and even joy in their caregiving roles. Awareness in the form of information and new insights is the first step towards change. This training will define compassion fatigue, burnout, and compassion satisfaction. Participants will also learn warning signs and symptoms and identify how to increase their compassion satisfaction.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WCCF	In-person, Webinar	1 – 1.5 hours

## Communicating Effectively in the Workplace—Part One

We have all probably experienced a time when we felt frustrated because we were not able to successfully get our point across to someone else. Learning the skills to communicate effectively can go a long way towards alleviating some of that frustration. In part one of this two-part series, participants will learn about the communication process and how to efficiently send a message.

Special Instructions—Part two of this training needs to occur within one month or less of part one. The closer together, the better the learning experience. Please order both part one and part two at the same time. This training can not be condensed to less than a one-hour timeframe.

Audience:	Order code:	Format:	Length:
General Audience	WWEC2P1	In-person,* Webinar	1 hour

*\*The maximum capacity for in-person training is 30 participants. It cannot be done in a lecture format.*

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## Communicating Effectively in the Workplace—Part Two

It is not uncommon to have times when we struggle to understand what others are trying to communicate. Sometimes those struggles are because the person sending the message is not communicating effectively. Though, it could be because we are not taking steps to help us accurately understand the message. In part two of this two-part series, participants will learn how to receive messages successfully and provide proper feedback.

Special Instructions—Part two of this training needs to occur within one month or less of part one. The closer together, the better the learning experience. Please order both part one and part two at the same time. This training can not be condensed to less than a one-hour timeframe.

Audience:	Order code:	Format:	Length:
General Audience	WWEC2P2	In-person,* Webinar	1 hour

*\*The maximum capacity for in-person training is 30 participants. It cannot be done in a lecture format.*

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## Conquering Workplace Stress

Stress is an inevitable and necessary part of life. When job pressures match our abilities and resources, stress helps to motivate us to achieve our goals. However, when we have difficulty managing our stressors it affects our ability to be productive and may start to impact our emotional health, relationships and home life. In this training, participants will learn the common causes of workplace stress and techniques to manage these stressors.

Audience:	Order code:	Format:	Length:
General Audience	WCWS	In-person, Webinar	1 hour

## Cultivating Civility in Your Work Environment

Americans report deep concern regarding incivility. Workers in uncivil conditions report low morale and motivation as well as negative impact on personal lives. The good news is many say they are hopeful, noting individuals as top drivers for change, and they are willing to take responsibility and action. In this training, participants will learn about workplace civility, negative impacts of incivility, the value of being a part of and promoting a positive and civil workplace.

Audience:	Order code:	Format:	Length:
General Audience	WFWC	In-person, Webinar	1 hour

## Daily Stress Balance and Work-Life Survival Guide

As we go through our daily juggles, balance is something we all want, but many of us struggle to achieve. Often, the struggle to find balance stems from a lack of clarity in what is truly important to us and how we spend our time. In this training, participants will personally define balance, discuss the influence of values and roles on balance, and examine how current roles align with their values. Participants will also learn life hacks to simplify their lives to allow more time to focus on what is most important to them.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WSBSG	In-person, Webinar	1 hour

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## Department of Transportation (DOT) Drug and Alcohol Guidelines for Employees\*

Employees performing safety-sensitive functions in the transportation industry are responsible for providing a safe work environment. Creating a safe work environment means following established work rules and the DOT's rules on drug use and alcohol misuse. In this training employees will learn about the impact of substance use in the workplace, reasons for substance testing, what substances are tested, who gets tested, and the testing process.

Please note—this training is general in nature and does not necessarily meet specific state requirements. It is highly suggested a representative from your company be available during the training to answer any questions about your company's policies and procedures.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WDOT2	In-person, Webinar	2 hours

*\*Whenever possible, a Substance Abuse Professional (SAP) will present D.O.T. trainings. If there are no SAPs available, a non-SAP credentialed trainer will present the training. Because of the specificity of the SAP credential, a minimum of six weeks' notice is required when requesting this training.*

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## Drug-Free Workplace

Substance use issues have a tremendous impact on a person's work and personal life. In this training, participants will learn emotional, behavioral and physical signs and symptoms; when employees may be tested; impacts at work, on family and co-workers and what you can do to get help for yourself or others.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WDFWC9	In-person, Webinar	1 hour

