

2024 LEADERSHIP SUPERVISION SERIES

A seven part series teaching supervisory and leadership skills to integrate behaviors that build engagement, help reduce defensive responses when holding staff accountable, and build trust among work groups. The goal of this series is to help leaders and supervisors prevent employee relations problems and support resolution of job performance issues. This series is designed for supervisors or managers, but anyone interested in the topic is welcome. Visit our website at www.cascadehealth.org/eap/training for class details.

Registration opens one month prior to first training date of series. To register, email trainings@cascadehealth.org. Series is free to EAP employees or \$100 per session.

WINTER SERIES: 3:30 to 5:00pm by Zoom

1/18/24	Session #1	People Smart Management
1/25/24	Session #2	What Kind of Leader Are You?
2/1/24	Session #3	Positive Communication to Build an Engaged Team
2/8/24	Session #4	Finding Paths through Conflict
2/15/24	Session #5	Coaching and Correcting Job Performance
2/22/24	Session #6	Managing Workplace Differences
2/29/24	Session #7	Leadership in Times of Organizational Change and Transition

SPRING SERIES: 8:30 to 10:00 am by Zoom

4/4/24	Session #1	People Smart Management
4/11/24	Session #2	What Kind of Leader Are You?
4/18/24	Session #3	Positive Communication to Build an Engaged Team
4/25/24	Session #4	Finding Paths through Conflict
5/2/24	Session #5	Coaching and Correcting Job Performance
5/9/24	Session #6	Managing Workplace Differences
5/16/24	Session #7	Leadership in Times of Organizational Change and Transition

FALL SERIES : 10:30 to 12:00 pm by Zoom

9/12/24	Session #1	People Smart Management
9/19/24	Session #2	What Kind of Leader Are You?
9/26/24	Session #3	Positive Communication to Build an Engaged Team
10/3/24	Session #4	Finding Paths through Conflict
10/10/24	Session #5	Coaching and Correcting Job Performance
10/17/24	Session #6	Managing Workplace Differences
10/24/24	Session #7	Leadership in Times of Organizational Change and Transition

2024 TRAINING OFFERINGS

PERSONALIZED TRAININGS

The following is a list of health and wellness training topics that Cascade Health Counseling & EAP can provide at your workplace location or virtually. All of our EAP contracts include at least two training hours per year. We provide trainings for non EAP companies at an hourly rate. We ask that trainings are scheduled four to six weeks in advance. Topics include but are not limited to:

- ◆ Anxiety
- ◆ Depression
- ◆ Sleep
- ◆ Alcohol
- ◆ Self-Care
- ◆ Stress Management
- ◆ Meditation
- ◆ Goal Setting
- ◆ Mindfulness
- ◆ Healthy Communication
- ◆ Technology Use
- ◆ Burnout and Compassion Fatigue
- ◆ Harassment & Discrimination in the Workplace
- ◆ Reasonable Suspicion
- ◆ Self-Esteem
- ◆ Trauma Informed Care
- ◆ Mental Health in the Workplace
- ◆ De-Escalation
- ◆ Navigating Change and Transition
- ◆ Boundaries
- ◆ Parenting
- ◆ Career Planning
- ◆ Personality Profile Assessments (DISC, Friendly Style, Strengthsfinder)

SCHEDULE YOUR NEXT EAP TRAINING

For questions or to schedule an on-site training, please call 541-345-2800, or email: trainings@cascadehealth.org.

QUARTERLY WELLNESS WORKSHOPS:

The following is a list of quarterly wellness workshops. These are free to EAP employees or \$25 per person. All classes are one hour long, begin at noon, and are offered via Zoom. To register, please email trainings@cascadehealth.org.

2/22/24 True Belonging: How to connect with others and ease loneliness

5/23/24 Navigating the Sandwich Generation

8/22/24 Time Management: Practical tools to reduce overwhelm

11/14/24 Change Your Thinking, Change Your Mood