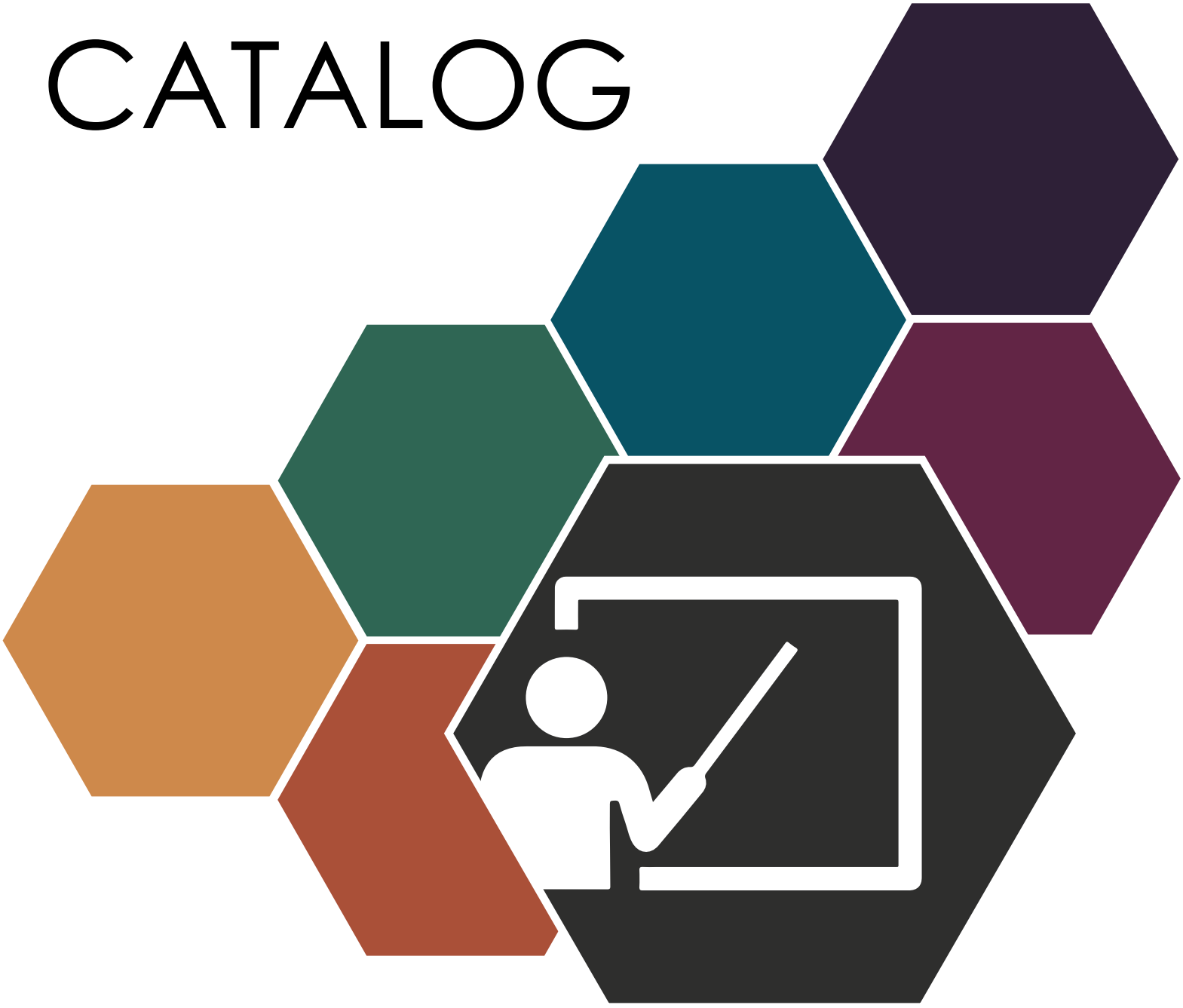
FEI

TRAINING CATALOG



fei workforce resilience

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overview

Providing learning opportunities and investing in organizational development not only promotes a healthy, motivated and resilient workforce, it also makes your organization a great place to work.

FEI provides a robust offering of on-site training, webinar and online learning opportunities to keep employees engaged and effective in their roles. From addressing and recognizing implicit bias to incorporating the latest advances in brain science, these learning experiences are designed to educate and empower both employees and managers to proactively manage their work responsibilities and personal development.

FEI's network of expert trainers understands the needs of adult learners who thrive on practical information they can take back to their work and use right away. We customize training content to facilitate adult learning in a way that utilizes the experience and skills already in a learner's toolbox. By using a "tell, show, do" review process that is interactive and uses different training modalities, we challenge participants to look in their toolbox and leverage their experience to bring learning to the forefront. Training modalities include role-playing, lectures and small group discussions and activities.

We hope you use this catalog as an ongoing tool to address your organization's unique training needs.

Monthly Webinars for our EAP Customers

Every month FEI hosts an hour-long webinar on a variety of EAP, work-life and well-being topics. Current and past years' webinars can be found both in the catalog and on the Lifecycle Connect® website.

Customized Training

FEI has extensive experience offering worksite training programs to serve the needs of our customers. We can both adapt current programs and create "clean-sheet" training designs in response to specific requirements. Our development process follows standard methodologies through needs assessment to measuring and evaluating training effectiveness.

Training Investment Cost

Training pricing can be impacted by multiple factors such as delivery method, length of presentation, location, travel, customization and existing contractual commitments. **Please contact your account manager for more information and a customized quote.** If you are interested in a topic that does not appear in the catalog, your account manager can discuss options, pricing and customized training development that will meet your needs.

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navigation

FEI's flexible training options target specific audiences and are available in a variety of delivery models and timeframes. Although most training is generally one hour in length, it can be adapted for longer formats to meet your organization's needs. Other training is only available in one format. You will see icons indicating the training options available for each topic, as well as the intended audience, in the listing that follows: One-hour lunch and learn, webinar and/or half- or full-day.

Length of Training

Type of Training

Audience

FEI delivers a spectrum of solutions, from EAP and organizational development to workplace violence prevention and crisis management. These various services are reflected throughout our trainings. Below you will find a key that will guide you throughout the catalog. Each training is tagged with the service(s) that it falls under.

Employee Assistance Program (EAP)

FEI delivers integrated and responsive EAP, work-life, legal, financial and wellness services. We provide care and resources to strengthen employee well-being, increase performance and elevate productivity.

Organizational Development

FEI offers customized tools for organizational assessment, consultation, training and evaluation. We apply best practices to enhance company culture, overcome challenges and evolve your workforce.

Workplace Violence Prevention

FEI has partnered with The Mandt System® to supply a cost-effective, trauma-informed crisis intervention training. We de-escalate disruptive behavior, build relationships and empower workplace safety.

Crisis Management

FEI has unparalleled experience in crisis preparedness, response and recovery. We help organizations prepare for the unexpected and support people before, during and after crisis events.

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planning your training

1 Select Topic(s)

- Assess your company's training needs
- Review training selections in this catalog
- Consult with your account manager to discuss options for developing a customized training

2 Decide on Format, Date and Time

- Trainings can be delivered in-person or in webinar format; however, some may be available only via webinar
- Average length is 60 minutes, but customizable to meet your needs
- Trainings are available Monday through Friday during your business hours
- Weekend trainings are available for an additional fee

3 Complete Online Training Request Form

- All trainings must be requested by completing our Training Request form
- Requests for training must be submitted 4 to 6 weeks in advance to ensure the training date and to reserve the best-qualified trainer for your request
- Requests for legal and financial seminars must be submitted 6 to 8 weeks in advance
- Please allow 8 weeks for customized training

4 Promote the Training

- Consider electronic options such as mass emails, early registering or RSVP
- Consider hardcopy options such as posters and flyers
- Consider promoting the training during staff meetings
- Minimum attendance is 10 participants per seminar/training
- Please consider rescheduling if expected attendance does not meet this minimum guideline; special requests are considered on a case-by-case basis

5 Finalize

- Reserve a room
- Make sure the facilitator has necessary equipment available (coordinate with your account manager or training coordinator)
- Print handouts if applicable

