

EAP Training Catalog

Contact Us

502 Court St Ste. 401
Utica, NY 13502

205 N. Washington St
Herkimer, NY 13350

510 Erie Blvd. West Street
Rome, NY 13440

6723 Towpath Road
East Syracuse, NY. 13057

Phone: 315-733-1726

Email: eap@cflrinc.org

Web: www.whenthereshelpthereshope.com



EMPLOYEE ASSISTANCE PROGRAM



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What people are saying about our EAP trainings...

“The presenter was very good!! She used great examples and made the presentation enjoyable.”

“Great job! Very informative and educational.”

“SBI will be helpful in reconciling workplace issues, specifically with the employees I manage.”

“We first make our habits, and then our habits make us.” – John Dryden



EAP Portal

Don't forget to check out the EAP portal!! Located on our website, the portal allows you to access EAP forms, referral resources, flyers, newsletters, current CFLR events and so much more! New this year on the portal is our monthly video series the Healthy Huddle Express, a short (five minutes or less) video on healthy tips for mind and body.

Supervisor/Manager and HR Trainings

Cultural Diversity



This training is designed to give managers and HR the skills to build a solid foundation of cultural diversity within the workplace. We explore the meanings and impacts of culture and how diversity helps your business grow.

How to Talk to Someone in Crisis



This training teaches how to respond to an employee in crisis. Specific skills are taught for someone experiencing suicidal ideation. The tools learned are effective for many crisis situation/mental health concerns. This training is tailored for HR/Supervisors.

Combat Burnout Boost Morale



Employee burn out can diminish motivation and morale. This training will help you identify signs of burnout and how to combat it effectively. This fun training can be geared towards all levels of management and HR.

Benefits of EAP trainings

A well-trained and knowledgeable workforce is essential to the success of any organization. CFLR, Inc.'s EAP makes professional development quick, easy and fun, as proven with a 97% satisfaction rate.

“Motivation is everything. You can do the work of two people, but you can’t be two people. Instead, you have to inspire the next guy down the line and get him to inspire his people.” – Lee Iacocca



Cost

As a valued EAP member you receive one free one-hour training per year. We offer free orientation to EAP trainings at any time. Additional trainings are \$175.00 each. Each training session offered by CFLR is customizable. We can also adapt any training to accommodate either staff or managers. Workshops vary in price please call for pricing options.

Trainings

Sexual Harassment



A work environment without harassment should be the goal of every company. Let us provide you with the yearly New York state required sexual harassment training.

Team Building



Going to work shouldn't feel like a chore! We have created an interactive and informative workplace culture training to help managers and staff interact effectively and efficiently.

Express Stress Management



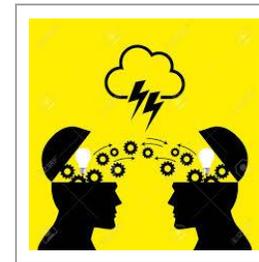
This training is designed to help employers and staff implement stress relief techniques, health and wellness goals and an action plan to help with everyday stress.

How to Talk to Someone in Crisis



This training teaches how to respond to someone in crisis. Specific skills are taught around someone experiencing suicidal ideation. The tools learned are effective when responding to any crisis situation/mental health concern.

De-escalation



Learn how to manage difficult encounters with employees, clients or customers. Train yourself how to respond to help ensure a positive resolution. The techniques you learn can be applied anywhere at any time.

Orientation to your EAP



Three types of Training choices:

EAP for Supervisors

Basic EAP orientation

EAP Portal orientation

Workshops

Guided Meditation



Is a 4-week program which invites employees and staff to slow down and reconnect with their thoughts. Using nature base and sensory techniques this is a powerful way to help staff to reduce stress. * One-hour option available.

Unexpected Connections



Using experiential-based activities this 3-part workshop in Cultural Diversity is designed to help employees and staff strengthen their relationships in the workplace while learning cultural competence skills.

Accepting Yourself in The Present



This is a 10-week course (held in 15 minute sessions) consisting of a combination of psychoeducation, strategies for reshaping unhelpful thoughts, reflective exercises to better understand your mindset and guided visualization exercises.

*This workshop is only taught by a licensed therapist and has extremely limited availability.