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## Goal Setting to Ignite Workplace Success

Goal setting is essential for workplace success. Not having goals can be equated to leaving on a trip without directions. Goals provide guidance and direction and promote planning, motivation, and inspiration. In this training, participants learn about types of goals, the importance of goal setting, creating attainable goals, managing obstacles, and tracking progress.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WIWS	In-person, Webinar	1 hour

## Growing Your Personal and Professional Resilience

No one is immune from loss, trauma or significant stressors. We typically cannot control when these things happen. What we can control is how we respond, adapt and even grow from challenges and adversity. In this training, you will explore what it means to be resilient and why it is so important. You will privately explore and identify your own personal or professional challenges and stressors. Finally, you will review characteristics of resilience, how to grow them to adapt to and overcome challenges and leave having started your own Personal Resilience Plan.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WGPP	In-person, Webinar	1 hour

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## Harnessing the Power of Mindfulness to Decrease Workplace Stress

The workplace can be a fast-paced, stressful environment. Sometimes, during the struggles, it's hard to imagine it's possible to thrive in the workplace. Mindfulness skills can be a great way to combat work stress. In this session participants will learn the benefits of mindfulness at work and how to use these skills on the job.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WHPM	In-person, Webinar	1 hour

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## Maximizing Your Day: Basics of Effective Time Management

Today's world requires employees to do more, better, faster, and with less. If employees do not grasp the basics of effective time management, it can be challenging for them to understand what they are doing wrong and how to improve. In this training, participants will learn what it means to manage their time, advantages of time management, and techniques to help them better manage their day.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WETM	In-person, Webinar	1 hour

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## Motivating Others to Be Their Best

Keeping your team (and yourself) motivated is the only way to deliver the full potential of your goals. But sometimes knowing how to motivate people can be tough. This course will help you develop motivational skills to inspire your team and drive results.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WBTB	In-person, Webinar	1 hour

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## Navigating Remote and Hybrid Work **New**

There can be many benefits to remote and hybrid work arrangements, including decreased staff member stress and increased productivity and morale. While there are definite advantages, it's important for staff to have the tools to help them be successful with a flexing work arrangement. This training will define the benefits of remote and hybrid work, traits needed to be successful and tips on how to adapt to remote and hybrid work schedules.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WNRH	Webinar	1 hour

## Navigating Workforce Reductions and Job Loss

Downsizing and job loss are not events that should be dealt with alone. During this training, participants will understand the normal phases and feelings they may experience with the knowledge downsizing and job loss are on the horizon, and participants will receive help in preparing to move forward—even in the midst of these feelings.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WWDJ	In-person only	1.5 hours

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## Overcoming Stress and Burnout

Everyone experiences periods of stress, and most of the time, they're able to manage them and go about their day. However, if stress is constant or left unmanaged, it can turn into burnout. That said, there is hope! In this training participants will learn the signs and causes of burnout and practical tips and lifestyle changes to help manage stress and prevent burnout.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WOSB	In-person, Webinar	1 hour

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## Positively Maneuvering Change in the Workplace

Change is inevitable and essential to functioning and growing in today's world. Our response to change is personal and varied based in part by past experiences and personality traits. In this training, participants will learn how different change types and sizes impact the change experience, the role of resistance in change, the importance and value of change, managing emotions in a changing environment and the power of resiliency and self-care in navigating change.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WPMC	In-person, Webinar	1 – 1.5 hours

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## Strategies for Resolving Workplace Conflict

Conflict is normal, a natural part of relationships and is inevitable. This can be especially true in today's diverse workplace. Yet unaddressed and unresolved conflict can be damaging to workplaces. In this training, employees will gain an understanding of why conflict happens and their response to it. They will also learn and apply strategies for effectively approaching and resolving their workplace conflicts.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WSRC	In-person, Webinar	1 hour

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## Thriving in a Multigenerational Workforce