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2021 webinar series

Noon Eastern Time - Third Wednesday of the month

Please register for each webinar separately

		Webinar Title	Description
JAN	20	How Much Will I Need for Retirement?	Many financial institutions suggest saving a specific amount to retire safely. Instead of this one-size-fits-all approach, we'll help you analyze your needs and set a goal that's right for you.
FEB	17	The Current State of Civil and Human Rights	We will look at our current state of civil and human rights and what you can do to protect them. We'll also discuss strategies that empower people to take the protection of every human's rights personally.
MAR	17	Senior Housing Options in the Age of COVID	We'll explore the differences between assisted living facilities and nursing homes. We'll also discuss the pros and cons of "aging in place" and hiring private care.
APR	21	How People with Disabilities Enhance Our Workplaces	As workplaces strive to become more inclusive, people with disabilities remain overlooked. We'll explore the benefits they bring to the workforce and how to avoid biases.
MAY	19	How To Recognize and Respond to Suicide Risk	Suicide prevention starts with recognizing the warning signs and taking them seriously. We'll take a closer look at resources and hotlines and what you can do to help.
JUN	16	How Challenging Times Can Lead To Growth	Disruption, trauma, loss and change have the potential to lead to personal growth. From a trauma-informed perspective, we'll explore what it takes to move forward after a crisis.
JUL	21	How To Talk About Addiction	Helping a loved one who struggles with drug or alcohol abuse is a complicated process. We'll discuss how addiction is a disease and why the recovery process may include setbacks.
AUG	18	Silver Linings From the Pandemic	Many of us are glad 2020 is behind us. Despite our losses and challenges, many of us are seeing signs of hope. We'll discuss why it's important to recognize the positive.
SEP	15	Transforming Your Child's Challenging Behavior	We'll explore how "Present Moment Parenting" helps improve any child's challenging behavior, especially those with ADHD, ODD, giftedness, adoption issues or autism.
OCT	20	The Impact of Domestic Violence	Whether the tactics are physical or psychological, we'll help you recognize the signs of domestic violence and gain a better understanding of its power and control.
NOV	17	Does Winter Make You Feel SAD?	If your "winter blahs" interfere with your everyday life, you may be suffering from seasonal affective disorder, or SAD. We'll discuss tips for lifting your mood and finding enjoyment.
DEC	15	Unwrapping Holiday Stress	Many of us feel stressed with the holidays. However, it doesn't have to be this way. We'll help you live more intentionally and be more compassionate toward yourself and others.

TOPICS, DATES AND PRESENTERS ARE SUBJECT TO CHANGE.

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well-being

Alcohol Awareness: You Can Stop at Two

Many people choose to drink alcohol socially. While some are able to do so safely and responsibly, not everyone can. Learn safe drinking guidelines and make healthier choices by exploring the history of alcohol use, risks and signs of abuse and strategies for helping yourself or someone you care about stop.

1-hour | In Person, Webinar | Employees

Anger Management: A Brain Science Approach

Anger is a natural human emotion. However, unconstrained anger can have detrimental effects on the workplace and on our health and success, impacting productivity and the morale of those around us. In order to avoid impacting relationships with others or causing physical and emotional damage to yourself, explore productive ways to manage angry feelings and expressions.

1-hour, Half Day, Full Day | In Person, Webinar | Employees

App Away the Holiday Blues

While the holidays are a time for family, food and fun, they can also be a source of overwhelming stress. Smartphone apps provide a unique resource for coping with the headaches and heartaches of the holiday season. Explore the multitude of apps already available and their ability to transform the seasonal blues into happy holidays.

1-hour | In Person, Webinar | Employees

Cultivating Digital Wellness: Digital Declutter

It seems like everything digital is designed to steal your time and attention. We'll discuss how social media and digital devices are designed to distract us. You'll also learn how to clear your digital clutter, set achievable goals and regain your focus—both "IRL" (in real life) and online.

1-hour | In Person, Webinar | Employees

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Improve Your Overall Health

Knowing your health risk assessment (HRA) scores can lead to a better understanding of personal wellness practices. You can improve your HRA scores using nutrition, exercise and the right motivation. Learn how to identify the reasons for, as well as the barriers to, making the necessary changes for improving health and well-being.

1-hour | In Person, Webinar | Employees

Legal Doesn't Mean Safe: Risks of Alcohol, Marijuana and Opioids

Marijuana has been legalized in several states, the use of prescription opioids has increased dramatically, and alcohol has been lawful since the end of Prohibition. Despite recent trends, we can't assume something is harmless just because it's legal. Take a closer look at the hidden—and not so hidden—costs of common legal substances on the workforce.

1-hour | Webinar | Employees

Managing Stress through the Everyday Pursuit of Happiness

Did you know there is a connection between happiness, your health and stress management? By identifying the power of optimism, gratitude and compassion, explore the relationship between diet and our moods, how to develop meaningful relationships and strategies for slowing down and appreciating life.

1-hour | In Person, Webinar | Employees

Mental Illness: Busting the Myths

While the treatment of mental illnesses has advanced, much of society's understanding of mental health problems has not. Even though mental illness is incredibly common and treatable, stigmas and misconceptions often prevent those affected from seeking necessary help. Learn about the realities surrounding common myths associated with mental illness.

1-hour | In Person, Webinar | Employees

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Mindfully Manage the Holidays

Make your holiday season a positive one by learning tips to mindfully manage the holidays. Discover ideas for eating healthy, sleeping well and loving more while stressing less.

1-hour | In Person Webinar | Employees

Move to the Front: A Brain Science Approach to Resilience

As science has evolved, we have furthered our understanding of how the brain works. However, much of this learning has focused on what is wrong: Depression, anxiety and chronic stress to name a few. But what about when we are happy? Drawing on some of the latest research in positive psychology and neuroscience, explore how to use evidenced-based techniques to create a more resilient workplace.

1-hour | In Person Webinar | Employees

Ready, Set, Go! Lifestyle Change

Are you interested in living a healthier lifestyle but not sure how? Sometimes you need to get your of your own way. Discover the attitudes, behaviors and habits that impede healthy lifestyle change and arrive at a personal self-directed plan to initiate or support healthy change.

1-hour | In Person Webinar | Employees

Relationships 101

What is the foundation of a good relationship? Whether you're building a relationship with a co-worker, significant other or someone you just clicked with online, we'll explore the fundamentals of good relationships, discuss strategies for improving them and how you can make positive connections.

1-hour | In Person Webinar | Employees

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Retrain Your Brain: Increasing Personal Resilience

Ever wonder why some people seem to do better with change? Resilience is one factor that distinguishes those who thrive from those who struggle. Gain useful information about personal factors that impact resilience, tips for identifying everyday stressors and strategies for maneuvering through challenging situations at home or in the workplace.

1-hour
Half Day

In Person
Webinar

Employees

The ABC's of CBD

With all the buzz about CBD and cannabis, what's the straight dope? Here in the U.S., more than half of all states have legalized medical cannabis, and many have decriminalized recreational marijuana. But what does the research say? Join us as we look at the impact of these substances—good, bad or otherwise.

1-hour

In Person
Webinar

Employees

The Impact of Loneliness and Social Isolation

Did you know that most lonely individuals are maried, live with others, and are not clinically depressed? Join us to learn how loneliness and social isolation can impact our health and longevity. Taking a brain science perspective, we'll discuss the connection between loneliness and increased risks to health, including suicide.

1-hour

In Person
Webinar

Employees

The Future of Mental Health

Although the pace of change in science and technology can be overwhelming, the medical and mental health fields are making advances that were unimaginable just a few years ago. Explore some of the latest trends in mental health and learn more about what you can personally do to keep yourself mentally healthy in the 21st century.

1-hour

Webinar

Employees

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The Importance of Self-Care

In order to be successful in your professional or personal life, you must first know how to take care of yourself. Understand the importance of work-life integration and how it can be achieved by exploring ways to physically, behaviorally and mentally detach and rejuvenate.

1-hour
Half Day
Full Day

In Person
Webinar

Employees

The Real Impact of Opioids: A Personal Story

We often hear and read about the tragic outcomes of the opioid epidemic, but we rarely engage in the life story of users and their famiies for real-life insight. Through a unique lens of two lives significantly impacted by the opioid epdemic , learn more about the realities of opioid dependence, situational awareness, warning signs, and more.

1-hour

Webinar

Employees

The Secret Life of (Having) Pets

It's no secret that pets bring an abundance of joy and companionship into our lives. But what isn't as well known is their many health benefits—to our physical, emotional and social well-being. We'll discuss how pets can influence our brain chemistry. Plus, we'll offer recommendations, tips and resources for selecting and caring for the right pet for you.

1-hour

In Person
Webinar

Employees

Time Management: A Self-Management Strategy

Meeting deadlines, allocating time for numerous office tasks and accomplishing more in a day's work is one of the greatest challenges for most employees. Discover practical solutions for managing time effectively by understanding and caring for yourself, acknowledging your "time-wasters" and prioritizing your responsibilities at work or home.

