

WORKSHOPS and PRESENTATIONS



**Offered by the
Employee Assistance Program
and the
Program of Assistance for Students**

WORKSHOPS

<u>Topic</u>	<u>Page</u>
1. Anger Management / Handling Emotions.....	3
2. Stress Management.....	3-4
3. Communication.....	4
4. Conflict Resolution.....	4
5. Divorce, Grief and Loss.....	4-5
6. Motivation.....	4
7. Parenting.....	5-6
8. Relationships.....	6

Workshop Length

Unless otherwise specified, all workshops are designed to be approximately 1-2 hours in length. Workshops can be adjusted to fit within a shorter time period; however, certain sections of the workshop and/or activities may be shortened or omitted.

Scheduling Information

To schedule any of the workshops listed on these pages, please contact Dr. Alan Korinek at 743-2820, ext. 263, or Alan.Korinek@ttuhsc.edu. Please allow *at least* three (3) weeks in order to accommodate clinical schedules. We would be happy to create a workshop to meet your specific needs. Specialty workshops will require additional preparation time. Please contact Dr. Korinek to request a workshop topic not listed here.

Legend

 - Experiential; includes high levels of audience participation

1. ANGER MANAGEMENT / HANDLING EMOTIONS

ANGER IS A CHOICE (🖐️)

This workshop will provide practical information and include open discussion and experiential exercises. It will help the participant gain necessary skills to recognize common ‘trigger points’ for their anger; compare common myths about anger with the facts; become more aware of the costs of anger; and learn and begin to practice some alternatives to angry reactions

EMOTIONAL INTELLIGENCE

This workshop will introduce participants to the basic emotional and social competencies that influence personal and work relationships. Participants will learn the components of “emotional intelligence” and how these skills can be acquired.

2. STRESS MANAGEMENT

WHEN THE GOING GETS TOUGH: HOW TO MANAGE YOUR EMOTIONS IN STRESSFUL TIMES

When the going gets tough, lots of things can get going, including intense emotions and destructive behavior. In times of elevated stress, managing our emotions can be especially difficult. Disagreements can turn into heated arguments; frustration can give way to aggression; verbal assaults can lead to physical attacks. This workshop will help employees recognize and control difficult emotions and manage the stress that can create them.

BALANCING THE SCALES: CREATIVE STRESS MANAGEMENT

People often feel overwhelmed by competing work and family demands. This workshop will introduce participants to the idea of creatively managing stress. They will learn skills necessary to deal with their stress through physical and emotional self-care. Coping strategies will center around three areas: managing yourself, managing your reaction to stress, and managing the amount of stress in your life.

HECTIC HOLIDAYS (🖐️)

This workshop targets the stressors associated with the Thanksgiving, Christmas, and Hanukah holidays. Specific stress management techniques for common holiday concerns are presented. Strategies for managing financial and family concerns are also included.

OVERWHELMED AND BURNT OUT: HOW TO MANAGE YOUR STRESS LEVEL

This workshop will provide participants with effective techniques for handling stress and eliminating burnout. Participants will identify causes and symptoms of stress and practice techniques to help alleviate stress symptoms.

SURVIVING GRADUATE SCHOOL STRESS (👏)

This workshop targets the unique stress associated with being a graduate student. Information presented includes basic stress management techniques, how to balance multiple roles and responsibilities, preventing burnout, and how to overcome procrastination.

3. COMMUNICATION

SAYING NO WITHOUT REGRET OR RESENTMENT (👏)

This workshop will look at how to say “no” with confidence as well as how to set healthy limits and boundaries. Role-play will be used to practice the communication skills that help prevent over-commitment. The destructive effects of regret and resentment will also be examined.

SETTING BOUNDARIES AND OPENING DOORS TO BETTER RELATIONSHIPS

This interactive workshop will provide communication strategies for handling frustrating situations and negotiating healthy boundaries. Participants will learn the skills necessary to deal with coworkers and others in ways that help accomplish one’s goals and maintain one’s sanity at the same time.

4. CONFLICT RESOLUTION

DEALING WITH DIFFICULT PEOPLE (👏)

This workshop will help participants gain necessary skills to communicate more effectively with those at work, at home and in other areas of life. They will learn techniques for reducing defensiveness, be able to identify characteristics of bad communication, and learn how to work with specific types of difficult people. The workshop provides practical information and includes open discussion and experiential exercises.

5. DIVORCE, GRIEF, AND LOSS

PEOPLE LIVING WITH DIVORCE

This workshop will present ideas to help adults who are experiencing, or have experienced, the emotional and psychological impact of divorce in their lives. Topics to be addressed include natural reactions to loss in divorce, coping with the emotional pain of divorce, concerns regarding relationship patterns, and the need for self-care.

