



# PG&E EAP Presentations

## Mental Health and Emotional Wellness

- ❖ *Conquering Fear and Anxiety Around Coronavirus*
- ❖ *Depression Awareness and Treatment*
- ❖ *Holidays During Covid*
- ❖ *Intimate Partner Violence—Understand It, Prevent It!*
- ❖ *Keeping the Happy in Holidays*
- ❖ *Keeping Your Brain Healthy with Memory Fitness*
- ❖ *Laugh it Off: Use Humor to Combat Stress*
- ❖ *Making Mindfulness Work for You*
- ❖ *Managing ADHD*
- ❖ *Mental Health First Aid: A Primer (For Employees)*
- ❖ *Positive Psychology: The Key to Happiness*
- ❖ *Preventing and Treating Anxiety Disorders*
- ❖ *Social Distancing and Quarantine Coping Strategies*
- ❖ *Suicide Prevention for Employees*
- ❖ *Take Charge – Reduce Your Stress*
- ❖ *Tame Your Temper—Learn How to Control Your Anger*
- ❖ *Thriving Through Challenges*

## Supervisory and Management Development

- ❖ *A Guide for Telecommuting Success for Managers*
- ❖ *Attaining Top Performance*
- ❖ *Effective Leadership Skills*
- ❖ *Employee Assistance Program for Supervisors: Improve Professional and Personal Success*
- ❖ *Fostering Resilience in Employees*
- ❖ *Maximizing the Productivity of Your Employees*
- ❖ *Mental Health First Aid: A Primer (For Managers)*
- ❖ *Minimizing and Resolving Conflict for Supervisors*
- ❖ *Practicing Mindfulness at Work for Leaders*
- ❖ *Recognize Reduce and Respond to Substance Use in the Workplace*
- ❖ *Respect and Appreciate Diversity in the Workplace*
- ❖ *Suicide Prevention for Supervisors*
- ❖ *Thrive Through Organizational Change—for Leaders*

## Personal Development

- ❖ *Achieving Success and Happiness by Using Your EAP*
- ❖ *Minimizing and Resolving Conflict*
- ❖ *Putting Your Exceptional Self Forward*
- ❖ *The Power of Positive Thinking*
- ❖ *Using Positive Strategies to Navigate Change*

## General Health and Wellness

- ❖ *Achieving Optimal Health and Well-Being*
- ❖ *An Introduction to Teens and Alcohol Use*
- ❖ *Eating Healthily and Reducing Stress*
- ❖ *How to Stay Healthy During Coronavirus*
- ❖ *Identifying Signs of Addiction in a Loved One*
- ❖ *Successfully Making and Maintaining a Healthy Lifestyle Change*
- ❖ *Successfully Quit Tobacco Use*
- ❖ *Tired of Being Tired? Sleep Better!*

## Work/Life Issues

- ❖ *Achieving Romantic Relationship Success*
- ❖ *Achieving Work/Life Synergy*
- ❖ *Caring for an Aging Loved One*
- ❖ *Losing a Loved One to COVID19*
- ❖ *Parenting During Coronavirus*

## Workplace Issues

- ❖ *Effective Workplace Communication*
- ❖ *Flourishing in a Multigenerational Workplace*
- ❖ *Job Burnout: Prevention and Recovery*
- ❖ *Positive Strategies to Work with Challenging People*
- ❖ *Prioritize at Work to Reduce Stress and Increase Productivity*
- ❖ *Substance Use Awareness and Assistance*
- ❖ *Successful Team Building Through Self-Empowerment*
- ❖ *Successful Team Building Through Team - Empowerment*
- ❖ *Successful Team Building—Improve Communication Skills*
- ❖ *Supporting Gender Identity in the Workplace*
- ❖ *The Benefits of Communicating Assertively*
- ❖ *Thrive Through Organizational Change with Resilience*
- ❖ *Tips or Strategies to Be a Successful Telecommuter*
- ❖ *Workplace Etiquette*

Presentations are typically 60 minutes long; however, length can be adapted as needed.