1-hour

In Person
Webinar

Employees

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Transition to Retirement: It's Not Just About the Money

While many pre-retirees plan and calculate their financial resources to ensure an adequate nest egg to fund retirement, almost none invest time and energy into planning the nonfinancial aspects of retirement. Explore key elements to ensuring your retirement decisions are not only financially viable, but also emotionally and personally satisfying.

1-hour | Webinar | Employees, Managers

Understanding Depression

Depression is a serious condition characterized by pervasive feelings of emptiness and despair. While many symptoms associated with depression often go unnoticed, becoming educated is key to recovery. Learn how to seek help for yourself or those you are concerned about by understanding the causes and signs of depression as well as treatment options for those affected.

1-hour | In Person, Webinar | Employees

Understanding EAP and Work-Life Services

Employee assistance programs (EAP) offer an array of professional services to effectively balance challenges faced at work or home. Receive a thorough overview of the EAP and work-life services currently available to you, the benefits of each and how to access your offerings and increase the resilience of your workforce.

1-hour | In Person, Webinar | Employees

Understanding Grief and Loss

Loss—and coping with loss—are experiences that touch us throughout our lives. There are many kinds of loss, each of which brings its own kind of grief. Learn about elements of grief, including how to manage the immediate impact of a loss, and resources for coping long-term.

1-hour | In Person, Webinar | Employees

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Understanding the Food-Mood Conection: Eating for Happiness and Well-Being

It is now generally accepted that a highly-processed, high sugar, low-nutrient diet contributes not only to poor health but also directly impacts mental and emotional well-being. How did we get here and more importantly, how can we turn things around? Empower yourself with the knowledge and resources you need to begin the journey toward a healthier and happier you.

1-hour | Webinar | Employees

Understanding Today's Opiate Epidemic

There were 33,000 deaths nationally due to opioid overdose in 2015; of those, over 15,000 deaths involved a prescription opioid. Prescription opioids often lead to heroin use, and the National Safety Council reports that substance abuse costs the U.S. economy more than $400 billion a year in lost productivity. How did we get here—and, more importantly, what can be done? Explore factors that have fueled this epidemic of addiction and discuss what you need to know to keep yourself, your family and your co-workers healthy and safe.

1-hour | In Person Webinar | Employees

Work-Life Balance: The Concept, The Myth, The Legend

Most of us perform numerous roles on a daily basis: Employee, partner, parent, caretaker, etc. With so much to do, it's easy to lose our sense of balance. Determine self-expectations, redefine your roles and responsibilities and learn to reduce stress by incorporating balance into your life.

1-hour | In Person Webinar | Employees

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family

Aging is a Family Affair: Deciding Who Helps

A crisis in your parent's health or well-being can strengthen some relationships but drive a sharp wedge into others. By identifying the strengths of other family members, you can solicit their help when its most needed. Learn to organize a family meeting, clarify the focus of your own caregiving efforts and ask for help when necessary.

1-hour | Webinar | Employees

Caring for a Loved One with Dementia

The stress and sadness of losing someone you love, a little bit at a time, can be overwhelming. Learn coping techniques for the unique challenges of caring for individuals with dementia while finding joy in the time you share with your loved one.

1-hour | Webinar | Employees

Dementia: A Unique Conversation

One of the greatest gifts we can share with an older adult is conversation. When they've been diagnosed with dementia, conversation can become difficult—but not impossible. Learn how to navigate the obstacles of memory loss in older adults, uncover the mental treasures they still hold and have more meaningful conversations.

1-hour | Webinar | Employees

Elder Caregiving 101: What Every New Caregiver Needs to Know

Whether you choose to be a caregiver, or the situation chooses you, you will undoubtedly make an irreplaceable difference in the life of someone you love in the process. By exploring skills and talents you didn't know you had, you'll learn where to start, which questions to ask and how to find necessary help along the path of your new caregiving experience.

1-hour | Webinar | Employees

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Eldercare Legal Issues

Preparing yourself or your parents for their legal issues is critical to addressing potential challenges later in life. Become informed and empowered as you learn the importance of a living will and what your parents can do to secure their assets and meet specific needs for estate planning, wills, trusts and health care.

1-hour | In Person, Webinar | Employees

Emotional Minefields: Guilt, Anger, Depression and How to Cope

Surviving parent care requires dealing with some strong emotions. Believe it or not, the reactions and feelings you have now—even ones that seem disturbingly out of character—are normal and quite common. From anger to sadness, learn to cope with the emotions all caregivers face by recognizing what you are feeling and the reasons why.

1-hour | Webinar | Employees

Empowering the Caregiver

The physical, emotional, and psychological challenges of caregiving can be overwhelming. As a result, caregivers often feel they're losing control over their own personal and professional lives. Learn how caregivers can establish boundaries, set new limits, and take back control of their lives – while still ensuring their loved ones received the best possible care. We'll explore tips to avoid caregiver burnout, how to develop the support network you need, and how to access valuable caregiver resources.

1-hour | Webinar | Employees

Family Law Issues

There may come a time when you are faced with family challenges that require legal attention. Take the first steps toward resolving family law issues by understanding your options as they relate to divorce, legal separation, child custody and visitation.

1-hour | In Person, Webinar | Employees

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Having "The Conversation"—— Talking to Your Parents About Accepting Help

As parents begin to have difficulties with the routines of daily life, having "the conversation" becomes unavoidable. Learn what information gathering needs to be in done in advance, how to initiate a dialogue in a nonthreatening way and how you can agree on a proactive plan together.

1-hour | Webinar | Employees

Home Suite Home: Creating Safe Surroundings for a Live-Alone Elder

Most older people want to remain in their own home, but you may still worry about an elderly parent living alone. Learn to recognize potential problems and understand what you can do to help an elderly parent rearrange the house and revise their habits, so they can function independently at home for as long as possible.

1-hour | Webinar | Employees

Housing Options for Elders: Finding the Best Place

To move or not to move: There are many choices and choosing the right one for your parent can be difficult without understanding all the options. Learn the difference between alternative senior housing options and how to make an informed decision about which might best serve your elderly relative.

1-hour | Webinar | Employees

How to Get the Most Out of a Doctor's Visit

Have you ever left a physician's office frustrated because you felt rushed or misunderstood? This important workshop will teach you how to get your doctor to listen to you and how to get more from your next visit. You will learn the skills you need to get the respect you deserve – and what you must do in return. The techniques we will share will not only help you, but those you may be caring for, as well. You will improve your doctor-patient relationship and ensure better healthcare.

1-hour | Webinar | Employees

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Lifetime Planning for Children with Special Needs

Having a loved one with special needs means navigating complex health care, educational and social service systems. Who—or what—is right? Learn about general expectations for the timing of important developmental, educational and legal milestones so families and caregivers have the information they need to better advocate for their loved ones.

1-hour | In Person, Webinar | Employees

Long Distance Caregiving: Meeting the Challenge

When caring for a parent from a distance, it becomes increasingly important to be well-organized. Learn what to look for and what questions to ask when talking on the phone or visiting as well as how to organize a support network where your parent lives by developing a team approach to care and coordinating long-distance resources.

1-hour | Webinar | Employees

Preparing and Organizing the Most Important Documents of Your Life

You must have the right paperwork in order first, or you are powerless to do anything in a crisis. What are the four most important documents everyone must prepare and when will you need to produce them? Do you know where all these other papers are: property deeds, military records, insurance policies, bank records, birth certificates? Learn to create a comprehensive document check list and to prepare and organize papers so they will be safe and accessible when you do need them.

1-hour | Webinar | Employees

Raising Children in a Social Media Era

As parents who are raising children in an age of electronics, social media and peer pressure, behaviors can be different, intensified, and stressful to manage. Learn about key identifiers to watch for, as well as basic ways to communicate and emgage with your children in order to help improve their behavior.

1-hour | Webinar | Employees

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Take Time to Breathe: How to Care for the Caregiver

Your loved one's care can easily consume an ever-expanding part of your life. Before you know it, you're distracted from work, too busy for friends and distant from family. Self-care is the most important thing you can do for yourself and for your loved one. Discover how to set limits in the caregiving relation, deal with unfamiliar emotions and gain a healthy mindset.

1-hour | Webinar | Employees

The Empty Chair at the Table: Coping with Loss during the Holidays

Shifts in the family dynamic can happen in an instant. Family members may pass on, divorce or become estranged; in some cases, loved ones are still with us physically, but because of some form of dementia or other illness, are not with us as we've always known them. Learn how to adapt holiday celebrations to ever-changing family dynamics and discover how to find joy and peace amidst the sadness.

