

EAP Services springboards are a series of one (1) hour awareness sessions developed by our senior professionals. These sessions are designed to give employees a basic understanding of relevant issues whilst also reminding them about their Employee Assistance Programme.

Stress and You

Stress is our perception of daily pressures and challenges. While some thrive on stress others crumble. This session provides understanding about positive and negative stress. You will learn about sources and symptoms of stress on body and mind along with a range of stress management strategies for exercise, sleep, breathing and relaxation to help achieve calm and balance.

Resilience and You

Stress and resilience are closely linked. If we lack resilience stress can impact negatively on our lives. Resilience builds the capacity to manage stress, mentally, physically and emotionally. This session shares understanding of resilience, attributes of resilient people and supports you with strategies to build mental, physical and emotional resilience to stress.

Mindfulness and You

Mindfulness has its roots in ancient meditation practice. Extensive research is available on its benefits on physical and mental wellbeing as well as improved relationships and communication. This session will provide you with an overview of the research to allow understanding this simple approach to living, and share some mindfulness techniques to try out at home and work.

Five ways to Wellbeing

Established research has revealed five key ways we can increase our mental health and wellbeing in order to generate resilience to stress. This session shares details of these five simple approaches which can be easily implemented into everyday life, along with the benefits expected with these changes.

Sleep and Fatigue

Sleep is essential for health yet a third of us suffer with insomnia. This session explores the impact of poor sleep on health; provides understanding about the sleep-wake cycle and the importance of our body clock. Tips to ease a busy mind, achieve good sleep and a regular sleep pattern are included.

Financial Wellbeing

A healthy financial future is dependent on an understanding of financial principles like budgeting flow and options to create financial security. This springboard provides employees with a sound knowledge so that they are empowered, able to plan and make informed decisions in relation to their financial health.

Putting Positive Psychology into Practice

Positive psychology helps us develop optimism by cultivating our best traits. It is possible to think our way to happiness, by changing how we perceive events. This session explores the benefits of positive emotion and shares an established model that can be used to increase personal happiness.

Work-Life Balance

In order to achieve wellbeing, we must commit to achieving work-life balance. When we can define our unique work-life roles and values we can implement strategies to manage the demands of multiple commitments. This session helps you define a programme of action, based on your roles and values, to create the work-life balance that will ensure optimum performance and well-being.

Emotional Intelligence

Emotional intelligence is the capacity to perceive, control and assess our emotions. It has been linked to better health, productivity, relationships and communication. This session shares the benefits of this concept and techniques to access higher levels of emotional intelligence.

Open Communication in the Workplace

Being comfortable and confident enough to express your thoughts and feelings is key to open communication at work. This session explores courageous conversations and shares tips on how to communicate your message or needs clearly and effectively in the workplace.

Effective Teamwork

Successful teams are an asset to an organisation. Understanding the key ingredients, and barriers to developing effective teams and barriers are covered in this session. Discover your own key strengths and weaknesses as a team member and interaction style to help you develop as an active team member.

DOWNLOAD: <https://hytly.com/28rvih>

Download

7c23cce9bc

Related links:

- [Welcome To Sajjanpur Torrent](#)
- [Harry Potter And The Deathly Hallows Part 1 720p Dual Audio](#)
- [Chandni Chowk To China Full Movie Download Utorrent Kickass Community](#)
- [Extensoft Artisteer 4.0.0.58475 Portable](#)
- [Tiggerman download](#)