

Profile EAP



EAP RECORDED WEBINARS

1-800-645-6571

www.ProfileEAP.org



Click on the link ([shown in blue](#)) or copy and paste to your browser

Stress, Anxiety, Depression

Managing Stress, Anxiety and Impatience

This webinar explores the causes of stress, anxiety and resulting impatience, especially around COVID-19. We will discuss the effect it has on us and provide useful tools and techniques to help manage these emotions.

https://player.vimeo.com/external/430528831.hd.mp4?s=b906f33d006b924d313d67ecd45593d5b95cdc3b&profile_id=174

The Power to Change our Stinking Thinking

Learn to use the basic principles of Cognitive Behavioral Therapy to understand how thoughts influence feelings and behaviors.

https://player.vimeo.com/external/430525804.hd.mp4?s=8a6f9ed5e33953f8850e30818b8c679f353fecf3&profile_id=174

Surviving and Thriving During the Holidays

This seminar explores strategies to reduce holiday stress and increase enjoyment during seasons of high expectations. Learn how to adjust expectations and appreciate the holidays we celebrate in a more mindful manner.

https://player.vimeo.com/external/469961833.hd.mp4?s=8d7071d1fd1eb4606e71accb3826d58562b159f1&profile_id=174

When Will This Be Over?: Self-care and Thriving During Ongoing Chronic Stress

During the pandemic, many of us have experienced unprecedented levels of long-term stress and uncertainty. How do we care for ourselves and others when we are not just managing acute stress, but now, chronic stress? What does self-care and sustainability look like long-term? How can we make it through the marathon? This webinar addresses these questions and discusses solutions to take care of ourselves and others.

https://player.vimeo.com/external/469976194.hd.mp4?s=fde590874338b61a2727abb91afaf742a28c112d&profile_id=174

We extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities.

How to Help When Others Feel Life Is Too Painful

September is national "Suicide Prevention" month. In this seminar, we will discuss the basics of understanding suicide, signs and symptoms to be aware of, myths about suicide, and resources for support.

https://player.vimeo.com/external/469979804.hd.mp4?s=e1457876596ea0f199f81cc03ea8f8cb1b94b431&profile_id=174

Stress and How to Tame it

This workshop is intended to help employees reduce stress in their daily lives. Chronic stress can have long-term effects on our health and well-being. Learning healthy ways to manage and cope with stress are important on an individual level and on an organizational level as well. This workshop will look at the causes of stress and the effect it has on us and provide some useful tools and techniques to help manage stress.

https://player.vimeo.com/external/487398227.sd.mp4?s=52ba113b0824a59f046a1baab09d1e81582df9d5&profile_id=164

How to Minimize COVID's Effects and Thrive During the Holidays

This seminar explores strategies to reduce holiday stress and increase enjoyment during seasons of high expectations, especially during this time of social distancing. Learn how to adjust expectations and appreciate the holidays we celebrate in a more mindful, safe, and virtual family-friendly manner.

https://player.vimeo.com/external/492209305.hd.mp4?s=0428c2e1fa21936dfc714d734c46352eaea21138&profile_id=175

Children and Parenting

Summer's Here! Now What?: Resources for Kids, Schedules, and Summer Work

Summer is here, and many of us wonder what we can do with our kiddos while we are working from home or managing our new normal! Come and get some ideas for the summer.

https://player.vimeo.com/external/430527673.hd.mp4?s=1a643f8ae81a62ffcf55d87ea7701fc9c3f54935&profile_id=174

School is in Session, Kind Of?

