



## AVANTE HEALTH EMPLOYEE ASSISTANCE PROGRAM PERFORMANCE IMPROVEMENT SEMINARS

AVANTE HEALTH Employee Assistance Program is designed to help employees cope with a wide variety of issues that interfere with job performance - and your bottom line.

One of the most integral pieces of our program is the performance improvement seminar. These 2-hour seminars, provided free of charge to the organization and the employee, can be given to the entire organization or to a select group of employees. A partial list of seminars that are provided through AVANTE HEALTH is included below. Please note that this is just a partial list. Your account manager will work with you to identify a seminar that meets your specific needs. Call 261-9060 to schedule.

### PERFORMANCE IMPROVEMENT SEMINARS

- Stress Management
- Positive Self-esteem
- Conflict Resolution
- Substance Abuse
- Effective Time Management
- Team Building
- Communication Skills
- Assertiveness Training
- Understanding Loss
- Dealing with Change
- Handling Crises
- Dealing with Difficult People
- Preventing Job Burnout
- Violence in the Workplace
- Holiday Depression
- Women in the Workplace
- Family Communication
- Managing Your Money
- Living a Healthy Lifestyle
- Creating a Positive Work Environment
- Depression
- Sexual Harassment
- Caring for the Caregiver
- Elder Care
- Drug and Substance Awareness