1-hour | Webinar | Employees

The Move to Long-Term Care: Launching the Discussion

Home is certainly where the heart is, but at some point, it may not be feasible or desirable for your parent to stay there. As hard as it may be to discuss, it is better to be prepared to have the discussion. Learn how to approach the subject with your loved ones and engage them in dialogue.

1-hour | Webinar | Employees

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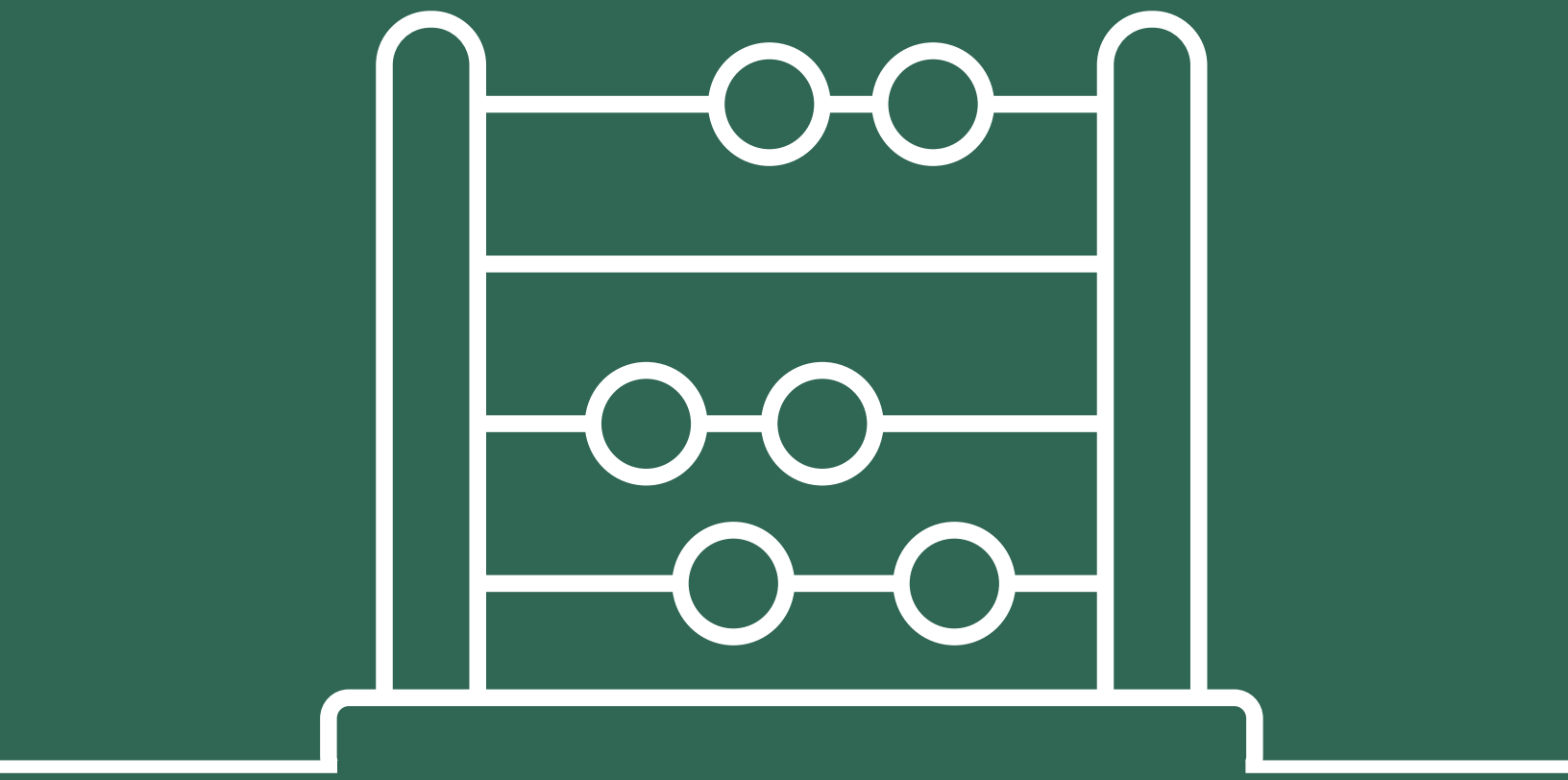

financial

Balancing Life Today and Dreams for Tomorrow

Learn ways to balance smart decisions today with planning for tomorrow. Plot your journey to retirement into manageable steps. Mainitain financial balance by being prepared for risks and unexpected events, and create a meaningful legacy today.

1-hour | In Person, Webinar | Employees

Budgeting 101

The right budgeting tool can help you save money, avoid debt, and maintain financial stability. The information in this webinar will teach you the basics of budgeting. These tips generally apply, no matter what type of budgeting strategy or tool you use.

1-hour | Webinar | Employees

Children and Money

What do we teach our children when it comes to money? Between "earning" or "receiving" an allowance to deciding when a child is ready for a checkbook or credit card, we'll explore issues related to our children's financial well-being and fundamental understanding of the dollar.

1-hour | Webinar | Employees

Clean it Up!

Are bank statements and bills causing "financial clutter" at home for you or other household members? Or, how about financial statements from the 1990's that are still filling up the filing cabinets? Either way, it may be time to "Clean it Up!" Get some tips on how to find the financial clutter, organize what you need, and shred the older information that's no longer neccessary.

1-hour | Webinar | Employees

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College Bound, Wallet Ready

In addition to being burdened by student loans, college graduates carry an average credit card debt of $3,000. As your child prepares for college, help get them "wallet ready" by training them to handle life's daily expenses, avoid the accumulation of credit card debt and discover the path to a positive financial future.

1-hour | Webinar | Employees

Credit: Using It and Abusing It

Credit: Can you really use it wisely, or will it end up creating huge problems? Manage your financial responsibilities by learning about bankruptcy, how to stop harassment from collection agencies and whether your credit report really is private.

1-hour | Webinar | Employees

Dealing with Student Loans

Between swelling debt and a job market that can't keep pace with souring interest rates, it's no wonder why so many struggle to repay their student loans. Learn how student loans became such a burden and how to avoid the issue through payback strategies that will establish a consistent household budget.

1-hour | Webinar | Employees

Developing a Successful Home Budget

While many of us have trouble balancing our home finances, a household budget is the first step to financial freedom. Learn the elements of successful budgeting for yourself and your household.

1-hour | Webinar | Employees

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End of Year Tax Tips

Even though income tax returns aren't typically due until April 15, most actions affecting tax liability must be taken by the end of the calendar year. Learn what you can do to affect your tax liability, if you can find out your tax liability in advance and what actions you can take before December 31.

1-hour | Webinar | Employees

Creating Financial Harmony- Talking with Your Parents/Talking with Your Spouse

This two-part presentation focuses first on having a support discussion with your parents-starting the conversation, preparing for the future, gathering important information, making decisions, and preparing for the worst. The second part of the presentation focuses on talking with your spouse-communicating about finances, considering personal goals, setting financail goals, and preparing for the unexpected.

1-hour | In Person Webinar | Employees

Financial Basics

Learn the importance of goal-setting and financial planning, as well as the basics of bugeting, managing debt and credit, and investing and saving.

1-hour | In Person Webinar | Employees

First Time Home Buying

Whether you've heard that owning a home is more advantageous than renting or you've been told to find your "starter home," it's a good idea to educate yourself on the home buying process. Learn what you can do to prepare for a home purchase such as how to qualify for a mortgage loan or understanding how much you can afford to spend.

1-hour | Webinar | Employees

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Get Off the Car Loan Carousel

Buying a car is a big decision—and a big strain on your wallet. Through well-planned choices informed by basic car buying tips, techniques and strategies, you can rid yourself of car loans and free up financial resources for other educational, savings and retirement goals.

1-hour
Half Day
Full Day

In Person
Webinar

Employees

Getting Started with Savings

Savings: It's an intimidating yet important aspect of financial resilience. Setting money aside for bills, education, retirement—even emergencies—will ensure your future finances are secure when the unexpected occurs. Learn tips for beginning your savings plan today.

1-hour

Webinar

Employees

Gift Giving on a Budget

How do you manage giving gifts during the holiday season when money is tight? Learn where you can find deals for your holiday shopping items, how to budget effectively and creative ways to manage holiday gift giving.

