

MIIA Employee Assistance Program (EAP)

TRAININGS

You may request seminars and trainings for employees and/or supervisors. They are typically 1 to 2 hours in length and can be adapted to meet your specific needs. Please call the EAP (800.451.1834) to request any of the following:

PERSONAL DEVELOPMENT TRAININGS

- Assertiveness: Speaking Up for Your Rights, Recognition and Respect
- Balancing Your Work and Home Life
- Caring for Yourself While Caring for Others
- Cultivating Mindfulness in Everyday Life
- Enhancing Your Resiliency: A Stress Management Training
- Laughing Matters! Using Humor as a Healthy Habit
- Slowing Down the Holiday Rush

PROFESSIONAL DEVELOPMENT TRAININGS

- Creating the Respectful Workplace: Meeting Halfway
- Customer Service Excellence: Reaching Down Deep
- Dealing with Difficult People: Enhancing Your Interpersonal Skills
- Decreasing Danger in the Workplace: Drug and Alcohol Awareness
- Don't Get Burned: Extinguishing Job Burnout Before it Extinguishes You
- Let's Face It: Negotiating Workplace Conflict
- Preventing Workplace Harassment
- Riding the Waves of Workplace Uncertainty and Change
- Talking the Talk: Effective Communication in the Workplace
- Time Management: The Training I Don't Have Time For
- Working in the Multigenerational Workplace

MANAGEMENT/ORGANIZATIONAL DEVELOPMENT TRAININGS

- All Aboard! A Team Building Training
- Best Practices to Facilitate Meetings
- Critical Incidents: Developing Your Crisis Management Skills
- DOT Mandated Drug and Alcohol Training for Managers and Supervisors
- Harassment Prevention: What Managers Need to Know
- Management 101: Management Training for the Newer Manager
- Managing the Multigenerational Workforce
- Performance Discussions: Timely Feedback and Performance Appraisals
- Riding the Waves of Workplace Uncertainty and Change: Managing Through Change
- Skills for Effective Leadership: Coaching and Feedback
- Speak Easy: Improving Your Public Speaking
- Top Ten Manager Headaches
- Workplace Violence Prevention



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TRAININGS

FINANCIAL TRAININGS

- A Financial Lifetime Prescription: Health, Wealth and Happiness
- Balancing Your Future: Debt Do's and Don'ts
- Fifty Nifty Financial Planning Tips
- How to be Money Smart
- House Hunting for Big Gains
- Identity Theft
- Insurance: How and Why?
- Investment Cents
- Making the Most of Your Money
- Managing Money in Tough Times
- Money Types: Are You a Saver or a Spender?
- Roth 401k Made Easy
- Talking Dollars, Making Cents
- Tax-Saving Ways
- The ABC's of Money
- 529, EIRA, UGMA / UTMA: The ABC's and 1-2-3's of Education Planning
- The Art of Budgeting
- The Business of Retirement
- The 3 R's: Retirement, Rates and Risk
- Think BIG! It's Your Money
- Understanding Your 401(k): A Winning Way
- Wealth Preservation
- Where There's a Will There's a Way
- Women + Money = Womoney



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