This school year has challenges and uncertainty, for sure, but this webinar will discuss ideas for what we CAN do to help our kids succeed in the coming months while juggling our work schedules.

https://player.vimeo.com/external/447204077.hd.mp4?s=a96bd6fbdd2098f02285326f5972c2904bcf183b&profile_id=174

Parenting Ideas for Positive Interactions

Parenting can be a challenge even during ideal circumstances. In this webinar, we will explore simple ideas for parenting with confident communication, setting healthy boundaries with kids, and managing difficult emotions.

https://player.vimeo.com/external/462010615.hd.mp4?s=ce35a7b8c4b5dd3e646f6779b5509e479651553b&profile_id=174

How to Cope with Losses and Change - Ages 12-17

The world has changed tremendously in the last 6 months. There is much unpredictability, and sometimes we feel sad and miss our “normal” lives and routines. Accepting losses such as being away from friends & family, cancelled sports seasons, constant schooling changes, and family issues can be challenging. How can we cope when there is so much change? This presentation is for youth, ages 12-17 and will discuss how to move forward in this ever-shifting environment.

https://player.vimeo.com/external/467914127.hd.mp4?s=14ecf8b950080f8df8519b90ec17feb120462db0&profile_id=174

How to Cope with Losses and Change - Ages 5-11

The world has changed tremendously in the last 6 months. There is much unpredictability, and sometimes we feel sad and miss our “normal” lives and routines. Accepting losses such as being away from friends & family, cancelled sports seasons, constant schooling changes, and family issues can be challenging. How can we cope when there is so much change? This presentation is for children, ages 5-11 and their parents.

https://player.vimeo.com/external/470384039.hd.mp4?s=e09027f4e726e4fbc3a5690e42c6ae72a20f6bea&profile_id=174

Working from Home

Transitioning Employees Back to Work (FOR MANAGERS ONLY)

Managing remotely has created many challenges with new challenges when employees return to the workplace. This webinar will help managers be proactive regarding what workforce problems to anticipate as employees return-to-work. Will discuss behavioral symptoms & how to engage & help your team adjust.

https://player.vimeo.com/external/430526810.hd.mp4?s=07f1fdf50f2b967b9b278f852c83e0ce2aaf1ab7&profile_id=174

Transitioning Back into the Workplace (For Employees)

Working remotely has created many challenges with new unexpected challenges arising when you return to the workplace. This webinar will help you anticipate workforce problems and provide solutions on how to anticipate anxiety, fear or worry as you return-to-work.

https://player.vimeo.com/external/430523377.hd.mp4?s=5b1d16c65a9c18f2e5c0fcf850d9ae654b932748&profile_id=174

Resilience and Self Care

Developing your Behavioral/Emotional Immune System

Just like the body develops immunity to the germs it encounters in our world, we can develop “immunities” to the stressors in our lives. We can utilize protective factors to “build up” our ability to withstand the pressures we face and emerge even stronger.

https://player.vimeo.com/external/441199190.sd.mp4?s=228c104c11d97969b01456925b1c77eb192fcf06&profile_id=165

All by Myself – Staying Connected During COVID

This webinar will discuss how we can continue to stay connected with others and move away from loneliness during this time of “physical distancing.”

https://player.vimeo.com/external/447195107.hd.mp4?s=447c7498c0a2d2a04f9ac22b53e94e0f763c3cb9&profile_id=175

I Am Just So Tired... Burnout, Exhaustion and Resilience

Whatever your role at home or at work, you have probably experienced burnout – or compassion fatigue – at one point or another in your life. Especially in prolonged times of stress, we can feel an overwhelming exhaustion, too. This seminar will provide tools to help you build resilience and prevent such burnout and exhaustion from occurring.

https://player.vimeo.com/external/445698660.hd.mp4?s=5fa87ed5818f84b527b32ed8f6265e68b71abc3f&profile_id=174

Ugh... Not Another Zoom Meeting: Digital Burnout & Fatigue

This short webinar will discuss how we can manage our online/digital fatigue as we work, connect and do schooling on a digital platform.

https://player.vimeo.com/external/452340589.hd.mp4?s=a33ab0db0178364a375f3ca26372a2806e79c2b6&profile_id=174

Hope and Optimism in Changing Times

Hope and optimism are key resilient emotions that help us thrive in times of stress, chaos and confusion. This brief webinar will help you learn practical ways to foster hope in your daily life.

https://player.vimeo.com/external/469913407.hd.mp4?s=2cdd22a130074c78bdf95cbe68b19470f27bd8d5&profile_id=175

Empower Yourself

In this solution-focused webinar, we will explore self-empowerment and how we can feel more resilient overall! We will define what it is, review the 5 dimensions of self-empowerment, and look at ways to improve our direction and focus.