1-hour

Webinar

Employees

Identity Theft

Currently ranked as the nation's top consumer fraud complaint by the Federal Trade Commission, identity theft is a serious issue affecting unsuspecting victims. Learn about the causes of identity theft, how to prevent it and what steps to take if your identity is stolen.

1-hour

Webinar

Employees

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Impulsive and Compulsive Spending

Sometimes our spending habits may be at the root of unbalanced household finances. Understanding our spending habits is a valuable skill, and if impulsivity and/or compulsivity are the causes, you'll need to learn how to manage them.

1-hour | Webinar | Employees

Is a Health Savings Account for Me?

You've just been offered a high-deductible health plan at work and told you're eligible for a health savings account (HSA), but should you sign up? Learn the benefits of an HSA, the difference between an HSA and a flexible spending account (FSA), how to use the money and how much you can contribute.

1-hour | Webinar | Employees

Let's Talk About Money

While basic budgeting, savings and debt elimination are important topics to deal with, they are not often discussed. Receive answers to common questions about finances, including setting a budget and managing debt, as you navigate the complex and sometimes taboo world of financial advice.

1-hour | Webinar | Employees

Making Sense of Mortgage Refinancing

There are many reasons to refinance a mortgage, from taking advantage of lower interest rates to avoiding foreclosure. But what are the different ways and associated costs of refinancing?? Receive detailed information on the mortgage refinancing process as well as issues and costs to help you make the decision that best suits your needs.

1-hour | Webinar | Employees

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Money Today, Gone Tomorrow: Understanding Wills, Trusts and Other Estate Planning Tools

Generational wealth transfer is at its highest level in world history. Discover how to navigate issues of health, possessions, finances and unexpected surprises when a loved one passes away and leaves their estate to the next generation.

1-hour | Webinar | Employees

Overcoming Financial Detours

Life can throw many detours our way and financial challenges are no exception. If you have the feeling a financial detour is lurking around the corner but can't quite determine why, you may already be experiencing some warning signs. Learn how to handle unplanned financial issues by examining six specific "detour signs."

1-hour | Webinar | Employees

Paying with Cash as a Budget Strategy

Have you gone through the exercise of establishing a budget but can't keep it balanced? You may want to consider reviewing how you pay for things. Sometimes when credit is used to purchase items, we find ourselves spending more than if we used cash instead. Learn how to effectively balance a budget, what situations are appropriate for using cash versus credit and how using credit impacts you financially.

1-hour | Webinar | Employees

Plan for the Future: How an Estate Plan Helps Put You in Control

Learn ways to care for the people you love, even after you're gone. Leave behind a lasting, meaningful legacy and manage the tax burden of the estate, for you and your heirs.

1-hour | In Person Webinar | Employees

FEI Behavioral Health All Rights Reserved

Put Your Compensation to Work

It's easy to make the same choices during benefits enrollment every year, but easy might not be best. Don't overlook important opportunities to take full advantage of the employee benefits available to you. Learn to make informed decisions and uncover "hidden" compensation opportunities by discovering benefit options you may not have been aware of.

1-hour | In Person, Webinar | Employees

Real Estate Short Sales

As foreclosure rates hit record levels, more sellers are turning to short sales to avoid foreclosure. What is a short sale, and how does it impact personal and household budgets? Learn about how the short sale process works, how to qualify and its potential impact on a seller's credit score.

1-hour | Webinar | Employees

Retirement Income: Not Going as Far as Before

Many seniors rely on Social Security as their main source of retirement income. However, as benefits fluctuate, and bankruptcies increase in the senior citizen demographic, are those in your circle of influence being affected? Learn about this changing financial environment, including how retirement income changes may affect you and what you can do today to avoid feeling the impact.

1-hour | Webinar | Employees

Retirement-Ready or Not?

You may be 22, 42, or 62 years old, but no matter what your age, do you know if you're ready to retire someday? Attend this webinar as a first step in answering this question. Some of the topics to be discussed are: What is retirement and what does it look like to you?; How much does it cost to retire?; What are the opportunities and threats to retirement?; What "Rules of Thumb" should I consider? We'll also cover some planning terms to be familiar with as well as available retirement planning resources. Attend this workshop and get on the path to be retirement-ready.

1-hour | Webinar | Employees

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Selecting a Financial Planner

Take charge of your life by carefully mapping a timeline to the means for financial well-being. Learn different aspects of the financial planning process by finding a financial planning professional to fine-tune your financial requirements and help you on the road to meeting your life's goals.

1-hour | Webinar | Employees

Should I Borrow from My 401(K) Plan at Work?

If you are thinking about borrowing some money from your 401(k) plans, proceed with caution. Before you decide, learn about the purpose of a 401(k), the pros and cons of borrowing, the difference between borrowing and distribution, and the unique risks of a 401(k) loan.

1-hour | Webinar | Employees

Steps to Buying or Selling a Home

The process of buying or selling a house can be stressful, overwhelming and expensive, especially for first timers. Avoid costly mistakes and become aware of all your rights and responsibilities by learning what an offer is and what effects the Real Estate Purchase Agreement can have throughout the process. [Disclaimer: In some states, Real Estate Brokers, rather than attorneys, prepare legal documents such as an Offer to Purchase or the Purchase and Sale Agreement.]

1-hour | In Person Webinar | Employees

Stress-Free Debt Elimination

Bills piling up? Can barely afford the minimum payments? Sleepless nights worrying about your debt burden? Get your life back by ELIMINATING debt. Ridding yourself of debt will reduce your stress and lead to financial freedom and peace of mind.

1-hour | Webinar | Employees

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The Seven Deadly Sins of Personal Finance

Do your finances need a little boost? How are your savings and investment results fairing compared to your short and long-term goals and needs? The path to secure personal finance is riddled with common, everyday traps. Learn about the "seven deadly personal finance sins" and what solutions are available to avoid each pitfall.

1-hour | Webinar | Employees

Tools for Uncertain Financial Times

Are you ready for what the economy has in store for you during uncertain financial times? Understand what constitutes "financial uncertainty," decipher if we are in currently living in uncertain times and identify signs of upcoming financial changes.

1-hour | Webinar | Employees

Vacationing on a Budget

Are you in need of some time away, but money is tight? No matter your budget, plan a great vacation by discovering alternative vacation options and where you can find some "hot" deals.

1-hour | Webinar | Employees

What's a FICO? Making Sense of Credit Scores

Obtaining credit with the best terms is largely dependent on your FICO score, but what exactly is FICO? A higher FICO score leads to lower interest rates, which saves you potentially tens of thousands of dollars when obtaining a mortgage. Learn what makes up a FICO score and the various steps you can take to improve it.

1-hour | Webinar | Employees

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What's Your Spending Personality?

"Spend less, save more" sounds easy enough, but how do you do it? Learn to identify what drives you to spend money, whether it's "keeping up with the Joneses" or just to feel better about yourself. Understanding your spending personality will equip you to spend less and ultimately save more.

1-hour | Webinar | Employees

Why Budget Coaching?

When expenses increase, salaries remain flat or unemployment grows, many households find themselves in need of assistance to help balance their spending plan. Learn how one-on-one budget coaching can provide an objective third-party review of your finances and discover tips for balancing your family budget.

1-hour | Webinar | Employees

Wills, Trusts and Estate Planning

If something happens to you or those you care about, it's important to consider next steps in advance. Wills, trusts and estate planning allow you to establish legally effective arrangements that meet your specific wishes. Discover what documents you should have in place to protect and assist your family in solving a variety of estate planning issues.