Today's workforce spans five generations, and each generation has different attitudes and behaviors. The unique characteristics of these generations can have an impact on how we interact in the workplace. This training will focus on the generations currently in the workforce—Traditionalists, Baby Boomers, Generation X, Generation Y and Generation Z. Participants will learn how generational differences impact the workplace and how to work effectively with all generations.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WTMG	In-person, Webinar	1 – 1.5 hours

## Understanding and Responding to Workplace Bullying

Workplace bullying is a potentially serious health and safety issue. Targets of bullying can experience long-term physical and mental health issues. And bullying targets are not the only victims; entire teams and companies can experience the negative impacts. This training will define what bullying is and what it looks like in the workplace. Participants will learn to identify signs and symptoms, including effects on mental and physical health, and what to do if they witness or experience workplace bullying.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WRWB	In-person, Webinar	1 hour

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## Using Emotional Intelligence for Workplace Success

Emotional intelligence (EI) is the ability to recognize and understand emotions in ourselves and others, and the ability to use this awareness to manage our behavior and relationships. It involves recognizing various aspects of our feelings and emotions and taking the time to work on the elements of self-awareness, self-regulation, motivation, social awareness, and social skills. In this training, you will learn why EI is important in the workplace and ways to improve your emotional intelligence.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WEIW2	In-person, Webinar	1.5 hours

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## Workplace Violence: Impact and Prevention

No workplace is immune from the possibility of violence. Maintaining workplace safety is everyone's responsibility. In this training, you will learn more about what is workplace violence, including intimate partner violence, and potential warning signs. You will also learn more about your responsibilities, intervention and resource options to help in responding to potential and actual threats of violence, including active shooter incidents.

<i>Audience:</i>	<i>Order code:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	WVIP	In-person, Webinar	1.5 hours



# Specialty Trainings

## Frequently Asked Questions

### 1. How are courses delivered?

Courses can be delivered onsite or in real-time as webinars via the Internet for the content and telephone for the audio.

### 2. How many hours of trainings is my organization eligible for? Are there additional fees?

Please contact your Magellan Account Management Team for information on the training hours included in your contract. Additional fees may apply.

### 3. For webinar trainings, what recording platforms are used?

- For Financial Wellness trainings, the platform is GoToWebinar.
- For Legal Services and Identity Theft Resolution trainings, the platform is Zoom.

### 4. For webinar trainings, can our organization use our own platform?

Yes, in most cases you may use your organization's webinar platform, however, additional fees may apply. Your organization will be responsible for the technology, technical support and driving the presentation.

### 5. Who are the trainings presented by?

- Financial Wellness trainings are presented by Magellan's vendor partner My Secure Advantage (MSA).
- Legal Services and Identity Theft Resolution trainings are presented by Magellan's vendor partner CLC.

### 6. Can trainings be customized?

- Financial Wellness trainings can be customized at a rate of \$250/hour with a minimum charge of one hour per customized presentation.
- Legal Services and Identity Theft Resolution trainings can be customized at a rate of \$200/hour with a minimum charge of one hour per customized presentation.

# Legal Services Trainings

Experienced legal professionals present on various legal topics and planning principles.

## Estate Planning 101

Believe it or not, you have an estate! Think about family possessions, bank accounts, houses, investments, even furniture—and what will happen to them. Estate planning helps you prepare for how your estate will be distributed to those you care about most. In this class, we explore the common legal tools used to manage and preserve assets.

*Audience:*

General Audience

*Format:*

In-person, Webinar

*Length:*

30 minutes or 1 hour

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## Legal Resources for Caregivers

For loved ones who have an inhibiting mental or physical condition, there are specific laws in place to protect their rights and prevent discrimination. In this class, we outline several legal tools and programs that assist the needs of the elderly and disabled, and how to help set them up for success.

*Audience:*

General Audience

*Format:*

In-person, Webinar

*Length:*

30 minutes

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## Planning for Future Medical Decisions

If you become incapacitated—or unconscious—you'll want to have your voice still heard when it comes to your health treatments! An advance health care directive can help ensure pre-determined health care choices are kept and ease the burden on your family. In this class, we discuss what legal documents are needed to start a future medical plan.

*Audience:*

General Audience

*Format:*

In-person, Webinar

*Length:*

30 minutes or 1 hour

# Identity Theft Resolution Trainings

Identity theft specialists present on various identity protection topics and principles.

