Lifestyle Benefits

One of your most important EAP Benefits

We offer a variety of value-added wellness benefits designed to help you improve your life.

To access these benefits, you can call the EAP at 1-800-252-4555 or log on to the website, www.theEAP.com. Click the Lifestyle Benefits icon to learn about the range of discounted services available.

*Please note: Available benefits may vary by season and geography.

Benefits Available:

- Apex Nutrition - Receive a free nutrition assessment with feedback on eating and lifestyle habits. Individualized nutrition plans are available to purchase.

- Healthtrax Fitness & Wellness Center - Receive a free one-week membership along with a discounted enrollment fee.

- Jenny Craig - Receive a free 30-day program or 30% off of the Jenny All Access Membership.

- LA Fitness - FREE Initiation when you join - a $99 savings.

- Nutrisystem – Special reduced cost on your first two orders.
Just go to your EAP website, logon, and choose the Training Center tab to discover an entire collection of new and improved trainings – check out the listing below for a preview. Online training is just one of the extra added-value benefits we offer to you and your family members. Best of all, there is no cost to you!

PERSONAL DEVELOPMENT
- Achieving Personal Goals
- Applying Emotional Intelligence in the Workplace
- Appreciating Personal Differences
- Balancing Work and Family
- Becoming an Effective Team Member
- Business Writing Basics
- Choosing a Childcare Provider
- Developing Critical Thinking Skills in Children
- Guardianship Decisions for Elderly Loved Ones
- Managing Your 401(k)
- Organizing Your Workspace
- Overcoming the Loss of a Loved One
- Personal Financial Planning
- Recognizing and Responding to Signals of Violence in Children
- Understanding and Using Contracts

MANAGEMENT ACADEMY

Level 1: Compliance Training
These courses are available in both video and non-video formats
- Best Practices for Interviewing and Hiring
- Best Practices for Progressive Discipline
- DOT Drug and Alcohol for Supervisors (part 1 & 2)
- Drug-Free Workplace for Employees
- Drug-Free Workplace for Supervisors (part 1 & 2)
- Harassment and Discrimination for Employees
- Harassment and Discrimination for Supervisors
- Violence Prevention in the Workplace for Employees
- Violence Prevention in the Workplace for Supervisors

Level 2: Core Competencies
- Basics of Effective Communication
- Coaching and Counseling
- Disciplining and Redirecting Employees
- Financial Basics for Non-Financial Managers
- Intercultural Business Etiquette
- Managing a Virtual Office
- Providing Effective Feedback
- Recognizing and Avoiding Burnout
- Recognizing Employee Performance
- Time Management
- Valuing Diversity

Level 3: Advanced Supervisory Skills
- Applying Leadership Basics
- Conducting a Performance Review
- Conflict Intervention
- Delegating
- Discharging Employees
- Executive-to-Employee Communication Strategies
- Leading Effective Meetings
- Managing Change
- Managing Negative People
- Motivating Employees
- Presentation Skills
- Providing Effective Feedback
- Setting Performance Goals and Expectations
- Succeeding as a Supervisor

Level 4: Team Leadership
- Building a Successful Team
- Creating a Strong Leadership Team
- Developing a Strategic Plan
- Interviewing Job Candidates
- Leading Effective Teams
- Managing Disagreement
- Managing Projects
- Managing Stress
- Recognizing and Managing Anger
- Solving Problems as a Team

www.theEAP.com