1-hour | In Person Webinar | Employees

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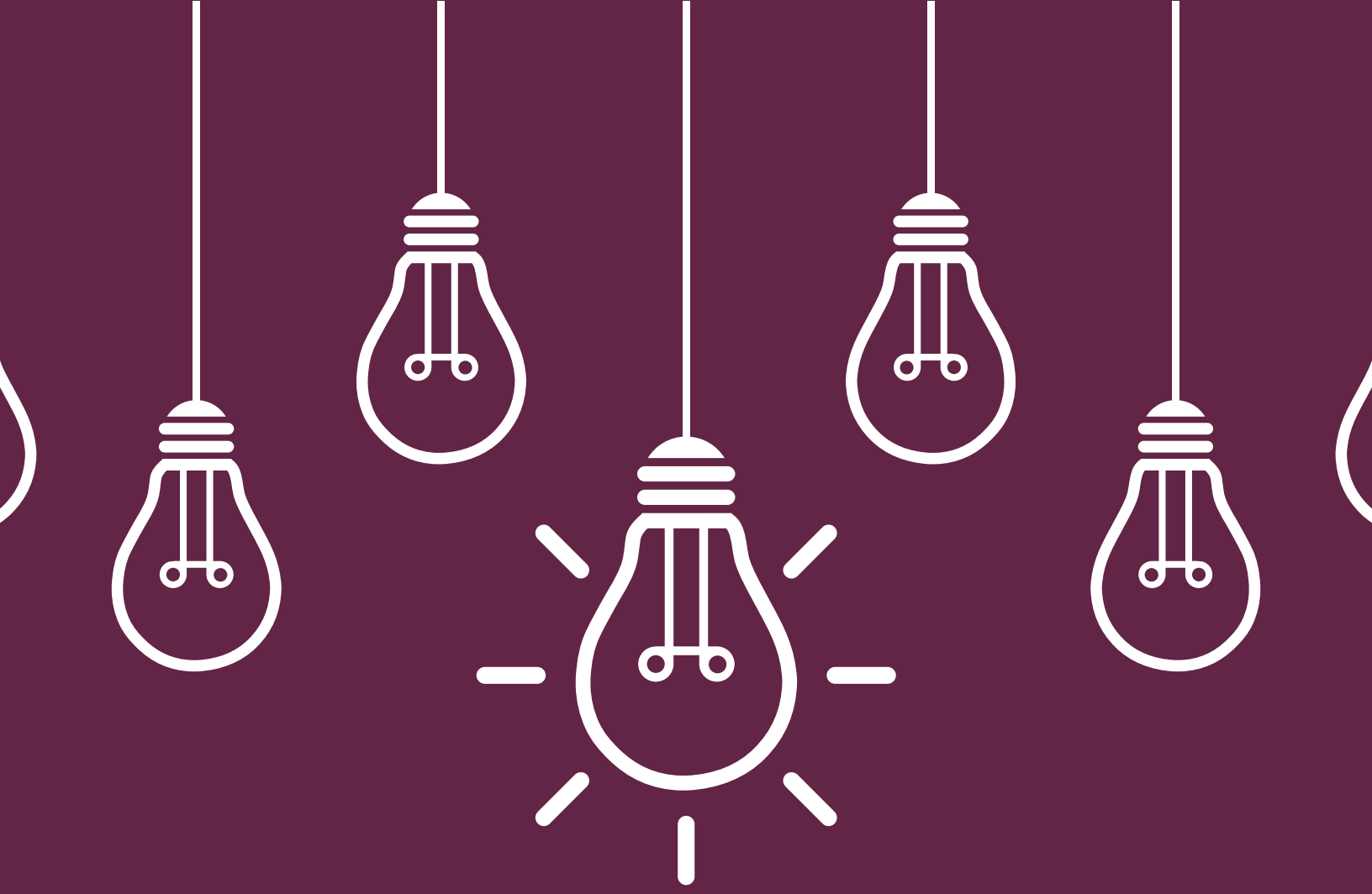

leadership

A Brain Science Understanding of Managing and Mediating Conflict

Certain conflicts can cause us to respond with a "fight or flight" reaction. To effectively resolve conflict, we need to access the executive levels of the brain that control calm and reason. Utilizing a brain science approach to reconciliation, explore a behavioral health understanding of interpersonal conflict at work and in other relationships.

1-hour
Half Day
Full Day

In Person
Webinar

Employees
Managers

A Leader's Role in an Alcohol and Drug-Free Workplace

From the early days of employee assistance programs to the current opioid epidemic, substance abuse remains a significant workplace challenge. With a thoroughly detailed outline of what constitutes a reasonable suspicion referral, examine your role in maintaining a substance-free workplace, recognizing on-the job indicators of alcohol and drug abuse, making "reasonable suspicion" determinations for testing referral, and knowing the do's and don'ts for supervisors regarding employee substance use and abuse.

1-hour

In Person
Webinar

Managers

A Trauma-Informed Approach to Managing Employees

The connection between brain science and a healthy, resilient workforce has seen rapid growth in recent years. By discerning the difference between a personnel problem and a personal problem, leadership can allow for more strategic workplace interventions. Discover how to use brain science and trauma-informed principles to assist with understanding employee performance, motivation and other workplace concerns.

1-hour

In Person
Webinar

Managers

Ageism and the Value of an Intergenerational Workforce

The U.S. is facing unprecedented generational and demographic shifts, requiring employers to rethink traditional human capital strategies. Unfortunately, ageist misconceptions and biases often permeate our thinking. Take part in a discussion of practical approaches to debunking age-related myths, breaking down ageist perceptions and exploring compelling opportunities for employers to successfully build an intergenerational workforce.

1-hour

Webinar

Employees
Managers

FEI Behavioral Health All Rights Reserved

Creating a Workplace Free of Sexual Harassment

In the wake of the #MeToo movement, sexual harassment has required organizational leaders to reevaluate workplace policies and procedures while developing skills to effectively address concerns and complaints from targets of harassment. From inappropriate comments to unsolicited touching, learn to identify, report, investigate and respond to sexual harassment in your workplace.

1-hour
Half Day
Full Day

In Person
Webinar

Employees
Managers

Creative Solutions to Conflict Management

Fear often leads us to believe that conflict is bad. When handled correctly, however, conflict can be a catalyst for positive change and enhance relationships. Discover how to manage interpersonal conflict at work and in other relationships by balancing intellectual and emotional components of conflict, increasing positive information through nonverbal and verbal skills, and improving the likelihood of resolution.

1-hour
Half Day
Full Day

In Person
Webinar

Employees
Managers

Domestic Violence Awareness: When Private Issues Become Public Concerns

Domestic violence isn't just a domestic issue, it's a workplace issue. Also known as intimate partner violence, domestic violence affects 1 in 3 women and 1 in 4 men—an alarming statistic of clear importance to employers and their workforces. Learn how to best keep individual targets of domestic violence, as well as the workplace, safe.

1-hour

In Person
Webinar

Employees
Managers

EAP Tools for Managers and Supervisors

Today's workforce brings together cultural, religious, political, racial, generational, gender and ethnic differences to create a beautiful synchronization of diverse people—when done right. Review your organization's diversity policy and orient leadership on diversity and inclusion best practice, including workplace behavioral expectations, while participating in practical exercises on inclusiveness.

1-hour

In Person
Webinar

Managers

FEI Behavioral Health All Rights Reserved

Equity, Diversity & Inclusion in the Workplace

Today's workforce brings together cultural, religious, political, racial, generational, gender and ethnic differences to create a beautiful synchronization of diverse people—when done right. Review your organization's diversity policy and orient leadership on diversity and inclusion best practice, including workplace behavioral expectations, while participating in practical exercises on inclusiveness.

1-hour
Half Day
Full Day

In Person
Webinar

Employees
Managers

Executive Change Management

Whether change is occurring in a department or throughout the organization, successful change management requires a strong commitment from executives and senior managers. Explore 10 key responsibilities of executive leaders, including establishing a clear vision and recognizing the human element of change, as you reflect on the impact change can have on the workforce.

Half Day
Full Day

In Person

Managers

Grief and Loss in the Workplace

Because we spend so much time with our co-workers, the loss we feel is significant when they pass away. Explore how grief and loss affects the workplace, tools to help employees cope, how organizations can respond and using the EAP to support recovery.

1-hour

In Person
Webinar

Employees
Managers

Integrating Emotional Intelligence in Leadership Development

Emotional intelligence (EI) is the capacity to control, express and be aware of one's emotions while handling interpersonal relationships judiciously and empathetically. It is also critical to becoming an effective leader. Learning to define and integrate EI into leadership development will help establish a welcoming and resilient workplace environment for everyone.

1-hour
Half Day

In Person
Webinar

Managers

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Lessons in Leadership

From Mother Theresa to Martin Luther King, Jr., great leaders have left practical, down-to-earth lessons that are applicable to many of today's organizational leaders. Whether it's the importance of mutual trust or hiring the right people for the right roles, these lessons will identify areas of growth and development that inform leadership skills as well as the capacity of teams to accomplish strategic goals.

1-hour | In Person, Webinar | Managers

Managing Conflict

As much as we may want to avoid it, conflict is an unavoidable reality—but it can be effectively managed for workforce resilience. Discover how to manage conflict among your teams, employees and personal relationships by learning to identify open and covert conflict, reviewing key issues in dealing with conflict and improving the likelihood of resolution.

1-hour, Half Day, Full Day | In Person, Webinar | Employees, Managers

Managing in a High-Stress Workplace

Identifying a highly-stressed workplace requires having a support system in place that adequately addresses any number of employee issues. Sometimes, however, managers need assistance. By utilizing tools like an EAP or Work-Life program to foster resilience and respond to job performance issues, learn to recognize the many forms stress can take and respond appropriately to stress in your workplace.