## Avoiding Holiday Shopping Fraud

Huge sales, must-have gifts, and rushing for last minute items have become too familiar. When holiday shopping between stores, we often let our guard down and can accidentally expose personal and financial information. In this class, our Fraud Resolution Specialist will discuss how to prevent fraudsters from using your shopping spree to their benefit.

*Audience:*  
General Audience

*Format:*  
In-person, Webinar

*Length:*  
1 hour

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## Avoiding Tax Filing Fraud

Tax filing can expose a substantial amount of personal information—annual income, retirement plans, and a Social Security number to name a few. Data thieves are looking to prey on this “gold mine” of information and sell it on the dark web. In this class, our Fraud Resolution Specialist will discuss the warning signs of tax-related fraud and share tips on safely filing your taxes.

*Audience:*  
General Audience

*Format:*  
In-person, Webinar

*Length:*  
1 hour

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## Battling Unemployment Fraud

With COVID-19, jobless claims have ballooned across America and in-turn, have created a historic identity theft problem. Identity thieves are taking advantage of state unemployment (UE) systems overwhelmed to meet this unprecedented claim demand. In this class, our Fraud Resolution Specialist explains the prevalence of UE fraud and how to lessen its financial and identity theft damage.

*Audience:*  
General Audience

*Format:*  
In-person, Webinar

*Length:*  
30 minutes

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## Data Breach Education

We hear about data breaches all the time—another company is breached; another card scanner is hacked—but these news headlines should affect our personal lives. The more we’re desensitized to its reality, the more of a chance we’re impacted by one. In this class, our Fraud Resolution Specialist will discuss how to evaluate the severity of data breaches and how to protect personal information.

*Audience:*  
General Audience

*Format:*  
In-person, Webinar

*Length:*  
1 hour

## ID Theft Protection 101

In today’s digital world, someone becomes a victim of identity theft every two seconds. In this class, our Fraud Resolution Specialist will share tips on how to build a wall of defense against identity thieves and how to lessen the impact when victimized. Together, let’s pull-back the curtain and reveal how fraudsters lure consumers and steal their data.

<i>Audience:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	In-person, Webinar	1 hour

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## Personal Data Security (only offered after experiencing a company data breach)

A security incident’s compromised information doesn’t necessarily result in identity theft victimization. In this class, our Fraud Resolution Specialist will share the best practices to help maintain your personal information safety. We’ll also discuss the identity protection and restoration services available to you through your program.

<i>Audience:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	In-person, Webinar	1 hour

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## Social Media Privacy

Social media is designed to share information—photos, articles, thoughts—with other people. But it’s time to reconsider how safe it is to be sharing your personal identity and private information on public platforms. In this class, our Fraud Resolution Specialist will discuss how oversharing can endanger personal and financial safety.

<i>Audience:</i>	<i>Format:</i>	<i>Length:</i>
General Audience	In-person, Webinar	30 minutes

# Financial Wellness Trainings

Financial experts present on financial planning and money management topics.

## #Adulting: Money Matters

As someone early in your career, you may face unique financial challenges. This class will discuss the most common financial decisions a young adult may make including the importance of budgeting, saving for short and long-term goals, monitoring credit, and managing or avoiding debt. We'll also review key resources and tools to help you take control of your finances and your future.

<i>Format:</i>	<i>Length:</i>
In-person, Webinar	1 hour

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## A Holiday Planning Guide

Is the holiday season bringing you stress and debt? In this presentation, we will share best practices for planning, saving and spending. Technology has become a bigger part of our holiday shopping and planning experience, so we will discuss online ideas and sites, as well as important dates to remember, to help you this time of year!

<i>Format:</i>	<i>Length:</i>
In-person, Webinar	30 minutes or 1 hour

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## Common Risks to Your Retirement Plan

Retirement shouldn't be fraught with uncertainty. You may have a firm retirement plan centered around your savings and sources of income, but sometimes even the best laid plans fall short. In this class, we will review some of the risks that could impact your plan like outliving your savings or not having a realistic plan for managing your finances during retirement.

