



# Wellness Presentations

EFAP personal and professional development presentations are open to all employees of the Government of Manitoba and the external agencies we serve. We strive to ensure our presentations are educational, interactive and based on the latest research.

## Topics Available

Upon request, EFAP counsellors are available to provide one to three hour presentations to work groups on a variety of life and health issues. Topics include the following:

<b>Healthy Workplace, Healthy Family</b>	<b>The Science of Happiness</b>
<b>Stress Management</b>	<b>Understanding Anxiety</b>
<b>Practical Tools to Manage Stress &amp; Stay Healthy</b>	<b>Vicarious Trauma</b>
<b>Understanding Depression</b>	<b>Generations in the Workplace</b>
<b>Suicide Awareness and Intervention</b>	<b>Sandwich Generation</b>
<b>Coping with Shift Work</b>	<b>Managing Change</b>
<b>What is Mental Health/Mental Illness?</b>	<b>Developing a Self-Care Plan</b>
<b>Mental Health in the Workplace</b>	<b>Building Your Resilience</b>
<b>Positive Parenting</b>	<b>Employee Engagement</b>
<b>Dealing with Grief</b>	<b>Discover Your Strengths</b>
<b>Understanding and Managing Anger</b>	<b>Team Character Strengths Workshop*</b>

Our list of presentation topics continues to grow and evolve year over year. We are regularly adding new topics and can customize any existing presentation to suit your workplace needs. While all presentations are offered free of charge,\* program areas may be asked to cover travel and/or incidental costs for our presenters.

To learn more about EFAP program offerings, including counselling, conflict resolution, workplace intervention and trauma management services, our counsellors are also available to deliver a one hour information session to your workplace. We can also build an information session component into any one of our wellness presentations.

## To Learn More

For more information about our wellness presentations, please call the EFAP Main Office at 204-945-5786, or toll-free at 1-866-669-4916.



\* The EFAP Team Character Strengths Workshop requires a fee of \$15 (USD) per team member paid directly to the VIA Institute of Character for the generation of a customized Team Character Strengths Report. Group facilitation and interpretation of results are offered free of charge by EFAP.