1-hour, Half Day | In Person, Webinar | Managers

Managing Organizational Change

Organizational change such as workforce reduction and restructuring can cause incredible stress on employees and the entire organization. Employees can feel resentment, grief, guilt and anger about the reorganization and any subsequent changes. Build employee adaptability and healthy coping behaviors by understanding the impact of workforce reductions on "surviving" employees; creating strategies for supporting surviving employees and enhancing morale; developing an action plan for managing through change; and learning what support systems are needed in the wake of significant change.

1-hour, Half Day, Full Day | In Person, Webinar | Managers

FEI Behavioral Health All Rights Reserved

Managing the Impact of Trauma in the Workplace

Organizational change such as workforce reduction and restructuring can cause incredible stress on employees and the entire organization. Employees can feel resentment, grief, guilt and anger about the reorganization and any subsequent changes. Build employee adaptability and healthy coping behaviors by understanding the impact of workforce reductions on "surviving" employees; creating strategies for supporting surviving employees and enhancing morale; developing an action plan for managing through change; and learning what support systems are needed in the wake of significant change.

1-hour | In Person, Webinar | Employees, Managers

Mental Health Issues in the Workplace

Despite the fact that 1 in 5 people experience mental health conditions, mental illness remains a taboo subject in most workplaces. Learn more about the realities of mental health, including the individual and organizational costs of stigma, and what employees and managers can do to help address stigma in the workplace.

1-hour | In Person, Webinar | Employees, Managers

People Skills for Managers

Identifying departments, teams or individual employees that are filled with tension, stress and unhappiness is key to successful management, but what can you do when negative stress overwhelms productivity and creates unhealthy, disengaged employees? Through practical applications, discussions and self-reflection, learn to identify the elements of a healthy work environment and how leading by example supports the productivity and resilience of the overall organization.

1-hour | In Person, Webinar | Managers

Performance Management

The role of a leader can be broken down into the "Four Ds": Develop, direct, declare and discipline. The last "D"—discipline—can be fraught with barriers. Learn to identify useful coaching tools and review your performance feedback capabilities by taking a deep dive into what discipline means in your organization. In addition, common mistakes made during performance management and employee coaching will be discussed as we pursue the path to becoming stronger leaders.

1-hour | In Person, Webinar | Managers

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Preventing Workplace Violence with EAP Services

An employee assistance program (EAP) is often the overlooked tool in your workplace violence prevention toolbox. An EAP can assist those in leadership positions with providing support to stressed, overwhelmed and often struggling individuals. Learn how to balance performance management with promoting a healthy workplace as well as discover how an EAP offers unbiased, confidential support to help employees bring their A-game to work.

1-hour

In Person
Webinar

Employees
Managers

Promoting a Healthy Work Environment: Communication, Conflict Management and Teamwork

A toxic work environment filled with tension, stress and unhappiness kills productivity and creates unhealthy, disengaged employees. Learn to identify the elements of a healthy work environment, including effective communication and how to collaborate with different personalities and management styles, to support the productivity and resilience of both your team and the overall organization.

Half Day
Full Day

In Person

Employees
Managers

Strategic Leadership 101: Competencies of Leadership

This seminar provides the competencies of leadership in an engaging format. Participants are given several self-assessment tools around communication style and specific strategies around every day tasks for leaders – coaching, performance management, team building and strategic planning.

Half Day
Full Day

In Person

Managers

Stress, Leadership and How to Balance

Regardless of how effective a leader you are, what kind of team you lead or the conditions you work within, you'll inevitably face difficult times. As the leader, the brunt of the stress will fall on you; however, your resilience in the face of adversity is the key to thriving. Learn to reduce stress by incorporating balance into your life by understanding work-life balance, identifying factors that prevent individuals from achieving balance, specific techniques for managing stress and strategies for self-care.

1-hour
Half Day
Full Day

In Person
Webinar

Managers

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The Multigenerational Workplace: A Leadership Opportunity

Today's workplace is more diverse than ever. For the first time, four generations with different mindsets are working side by side, with an emerging fifth generation on the way. Learn to identify the unique characteristics of each generation—Silent, Baby Boomers, Generation X, Millennials, Generation Z and everything in-between—and understand the challenges of working within a multigenerational workforce as well as the most effective strategies for managing a diverse workplace.

1-hour
Half Day

In Person
Webinar

Employees
Managers

Time Management for Managers

Meeting deadlines, allocating time for different office tasks and accomplishing more in a day's work is one of the greatest challenges a manager can face. From clear organization to taking small, recharging breaks, learn practical solutions for managing time effectively through a comprehensive array of time management skills as well as useful suggestions on how to apply those skills in your day-to-day work.

1-hour
Half Day

In Person
Webinar

Managers

Wellness & EAP

Employee assistance programs (EAP) have evolved substantially since their early days, covering a variety of personal and professional challenges that impact all levels of the workforce. Understand how EAP has changed, discuss common stigmas related to EAP services, and dive into how you can increase utilization, gain manager support, and ultimately tie EAP to the well-being of your organization. By introducing wellness concepts that demonstrate how seeking help is a positive choice, reframe EAP as a tool for investing in psychological/emotional fitness, financial fitness and social well-being that ultimately leads to positive outcomes.

1-hour

In Person
Webinar

Employees
Managers

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crisis management

Active Shooter Preparation and Response

Recent years have witnessed several tragic events involving active shooters that resulted in mass fatalities and injuries. Whether at home, work or in a public space, you are your first line of defense. Discover practical skills for keeping yourself and others safe by understanding your response options during an active shooter situation, identifying common mistakes and gaining an understanding of an active shooter.

Half Day | In Person | Employees, Managers

Best Practices in Accounting for People During Crisis Events

If disaster suddenly struck your organization, would you be prepared to manage the potential disappearance of employees or minimize the damaging aftermath? A comprehensive accounting for people plan positions you to respond to information inquiries and ensures effective response and recovery. Learn how to create an easily executable plan through risk assessments, staff management, coordinator designation and predetermined evacuation/assembly locations.

1-hour | In Person, Webinar | Employees, Managers

Building a Crisis Management Team

Crisis management teams are central to helping organizations prepare for, response to and recovery from crisis situations. Discover why having a crisis management team is important, walk through an easy-to-use checklist for creating an effective team, evaluate who should be on the team and why, and develop a list of strategic goals for the team. By building a robust crisis management team, your organization can prepare for the unexpected.

1-hour, Half Day | In Person, Webinar | Managers

Conducting a Crisis Management Drill

Keep your crisis management plan current and be prepared to execute it by conducting regular drills and exercises. By exploring elements and sample scenarios of common crisis management training opportunities, including critical task drills, tabletops, and full-scale exercises, your organization will be equipped to prepare for, respond to and recover from a crisis event.

Half Day | In Person | Employees, Managers

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Crisis Intervention Using De-Escalation Skills

When faced with an intensely angry or potentially violent individual, whether a customer or co-worker, the ability to keep yourself safe and de-escalate others is a critical tool. Develop and practice skills in de-escalation by improving communication, understanding personal space and being aware of precipitating factors—all while maintaining your composure.

Half Day | In Person, Webinar | Employees, Managers

Crisis Management Leadership

Leading during a crisis is no easy feat; the better prepared you are, the more successful your response will be. Build the essential skills necessary for managing crisis situations by reviewing real-life examples? that required strategic leadership skills, understanding the tools that will help you be an effective and impactful leader and how to conduct tabletop and functional drills.

Half Day | In Person | Managers

Crisis Media Training

When workplace crises occur, employers must contend with a print, broadcast and digital/ online landscape that has the potential to negatively affect an organization's message, image and reputation. Explore what you can do now to control the situation later by developing an effective social media communications strategy and enhancing interview skills through question and answer training and rehearsal.

Half Day | In Person | Employees, Managers

Critical Incident Stress Management (CISM) During Disaster Response

Recent years have witnessed their fair share of disasters, both natural and man-made. From devastating hurricanes to tragic mass shootings, individuals involved in response and recovery are facing unprecedented strain as they work to assist victims across the nation. Learn how critical incident stress management (CISM) became a crucial tool in maintaining resilience for disaster respondents.

1-hour | In Person, Webinar | Employees, Managers

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Cyberterrorism: The Human Impact

Ever wonder why some people seem to do better with change? Resilience is one factor that distinguishes those who thrive from those who struggle. Gain useful information about personal factors that impact resilience, tips for identifying everyday stressors and strategies for maneuvering through challenging situations at home or in the workplace.