PUTTING THE PIECES BACK TOGETHER

This workshop will help participants to identify, understand, and cope with grief and loss issues common in all of our lives. Attendees will be given practical information on the nature of the grief process and learn specific coping strategies that have proven to be healthy and helpful in resolving a loss. They will also learn what grieving individuals and families need following a loss.

PARENTING THROUGH DIVORCE: SUPPORTING THE CHILDREN

This workshop will provide participants with practical suggestions regarding how to help children navigate through the typically rough waters of divorce. Attendees will learn what they can do to help children adjust to the changes in their lives as well as the signs they should look for that might indicate that children are not adapting as well as they might.

6. MOTIVATION**MOTIVATION FROM WITHIN: INTRINSIC VERSUS EXTRINSIC MOTIVATION**

This workshop will provide an opportunity for those in attendance to learn to tap into the motivation necessary for greater success in their personal lives, chosen profession, and family efforts. Insights, techniques, and resources will be offered as additional tools to develop self-knowledge, a vision for future goals, and a plan of action to those goals.

THE “HOW TO” ON PLANNING AND IMPLEMENTING PERSONAL CHANGES (👏)

This workshop will benefit anyone who wants to make a change in life but can't seem to find a way to make it happen or who find themselves starting, but not following through with, things they want to change. It will include both an individual and a group component for helping individuals to plan and implement personal change.

REMAINING MOTIVATED: A WORKSHOP FOR NEW EMPLOYEES AND FRONTLINE STAFF!

New employees and employees who help others perform their roles more effectively (e.g., clerical support, teaching assistants, etc.) often become discouraged. This workshop will present ideas and strategies to help new employees and support staff remain motivated, embrace a positive attitude, and make the most out of their important contribution.

7. PARENTING**SEVEN THINGS I WISH SOMEONE HAD TOLD ME ABOUT BEING A PARENT (👏)**

This workshop covers many important topics related to parenting. Participants will be introduced to “seven ideas for making your home a place where your children want to be!” Attendees will also be provided with practical ideas and skills that can be used to effectively discipline children.

EMOTION COACHING FOR CHILDREN (👏)

This workshop will introduce participants to a method of interacting with children which assists them in becoming connected with their emotional experiences and learning how to express those emotions in a more effective way. This workshop will also discuss creative ways to discipline and reward children in order to reinforce better behavior.

TRANSITION TO PARENTHOOD

This workshop will provide participants with practical suggestions on maintaining connected with one another during the transition to parenthood. Attendees will learn about common concerns that arise

during this life stage and how to buffer their relationship against the changes that take place as another member enters the family.

IT'S TIME TO TALK: DISCUSSING SEX WITH YOUR CHILDREN

This workshop will provide participants with basic information regarding child development as it applies to discussing sex at different maturity levels and ideas about opening the lines of communication between children and parents regarding sex. Attendees will be provided practical suggestions for discussing sex with children of all ages, toddlers through adolescents and will learn about resources available to assist with these discussions.

8. RELATIONSHIPS

HABITS OF HEALTHY RELATIONSHIPS (👏)

Building healthy partnerships at home and on the job will enable you to communicate better, negotiate sooner, and create an environment of teamwork. This presentation will include group interaction, skill building and hands-on problem solving exercises designed to facilitate application of these principles.

CARING FOR AGING PARENTS (IV PART SERIES)

This workshop focuses on the emotional and practical issues involved with caring for aging parents while also caring for yourself and your family. Role reversal, financial concerns, long-distance care, cooperating and coordinating care with siblings, and coping with loss are addressed in detail. This workshop is generally offered in a four-part series, to fully cover the topic. *Due to the length of this presentation, groups of thirty-five or more participants are required.*

BALANCING WORK AND FAMILY LIFE

A balanced life is typically satisfying, while an unbalanced life can be a source of frustration, sadness, and/or guilt. Achieving balance between life at work and life at home can be extremely difficult, and at times may seem impossible. This workshop will help you to take steps toward achieving better balance between work and family life. Topics to be discussed include: (1) Defining “balance” in a person’s life; (2) Identifying barriers to balance; (3) Recognizing the signs of imbalance; and (4) Ways to achieve better balance.

LET'S TALK ABOUT SEX: DISCUSSING SEX IN INTIMATE RELATIONSHIPS

Individuals are bombarded with sexual images on a daily basis, yet it can be difficult to discuss sex within one’s own romantic relationships. This workshop will assist participants in understanding more about why these conversations can be so difficult and why they serve an important function within a relationship. Common concerns will be addressed and ideas will be provided for opening lines of communication about sex. *Due to the nature of this topic, we discourage mandatory attendance.*