<i>Format:</i>	<i>Length:</i>
In-person, Webinar	1 hour

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## Dreaming of Retirement

Many people can't wait for retirement, yet they spend more time planning their vacations than putting together a formal plan. To be confident that you can sustain the retirement lifestyle you envision, you may need to do some calculations to determine whether you are on track to have the necessary income or assets. In this class, we provide the tools to help ensure your retirement dreams are realistic.

<i>Format:</i>	<i>Length:</i>
In-person, Webinar	1 hour

## Estate Planning: Financial Basics

Many of us know we should have an estate plan, but we don't know how to get started—or when to get started. In this presentation, we discuss the common components of an estate plan and explain how your plan may change as you go through different stages of life. Lastly, we will cover the pros and cons of hiring an attorney, versus doing most of the work yourself.

<i>Format:</i>	<i>Length:</i>
In-person, Webinar	1 hour

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## Financial Setback? Regroup & Rebuild

Throughout life we will all be faced with some form of a financial setback, whether planned or unplanned. How will you react? What is the plan? During this presentation, we'll walk you through a process that includes assessing the setback and the impact on your finances, taking action, staying the course, and being prepared for any future difficulties.

<i>Format:</i>	<i>Length:</i>
In-person, Webinar	1 hour

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## Getting & Keeping Good Credit

Credit scores influence personal finances in more ways than most people realize. Whether it's your auto insurance premium or the interest rate on your mortgage, you want your credit score to be deemed "excellent". We'll discuss the criteria that determines a credit score, as well as how to establish new credit, how to recover from credit challenges, and best practices for maintaining an excellent credit score.

<i>Format:</i>	<i>Length:</i>
In-person, Webinar	30 minutes or 1 hour

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## I Want to Buy a House

Buying a home can be an achievable goal if you do your research and plan for all the expenses associated with both purchasing and maintaining a home. We'll walk you through the different types of mortgage loans, review what lenders are looking for, and what costs you can expect from the closing process. With proper planning, your home can bring you joy for years to come!

<i>Format:</i>	<i>Length:</i>
In-person, Webinar	1 hour

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## Investing: Education for Beginners

Learn more about why investing can be a critical factor in achieving long-term goals. We will explain how different types of personal goals work and how timeframes and types of investment accounts can play a key role in helping you reach your savings targets. Then, build your knowledge as we explain how mutual funds, stocks, bonds, and other types of investments work. We'll conclude with some action steps attendees can take to apply what they have learned.

<i>Format:</i>	<i>Length:</i>
In-person, Webinar	30 minutes or 1 hour

## It's My Budget & I'm Sticking to It!

Creating and sticking to a budget is the foundation for great personal finances. Why? It gets you in the habit of reviewing and adjusting your spending so that the most important goals in your life get funded. This class will outline a process for creating a spending plan and will offer practical tips for sticking to it!

<i>Format:</i>	<i>Length:</i>
In-person, Webinar	30 minutes or 1 hour

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## Money Basics: Let's Build a Plan

If you want to feel confident about your personal finances, you need to follow a plan that has four components: controlling spending, managing debt, prioritizing savings and maintaining excellent credit. If you lose focus on any of these disciplines, you risk adding stress to your life. This class explains the importance of each component of your plan and helps you get started.

<i>Format:</i>	<i>Length:</i>
In-person, Webinar	30 minutes or 1 hour

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## New Year...New You! Financial Resolutions You Can Keep

When January arrives, many of us want to start a new financial habit or break a bad one. The real challenge isn't getting started but sticking to the plan. As a financial coaching organization, we have worked with thousands of people to help them stick to their New Year's resolutions. We will share tips for setting realistic goals and making it to the finish line.

<i>Format:</i>	<i>Length:</i>
In-person, Webinar	30 minutes or 1 hour

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## Planning for College 101

The costs of attending college continue to increase, so planning is imperative. This class will discuss different types of college savings accounts and review the financial aid process. It may be important to get funds from as many sources as possible, so we'll review scholarships, grants and loans. Get ready to leave this class better prepared to establish and fund your college savings goals.

<i>Format:</i>	<i>Length:</i>
In-person, Webinar	1 hour

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## Protecting Your Assets with Insurance

Insurance is more than just a safety net. It's part of your overall financial strategy! In this class, we explain the importance of vehicle, property, life and other common forms of insurance. Our goal is to equip you with the information you need to assess the right coverage for your life and assets. We will also share some tips and best practices for shopping around and getting the best rates.