1-hour | In Person, Webinar | Employees, Managers

Family Assistance Training

The increase in incidents of mass violence underscores the need for specialized behavioral and emotional health support for families affected by such tragedies. Employees who are members of a crisis response team will learn best practices for responding to the needs of victims and helping families recover from the effects of an organizational incident while maintaining their own self-care.

Half Day | In Person | Employees, Managers

Getting Prepared When Disaster Strikes

No organization wants to imagine the worst-case scenario, yet your preparedness in the wake of a disaster will have a significant impact on your reputation and business continuity. Get started on implementing a crisis management strategy by exploring a brief history of crisis preparedness and identifying the top eight ways individuals and organizations can prepare for a disaster.

1-hour | In Person, Webinar | Employees, Managers

Helping the Helpers: A Guide to Strengthening Responder Resilience

Emotional distress as a result of trauma may not be as easy to detect as a physical injury, but it can be just as debilitating and painful. Although anyone can be adversely affected by exposure to a traumatic event, first responders like police, firefighters and emergency workers can be particularly vulnerable. Discover the proper coping skills and resilience training emergency responders need to fulfill their roles as caretakers and to better prepare for, respond to and recover from crisis events.

1-hour
Half Day | In Person, Webinar | Employees, Managers

FEI Behavioral Health All Rights Reserved

Identifying and Responding to Workplace Violence

Whether it's a threat, verbal abuse, or a physical act, violence occurs in the workplace and can impact employees, clients, customers, and visitors. Through hands-on activities and approaches, investigate tools to respond to and de-escalate potentially violent behavior in the workplace by identifying behaviors that individuals often engage in prior to being physically assaultive.

1-hour
Half Day
Full Day

In Person
Webinar

Employees
Managers

Increasing Safety in Childcare Organizations

This seminar looks at how crisis impacts children and what should be done before, during and after a traumatic incident in organizations that works with youth. Prepare, respond and recover.

1-hour

Webinar

Employees
Managers

Organizational Resilience Essentials

Organizational resilience means having the ability to both prepare and respond when disaster strikes. Preparation includes a thorough risk assessment, team development and training, all of which have a direct impact on a crisis response. Many organizations follow specific industry standards and these, along with lessons learned from past events, are part of the best practices identified in the training. Learn how to approach planning and training from an all-hazards point of view and identify any gaps—as well as solutions—for your organization.

1-hour

In Person
Webinar

Managers

Practicing Situational Awareness

Recent violent events may have you questioning your safety at work, school or in the community. Practicing regular situational awareness helps you avoid dangerous situations while keeping you prepared for crisis. Discover practical skills to keep yourself safe in public, online or on the road by identifying the common mistakes people make in everyday situations

1-hour

In Person
Webinar

Employees
Managers

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Preparedness 101

Are you prepared for a natural disaster or a crisis event in the workplace? Do you and your family have the necessary supplies to withstand a tragedy? Answer "yes" to these questions and learn how to physically, emotionally and mentally prepare yourself for crisis situations by following a preparedness checklist.

Half Day | In Person | Employees, Managers

Psychological First Aid: Addressing the Human Aspect of Crisis

Ever wonder why some people seem to do better with change? Resilience is one factor that distinguishes those who thrive from those who struggle. Gain useful information about personal factors that impact resilience, tips for identifying everyday stressors and strategies for maneuvering through challenging situations at home or in the workplace.

1-hour, Half Day, Full Day | In Person, Webinar | Employees

Social Networking: Today's Crisis Communication Tools

From Wall Street to Main Street, social media influences both personal and professional aspects of our lives. The impact of social media on crisis communications has the potential to completely alter the way we approach sharing information with stakeholders during critical incidents. Learn how to properly use—and prevent the misuse—of social media tools during a crisis while establishing an effective communications plan.

1-hour | In Person, Webinar | Employees

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organizational development

Civility in the Workplace: Learning to Get Along

From religion to politics, diverse opinions and attitudes often find their way into the workplace—and sometimes have a polarizing effect. Learn to recognize the differences that exist between individuals, explore the issue of implicit bias, and discover strategies for creating a productive work environment that appreciates diversity while still allowing freedom of expression.

1-hour
Half Day
Full Day

In Person
Webinar

Employees
Managers

Communication and Customer Service

Since we service both internal and external customers in an organizations , people need to effectively communicate. This seminar will provide a set of tools to enhance communication skills.

1-hour
Half Day

In Person
Webinar

Employees
Managers

Dealing with Difficult People

We all encounter people with different backgrounds, communication styles and habits. These differences can be especially difficult to manage in the workplace. Learn to effectively work with others and cope with challenging individuals in the healthiest manner possible while also taking care of your own needs.

1-hour
Half Day

In Person
Webinar

Employees
Managers

Diversity and Inclusion: Creating a Culturally Competent Workplace

Diversity, equity and inclusion are critical components for a successful and productive workforce. Learn about the value of workplace diversity, explore the practical application of an inclusive environment through a customized orientation to your organization's diversity policy, and review the specific behavioral expectations of all employees.

1-hour
Half Day
Full Day

In Person
Webinar

Employees
Managers

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Don't Get Ready—Be Ready: Bringing Your A-Game to Work

Whether due to a lack of professional work experience or a change in today's workplace culture, some employees are simply unprepared when they arrive to work. Help employees bring their "A-Game" every day through development tools and specific examples of appropriate workplace attire, communication and behavior.

Half Day | In Person | Employees, Managers

Effective Communication

Effective communication skills are the pillars of good office relationships, effective team work and greater productivity. Moreover, communication skills top the list of personal qualities and skills demanded of management in the corporate world. Discover how to enhance your communication skills by focusing on both the content and delivery of communication to both your employees and customers.

1-hour, Half Day, Full Day | In Person, Webinar | Employees, Managers

Inside the Trenches: Establishing Peer Support Services

Following a critical incident in the workplace, it is imperative that employees receive the necessary support for a healthy recovery. In many cases, organizations are finding that the best support comes from within. Discover how to build a core group of personnel who are trained to provide support, information and resources for fellow co-workers in the aftermath of difficult or traumatic workplace experiences.

1-hour, Half Day, Full Day | In Person, Webinar | Employees, Managers

Recognizing and Understanding Implicit Bias

Our experiences affect our perception of the world and, though we may not be consciously aware, can cause biases in our decisions and actions. In a safe environment, discover where these biases come from and how they impact behavior as you learn to evolve your understanding of self and others.

1-hour, Half Day, Full Day | In Person, Webinar | Employees, Managers

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Responding and Thriving in Organizational Change

To remain competitive, businesses across the nation are attempting to increase their viability through streamlining their operations and workforce. Employees who remain can face stress, guilt, grief and resentment. Explore these "survivor symptoms" by understanding the change cycle; recognizing actions, beliefs and consequences of perception and building effective on-going stress management skills.

1-hour
Half Day
Full Day

In Person
Webinar

Employees
Managers

Supporting Safety and Well-Being through Workplace Violence Prevention

As a leader in your organization, you are partly responsible for the safety and well-being of your employees—but executing that responsibility can be challenging. Learn to identify warning signs and behavioral cures that are often precursors to aggressive or assaultive behavior; discuss and practice de-escalation techniques and appropriate responses to escalated situations; and review organizational policies and procedures that can be incorporated into responses to workplace violence.

1-hour
Half Day
Full Day

In Person
Webinar

Employees
Managers

There is an I in Team: Understanding What Every Individual Brings to the Table

In order to maintain a productive and cohesive team, it's essential to assess and evaluate the strengths, challenges and contributions of individual members. Explore the common challenges and characteristics of high-functioning teams, learn how to problem solve together and discover ways to evaluate your team's effectiveness.

1-hour
Half Day

In Person
Webinar

Employees
Managers

Workplace Bullying: What, Who and How

From the playground to the workplace, it seems that every bad behavior is considered bullying. Learn how bullying impacts both employees and the organization by answering the "What, Who and How" questions that often go along with bullying, challenging common misconceptions about bullying behaviors and breaking related myths.

1-hour
Half Day

In Person
Webinar

Employees
Managers

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FEI has a 40-year history in enhancing workforce resiliency by offering a full spectrum of solutions, from EAP and organizational development to workplace violence prevention and crisis management. One of the most successful social enterprises in America, FEI was created by the Alliance for Strong Families and Communities, a national network of social sector organizations working to achieve its vision of healthy and equitable society.

fei workforce resilience