

EFAP Presentation Inventory

Title	Description	Format
Managing Stress and Building Resilience During the Covid-19 Pandemic	<p>This webinar will explore ways to build resilience and manage stress during times of crisis and uncertainty. Participants will learn about stress and its impacts, especially as it relates to the COVID-19 crisis. Practical strategies for managing stress and building resilience will be examined. This webinar will provide participants with helpful tools to reduce stress and increase resilience amid Covid-19.</p>	Available as a pre-recorded webinar
Overcoming Trauma at Work: Resources for Resilience	<p>Trauma can be defined as a psychological, emotional response to an event or an experience that is deeply distressing or disturbing. This session will explore the various impacts of trauma on individuals and the workplace.</p> <p>Participants will learn:</p> <ul style="list-style-type: none"> • How trauma effects the individuals, families and the workplace • How trauma impacts mood, behavior and relationships • Evidence based strategies to enhance resiliency in persons who have experienced trauma 	Available upon request
Building Your Resilience	<p>Why do some people thrive and others barely survive during stressful times? A growing body of evidence points to one answer: resilience. Resilience is the capacity to adapt, grow and “bounce back” when faced with adversity. Resilience is not a quality people are born with; rather it is something we can all develop. In this interactive session, participants will learn:</p> <ul style="list-style-type: none"> • What their strengths are and how strengths can be used to cultivate resilience • Strategies for building a more resilient mindset • What behaviors can actually increase resilience • How resilience can help us not only survive, but thrive, in the face of challenges 	Available as a pre-recorded webinar
Mental Health in the Workplace	<p>Mental health in the workplace affects us all. This session will provide an overview of the most essential concepts and skills in workplace mental health, focusing on how to create a safe space to have conversations about mental health.</p> <p>Participants will learn:</p> <ul style="list-style-type: none"> • How to check in with themselves around their own mental wellbeing • How to have conversations about mental health • How to recognize the indicators of mental distress or crisis in themselves and others • How to have conversations with a person in mental distress or crisis • How to connect people in distress with supports, including professional help when needed. 	Available as a pre-recorded webinar
Building Your Emotional Intelligence	<p>THIS WEBINAR IS A 4 PART SERIES DESIGNED TO BE TAKEN IN ORDER.</p> <p>Emotional intelligence (otherwise known as emotional quotient or EQ) refers to the ability to identify, understand & manage emotions, as well as recognize, understand and constructively respond to the emotions of others. Individuals with a high EQ have the ability to manage emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Upon completing the series, participants will have a good understanding of their own emotional intelligence and strategies for further developing their emotional intelligence. This webinar series uses the EQi 2.0 to explore emotional intelligence. The EQi 2.0 is the world’s leading measure of emotional intelligence and applies decades of research to support effective performance and development. This session will focus on the key skills for building your EQ and improving your ability to manage emotions, connect</p>	Available as a pre-recorded webinar



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	<p>with others and navigate conflict effectively.</p> <p>In this session participants will learn:</p> <ul style="list-style-type: none"> • The science behind emotions • Their EQ strengths and areas for development • Practical techniques to manage their own emotions and stay healthy • Strategies to effectively navigate and respond to the emotions of others • Proven communication strategies to diffuse conflict & build relationships 	
Managing Stress	<p>It's no secret that stress can steal your well-being and health. In this interactive session, participants will learn how one can manage stress levels and stay healthy.</p> <p>Participants will take inventory of their own sources of stress, learn to identify symptoms of stress and explore how stress impacts well-being. Participants will be guided through several proven stress management strategies and will leave with their own personalized plan for managing stress and staying healthy.</p>	Available upon request
The Science of Happiness: How Positive Psychology Can Help You Realize Your Potential for Lasting Fulfillment	<p>A recent study found that the stress we have in connection with the state of our financial wealth tops the worry list of 42 per cent of Canadians. But how is your psychological wealth faring? Have you ever stopped to ask yourself, "Am I doing well, or just getting by?" Perhaps you are looking for greater fulfillment, satisfaction and genuine happiness in your life?</p> <p>Whether your dreams are about a promotion at work, financial success, love, or perhaps spiritual contentment, we want these things because we ultimately believe they will make us happier. But very few of us actually know how to go about improving our happiness. During the past 15 years, the new field of positive psychology has been applying scientific principles to improve our understanding of happiness and what makes life worth living so that people can feel more satisfied and positive about their lives.</p> <p>By participating in this presentation, you will have the opportunity to learn what pioneering positive psychology research has shown makes people lastingly happier, as well as take away a toolkit of new strategies you can begin incorporating into your work, personal and family life to reach and sustain an elevated level of happiness.</p>	Available upon request
Understanding Anxiety	<p>Anxiety represents our body's natural alarm system, signaling danger. Everyone experiences anxiety at times. Sometimes, anxiety can happen too frequently or intensely in the absence of actual danger. Learning about anxiety can help us to understand and manage it.</p> <p>In this session participants will learn:</p> <ul style="list-style-type: none"> • How to recognize the physical, emotional and behavioural symptoms of anxiety • Practical methods for managing anxiety, including: relaxation techniques and cognitive and behavioral strategies. 	Available upon request
Vicarious Trauma	<p>Vicarious trauma and compassion fatigue are occupational hazards within helping professions where empathy, caring for others and compassion are part of the daily work. Helping others can be incredibly rewarding, but there can also be a cost to caring.</p> <p>Over time, hearing difficult stories, dealing with human emotions and navigating complex situations can take a toll. It is important to learn how</p>	Available upon request