https://player.vimeo.com/external/469986699.sd.mp4?s=0b40d627dbd564f875b5e64bc17045344abc47fc&profile_id=164

Recovery from Rescuing: Fixers, Care-Takers, Perfectionists

This training is for anyone who wonders when to take charge and when to let go, anyone who feels caught between resentment and guilt when caretaking, or anyone who feels stuck in a “responsibility trap.” We will discuss how to care of others, but also learn how to let go when needed.

https://player.vimeo.com/external/445696758.hd.mp4?s=037719c3ffdea12cd8773ab99f23bc422725f51&profile_id=174

Procrastination: It Can Wait

Why do we put off what we could do today? We will discuss the myths of procrastination and what to do about it. We will learn strategies to overcome procrastination and avoid the stress of putting things off until tomorrow.

https://player.vimeo.com/external/483802847.sd.mp4?s=02449806c15c79456d56a2dda84f205bce4d47f8&profile_id=164

Got Guilt? How to Manage Guilt When We Also Need Time for Ourselves

Often times, we feel guilty for taking time for self-care, taking time off, saying “no,” and putting our needs as a priority, too. During the last several months, our stress and exhaustion have increased. We have to make self-care sustainable, but how can we deal with the guilt that comes with it, sometimes? This short webinar will discuss this dilemma and solutions.

https://player.vimeo.com/external/498181625.hd.mp4?s=7bd7c24b4132611c8ed37d1430d3f16a99d9b6f2&profile_id=174

Hope and Optimism in Changing Times

Hope and optimism are key resilient emotions that help us thrive in times of stress, chaos and confusion. This brief webinar will help you learn practical ways to foster hope in your daily life.

https://player.vimeo.com/external/469913407.hd.mp4?s=2cdd22a130074c78bdf95cbe68b19470f27bd8d5&profile_id=175

Got Happiness? What Science Tells Us About Real Happiness

Discover research from Positive Psychology on what happiness really is, what it isn't and how we can be happier no matter what life throws our way.

https://player.vimeo.com/external/502387132.hd.mp4?s=90ac1d29058a339fd5fa7ad276e13fed03ef2286&profile_id=175

Change is the Only Thing that Stays the Same:” Change Management in Times of Uncertainty

Some people don't like change. Others are energized by it. How do we navigate uncertain times and stay centered? How can we move forward without knowing exactly where we are going? This webinar will discuss how we can go through change and maintain our sense of well-being.

https://player.vimeo.com/external/505461310.hd.mp4?s=9832fc82d018afabd284094e938c20cbc35c2241&profile_id=174

There's an App for That! Using Apps for Health and Well-Being

We live in a remarkable time where hand-held technology can be utilized to increase health and well-being. Can't sleep? Feeling stressed or anxious? There's an app for that! In this seminar, we will review some apps that help us function more effectively at home and work.

https://player.vimeo.com/external/505784817.sd.mp4?s=6a6920bb714b95fc0b4e4ba7e964d3db7303aec2&profile_id=164

Healthy Ideas for Healthy Workplaces – for Employees

Conflict Resolution: Can't We Just All Get Along?

In this seminar, we will discuss different models of approaching conflict positively (SBI-I and CUS-R) and how we can address it more effectively.

https://player.vimeo.com/external/440419977.sd.mp4?s=3e3f6a748160bf2f2e8fab9c92b028c12af90e3a&profile_id=165

Bull in a China Shop or Doormat? In Communication, Is There Something in Between?

We often use a default mode to express ourselves. Sometimes, people can default to being aggressive or passive. Positive assertiveness can be the balance.

https://player.vimeo.com/external/437219218.sd.mp4?s=6b0bd2a73b2729e7fea628381bf47a9abe3621c1&profile_id=165

Change is the Only Thing that Stays the Same: Change Management in Times of Uncertainty

Some people don't like change. Others are energized by it. How do we navigate uncertain times and stay centered? How can we move forward without knowing exactly where we are going? This webinar will discuss how we can go through change and maintain our sense of well-being.

https://player.vimeo.com/external/447202034.sd.mp4?s=146e4062031728980c09bdf73462c92c41be2400&profile_id=164