<i>Format:</i>	<i>Length:</i>
In-person, Webinar	1 hour



## Raising Money-Savvy Kids

We all want our children to become adults who are responsible with their money. This class helps parents assess whether their child is a spender, a saver, or somewhere in between. Parents also receive a wide range of tools and guidelines for teaching valuable money concepts. Whether you have a toddler or a teenager, we have tips for making money a comfortable, age-appropriate conversation.

*Format:* In-person, Webinar      *Length:* 30 minutes or 1 hour

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## Relationships & Money

Surveys show that stress about money impacts our relationships with others, most especially our partners or spouses. Join us as we explore how our relationship with money, our life experiences, and our emotions influence our finances. Learn best practices to improve communication skills with friends and family.

*Format:* In-person, Webinar      *Length:* 30 minutes or 1 hour

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## Retirement Planning: Getting Started

Whether you are at the beginning or near the end of your career, the most important first step toward building a retirement plan is writing a savings goal. Knowing that there are many competing needs or wants for the dollars you save, we will review goal-setting strategies that can help you stay on track. We will also review common types of investment accounts for your savings.

*Format:* In-person, Webinar      *Length:* 30 minutes or 1 hour

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## Sandwich Generation: Caught in the Middle

Navigating personal finances can be daunting for anyone, but if you not only support your children but aging parents or grandparents, you are likely facing much greater challenges than most. Help has arrived! In this class we'll show you how to assess your financial and personal capacity and set realistic boundaries to help you through this stage of life. We'll talk about how to handle setbacks and remain resilient, and we'll provide resources and tools to help you manage your financial goals.

*Format:* In-person, Webinar      *Length:* 30 minutes or 1 hour

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## Smart Tips for Making a Major Purchase

Whether it's a washer and dryer, living room furniture or a car, big purchases take some special planning. In this class, we discuss factors such as buying now vs. later, saving vs. financing, and buying vs. leasing. We will explore credit and budget implications, as well as strategies for planning ahead and saving money in the long term.

*Format:* In-person, Webinar      *Length:* 30 minutes or 1 hour

## Student Loan Repayment Strategies

For many employees, especially in the first half of their careers, student loan payments are a significant monthly expense. This class helps attendees consider repayment options that meet their individual goals. We discuss repayment options for both federal and private loans, which include how to lower monthly payments or pay off loans faster.

*Format:* In-person, Webinar      *Length:* 1 hour

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## The Financial Wellness Playbook

Learn from those who have gone before you! This class shares the ten habits most people practice when they have little financial stress in their lives. The MSA coaching staff has conducted over a million financial consultations, and the most experienced coaches were interviewed to develop this list of ten habits. The goal is for attendees to take pride in the habits they are practicing well, and to develop an action plan to address the habits they would like to improve.

*Format:* In-person, Webinar      *Length:* 1 hour

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## Understanding Tax Returns

For most of us, tax season can mean only one thing: "How much is my refund?" But before we get to the good part, a lot needs to be discussed in terms of how income tax is calculated, types of adjustments/deductions, ways to reduce taxation, and strategies to save. We will also review any tax law changes and explore some common mistakes that could be avoided with proper planning.

*Format:* In-person, Webinar      *Length:* 1 hour

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## Women & Money

As the wealth gap narrows between women and men, there are still certain financial challenges that are unique to women. In this presentation we empower you with action steps to create financial wellness and help you assess your history with money. We will discuss the importance of incorporating emotional intelligence as well as technical aspects of money management to help direct your finances to their highest potential.

*Format:* In-person, Webinar      *Length:* 1 hour

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## Your Debt-Free Game Plan

Debt is one of the biggest obstacles keeping Americans from reaching financial goals, so this class encourages you to prioritize debt management. But it doesn't stop there! We'll also go over specific debt reduction strategies and help you explore a plan that you can sustain. We will also review how to write and follow SMART goals, so you can leave this class motivated and more confident about reducing your debt.

*Format:* In-person, Webinar      *Length:* 30 minutes or 1 hour