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	<p>to effectively manage vicarious trauma and compassion fatigue in order to stay healthy. In this presentation, participants will learn powerful tools that will help them develop the professional resiliency needed to engage in the difficult work of helping others.</p> <p>In this session participants will learn:</p> <ul style="list-style-type: none"> • The causes and symptoms of compassion fatigue/vicarious trauma • Effective individual and organizational strategies to manage compassion fatigue/vicarious trauma • How to increase professional resiliency and remain healthy 	
Generations in the Workplace	<p>There is an interesting phenomenon occurring in Canadian workplaces. For the first time in history, there are five different generations working together. Why? People are living longer, staying in the workforce longer, and re-entering the workforce after retirement. Why should employees and managers care about generations in the workplace? Understanding generational strengths creates more successful organizations; employees are happier, healthier and more productive.</p> <p>In this session participants will learn:</p> <ul style="list-style-type: none"> • How to recognize and foster the strengths of each generation • How to navigate potential differences that may arise as these 5 different generations work side by side. 	Available upon request
Managing Change	<p>It can be difficult for employees to navigate workplace change and the stress that often accompanies it. This session is designed to provide participants with the strategies and tools necessary to remain resilient during these times of uncertainty. Presentation objectives:</p> <ul style="list-style-type: none"> • Understand how change can impact employees • Learn and reflect on individual differences in managing change • Recognize the challenges and opportunities in change • Explore effective self-care strategies to manage stress during challenging times 	Available upon request
Discover Your Strengths	<p>This session will help you gain a deeper understanding into how character strengths can play a key role in improving your overall life satisfaction and wellbeing. You will learn principles that are grounded in scientific research and have been shown to help individuals find greater satisfaction, engagement and performance in all aspects of life, both personal and professional.</p> <p>In preparation for the presentation, we ask all participants to complete the VIA Institute's survey of character strengths available online at viame.org. The survey is a 120-item, scientifically validated questionnaire that provides a rank ordering of an adult's 24 character strengths and takes approximately 15 minutes to complete.</p> <p>The presentation provides an introduction to the psychology of strengths and a discussion of types of strengths, highlighting the VIA strengths of character. Time permitting, we offer a 'can you spot your colleagues' strengths?' activity customized to reflect each individual's unique strengths. Participants will leave with the knowledge of their own personalized clusters of signature strengths, ways to build more strengths into their lives, as well as a greater awareness of the value of taking the time to spot strengths in others.</p>	Available upon request
Building Strengths Based Teams	<p>*PREREQUISITE: "DISCOVER YOUR STRENGTHS" PRESENTATION</p> <p>This half-day workshop has been designed for workgroups interested in delving deeper into taking a strengths-based approach to their work, as well as better understanding and utilizing their team's unique</p>	Available upon request



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	<p>configuration of character strengths to create a more cohesive, satisfied and productive team.</p> <p>An ever growing research base provides a strong business case that people who use their strengths more, are more engaged in their work. Studies have found that employees who have the opportunity to regularly use their strengths at work each day are up to six times more engaged in what they're doing.</p> <p>The EFAP Team Character Strengths Workshop requires a fee of \$15 (USD) per team member paid directly to the VIA Institute of Character for the generation of a customized Team Character Strengths Report. Group facilitation and interpretation of results are offered free of charge by EFAP.</p> <p>This interactive session will provide participants with unique team data and a facilitated discussion of the following:</p> <ul style="list-style-type: none">• Those character strengths most highly represented on the team and how this reflects on the team's culture;• Those character strengths without strong representation in the group;• Where individual team members can make unique contributions and express leadership in the group based on their unique cluster of strengths; and• An exploration of strengths dynamics in the group, providing perspectives on creating synergies, resolving conflicts, and promoting positivity.	
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