

# EAP Work/Life Health Seminar Schedule



**Call (910) 396-5784 to reserve a seat.**

All training will be conducted from 0900-1030 at the Leader & Workforce Development Center, Bldg. 2-2020, Woodruff Street, Fort Bragg, NC 28310

## October 2011

- 13 – Conflict Resolution
- 27 Oct 11 - Building Resiliency

## November 2011

- 10 Nov 11 - Communication & Assertiveness

## December 2011

- 15 Dec 11 - Stress During the Holidays

## January 2012

- 12 Jan 12 - Conflict Resolution
- 27 Jan 12 - Coping Strategies for the Uncertainties of Life

## February 2012

- 9 Feb 12 - Communication Training
- 23 Feb 12 - Preventing Bullying in the Workplace

## March 2012

- 15 Mar 12 - Working in Teams
- 29 Mar 12 - Making Effective Decisions

## April 2012

- 12 Apr 12 - The Three "C's" of Communication
- 26 Apr 12 - Coping with Job Uncertainty

## May 2012

- 10 May 12 - Conflict Resolution
- 31 May 12 – Valuing Diversity

## June 2012

- 14 Jun 12 - Communication & Assertiveness
- 28 Jun 12 - Relaxation Techniques

## July 2012

- 12 Jul 12 - Leadership through Teamwork
- 26 Jul 12 - Life in Balance

## August 2012

- 9 Aug 12 - Conflict Resolution
- 30 Aug 12 - Coping with Transitions

## September 2012

- 13 Sep 12 - Communication Training
- 27 Sep 12 - Staying Positive in Negative Situations

## October 2012

- 11 Oct 12 - Working in Teams
- 25 Oct 12 - Self-Care for the Helping Professional

## November 2012

- 15 Nov 12 - The Three "C's" of Communication

## December 2012

- 13 Dec 12 - Stress During the Holidays