



Excelling at Work & Life

2025 Training Series Presented by TriHealth EAP®



Through the *Excelling at Work & Life* series, TriHealth EAP offers training webinars designed to equip participants with skills that elevate their ability to thrive personally and professionally. Sessions will be facilitated by EAP Clinicians, Workplace Wellbeing & Fitness Coordinators and Registered Dietitians

To register for one of the below virtual training sessions, please call [513 977 2165](tel:5139772165), email TriHealthEAP-CST@TriHealth.com, [register here](#) or scan the QR code.



Gratitude and Perspective: Tools to Thrive (30 mins)

- Wednesday, Jan. 15 at 10:00 a.m.
- Thursday, Jan. 23 at 12:00 p.m.

This presentation will focus on how gratitude and perspective can positively impact our resilience and mental health. We'll break down what these concepts mean and share practical tips for weaving gratitude and perspective into our everyday lives.

The Relationship Blueprint: Building Stronger Bonds

- Wednesday, Feb. 5 at 10:00 a.m.
- Thursday, Feb. 13 at 12:00 p.m.

Relationships are essential in our lives, including our spouses, friends, and co-workers. They support us and shape who we are. Understanding relationships helps us strengthen them. This presentation will cover the qualities of great friendships, family bonds, work connections, and healthy romantic relationships.

Mindfulness for Sleep (30 mins)

- Wednesday, Mar 12 at 10:00 a.m.
- Thursday, Mar 20 at 12:00 p.m.

Mindfulness is a great tool for helping us build resilience in our daily lives. In this presentation, we'll explore how mindfulness can enhance our sleep quality, and we'll have some fun experiential learning activities along the way!

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Thrive in Every way: Becoming Your Best Self

- Wednesday, May 7 at 10:00 a.m.
- Thursday, May 15 at 12:00 p.m.

Setting goals is important, but we also need to understand how to achieve them. In this presentation, we will explore our values, strengths, and passions. Additionally, we will learn tips to boost motivation, effectively organize our time, and change habits to support the goals that matter most to us.

The Benefits of Laughter: How Humor Can Impact Your Health

- Wednesday, July 9 at 10:00 a.m.
- Thursday, July 17 at 12:00 p.m.

Humor—through laughter, silliness, and a positive outlook—can greatly benefit us by helping manage stress, fostering connections, and boosting productivity. Yet, in stressful moments, we often overlook our humor skills. This training will highlight the physical, social, and mental advantages of humor and provide strategies to reintegrate fun into our daily lives.

Speak Up: Mastering Assertive Communication

- Thursday, Aug. 13 at 12:00 p.m.
- Wednesday, Aug. 21 at 10:00 a.m.

Assertiveness is a communication style where individuals express their own needs while considering those of others, promoting respect and avoiding both passive and aggressive approaches. Passive communicators often feel manipulated, leading to stress and resentment, while aggressive communicators may be seen as bullies who disregard others' rights. This training will focus on developing assertive communication skills through interactive discussions and role-play.

Emotional Intelligence: Tools for Everyday Success

- Wednesday, Oct. 15 at 10:00 a.m.
- Thursday, Oct. 23 at 12:00 p.m.

Emotional intelligence, or EQ, is all about recognizing and understanding our emotions, which helps us manage our feelings and connect better with others. Research shows that our success in life and relationships often hinges more on our EQ than our IQ! In this training, we'll dive into what emotional intelligence really means, explore how our brains influence our emotions, and share practical tips for boosting your EQ.

Slow Down, Savor More: Mastering Mindful Eating (30 mins)

- Wednesday, Nov. 5 at 10:00 a.m.
- Thursday, Nov. 13 at 12:00 p.m.

The holidays are a wonderful time to come together and celebrate with family and friends! However, it's also common to indulge a bit too much during this time. In this session, we'll explore how practicing mindfulness can help us maintain positive eating habits while still enjoying the delicious treats this time of year has to offer.

Please Note: [The Excelling at Work & Life](#) series is subject to change. You will receive advance notification of any modification to topics, dates, or times.