Dealing with Difficult Customers

Sometimes, customers can be aggressive, hostile and even downright rude. How should we handle these tense situations and diffuse them? This workshop will discuss ways to remain safe and professional while dealing with challenging customers

https://player.vimeo.com/external/469983250.hd.mp4?s=97f29bcf8016467fb5d2b9bc97e105f1f7905533&profile_id=174

Multigenerational Communication in the Workplace

For the first time ever, we have five generations in the workplace. With different values, styles, work ethics and communication preferences, how do we maximize our strengths and minimize our challenges? This seminar will offer ideas and focus on the strengths that different generations bring to the workplace.

https://player.vimeo.com/external/483793210.hd.mp4?s=039be6f304be95f43baca8cf9d60aaf68c16d7ab&profile_id=175

Time Management

This webinar will explore common "time stealers" and ways to prioritize our time to reduce stress.

https://player.vimeo.com/external/483799214.sd.mp4?s=9752895830b15c5b1d33e0cc7e4743af801bfaec&profile_id=164

Managing Expectations and Disappointment at Work

Sometimes, people or situations don't meet our expectations and we feel frustrated or disappointed. Learn ways to evaluate expectations and how we can feel happier as we align our expectations with reality.

https://player.vimeo.com/external/483806094.sd.mp4?s=6a4266cb0f2fb3ac4751c10d08d6c5253f8c781e&profile_id=164

Healthy Ideas for Healthy Workplaces – for Managers

Difficult Conversations in the Workplace (For Managers)

Having difficult conversations, whether about performance or safety issues, is not enjoyable for most managers. How can we address challenging situations with fairness and confidence? This seminar will address the value of having a "fair and just" culture and will discuss different models on how to have difficult conversations more confidently.

https://player.vimeo.com/external/452342289.sd.mp4?s=810f058da3fb8038a80200eb4babf87fc050efc0&profile_id=164

Let's Practice! Using the CENTER Approach for Team Challenges

C.E.N.T.E.R. stands for Consult/Communicate, Empathy, Navigate, Triage, Engage and Report. This training is designed to arm leadership with skills, tools and resources to both prepare and assist them in handling workplace-disruptive events. Come ready to practice and engage!

https://player.vimeo.com/external/469958968.hd.mp4?s=3bac94acf0da64f9cd6c5c713ba5c2f690757539&profile_id=174

We extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities.

Managing Remotely

Many managers are trying to navigate the new “norm” of managing teams remotely. Is it the same as managing in person and in the office? or are there new considerations to think through? In this webinar, we will discuss how to manage teams remotely and discuss ideas to lead even more effectively when we are not in our typical settings.

https://player.vimeo.com/external/470387587.sd.mp4?s=382c56b6640ffe617e41eaab23d6a414910b810c&profile_id=164

Leading Through Crisis

During unprecedented times with COVID, racial injustice awareness, financial downturn, major fires impacting air quality, and schooling issues, what do employees need? How can we lead effectively during times of crisis and change? How can we support our employees and “get the job done” even when there are challenges all around?

https://player.vimeo.com/external/476384918.hd.mp4?s=97c06f64e448597ddbe24681d944f5e818aa475c&profile_id=174

Healthcare Specific Webinars

How to Support Your Healthcare Family Member

This webinar is specifically designed for family members of our healthcare workers. How do we support and come alongside of our loved ones who are in the “trenches” everyday? How do we support them after a difficult day? The facilitator will discuss practical ideas and solutions for emotional support.

https://player.vimeo.com/external/470214570.hd.mp4?s=f2a0adea477044dd5bb624394a51699a0a67ffc1&profile_id=174

Profile EAP

1-800-645-6571

www.ProfileEAPorg



Centura Health does not discriminate against any person on the basis of race, color, national origin, disability, age, sex, religion, creed, ancestry, sexual orientation, and marital status in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy contact Centura Health's Office of the General Counsel at 1-303-673-8166 (TTY: 711). Copyright © Centura Health, 2017. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-303-643-1000 (TTY: 711). CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-303-643-1000 (TTY: 711).

We extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities.