



Work Life Trainings

The Intermountain Employee Assistance Program (EAP) offers a wide range of mental health training opportunities designed to support both professional and personal well-being. The EAP offers 13 distinct training topics, each focused on key work and life issues. These sessions are led by experienced, licensed mental health professionals and are available virtually or in-person. We ask for at least six-weeks' notice and ten participants in order to schedule a group training.

All training topics are also offered throughout the year as open trainings. Open trainings provide an opportunity for individuals to join live, virtual training webinars.

60 Minute Trainings

Addressing Compassion Fatigue and Burnout

Over time, helping professionals can become weary of the demands of their jobs resulting in irritability, cynicism, and withdrawal. Oftentimes, it is a matter of when, not if, a dedicated worker will be impacted. This training outlines the signs and symptoms of compassion fatigue and offers interventions to renew, recharge, and recommit to their roles.

Becoming your Most Resilient Self

Resiliency can be strengthened by focusing on core principles of growth such as courage, commitment to values, and recognizing what is within our control. This training focuses on characteristics, qualities, habits, and behaviors that build resilience.

Managing Conflict Effectively

Conflict is a part of our work and personal lives – it is inherent in all relationships. This training challenges participants to think differently about conflict and teaches skills to be able to address conflict more effectively.

Managing Difficult Interactions

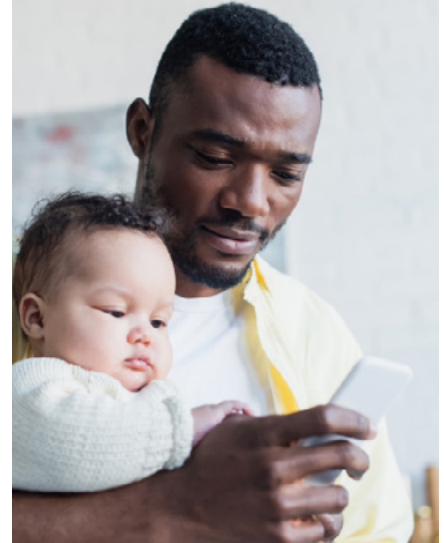
In many professional roles, stressful interactions with patients or clients are inevitable. This training will equip participants with an understanding of the psychological impacts of challenging encounters. They will learn strategies to manage stress and emotional responses, while learning how to access support systems and resources for ongoing well-being.

Managing Life's Stress

Life can become out of balance when stress overwhelms our ability to recover. Participants will learn practical ways to manage and reduce stress by strengthening the connection between the mind and body.

Navigating Change & Transition

During times of uncertainty, our ability to navigate change can be compromised. This training explains our responses to change and suggests skills to increase our capacity to navigate and thrive with change and uncertainty.



Scan the QR code or click to join a live webinar



Scan the QR code or click to request a group training



800-832-7733



eap@imail.org

60 Minute Trainings Continued

Reclaiming Self-Care

This session will cover the latest US Surgeon General data on burnout, emphasizing the urgency of addressing mental health needs and teaching a comprehensive framework for renewal and self-care. Additionally, we'll explore practical strategies to unplug from work, ensuring you can recharge and maintain a healthy work-life balance.

Trauma-Informed Leadership

Experiencing or witnessing trauma can affect staff in various ways, often leading to symptoms that spill over into their professional and personal lives. This training is designed to help leaders identify signs and symptoms of traumatic stress, approach staff who may be struggling, and provide effective support to their teams.

30 Minute Trainings

Cultivating Positive Work Relationships and Reputation

Experts agree that your professional opportunities, career advancement and coworker relationships are directly impacted by your behavior, reputation, and conduct. This class teaches skills to bolster your professional reputation and improve work relationships.

EAP Summary of Services

This class outlines the services offered by the Employee Assistance Program. We provide several avenues of support for employees and leaders alike to assist in managing wellness and mental health.

Increasing Self-Compassion

According to research by Dr. Kristin Neff, self-compassion is one of the most powerful sources of coping and resilience. This class outlines the three components of self-compassion and teaches how to use it to dramatically improve your mental and physical well-being.

Practicing Gratitude

Gratitude practices can boost feelings of well-being and overall happiness, especially when combined with an overall wellness strategy. This class outlines practices that have been shown to increase mental health and emotional well-being.

Setting Healthy Boundaries

Boundaries are guidelines that communicate how we want to be treated, respecting both our own needs and those of others. Setting boundaries also involves learning when and how to say "no." An essential but often overlooked social skill, this class will teach you how to establish healthy boundaries.

Mindfulness Classes

Life becomes more enriching when we are fully present and engaged. Mindfulness, focusing on the present and accepting our thoughts and feelings, enhances mental and physical well-being. It helps manage stress, improve sleep, boost energy, and foster positivity. Intermountain Health's EAP offers evidence-based mindfulness training by qualified instructors.

Mindfulness in the Workplace

This 60-minute training is designed to educate participants about the benefits of mindfulness and use this awareness to respond with choice rather than reactivity.

Mindful Compassion for Well-being

A basic 60-minute introduction to mindfulness and self-compassion concepts and practices.

Self-Compassion

This 60-minute session focuses on being more kind, understanding, and gentle with ourselves which increases our capacity to offer the same to others, especially when it's difficult.

Learn to Meditate

A deep dive into the history and practice of meditation. Participants learn formal meditation, mindfulness exercises, compassion practice, and mindful movement. This course is typically taught in a series of four 60-minute sessions, one session per week.

