

ON-DEMAND TRAINING

You're busy juggling work, family and other responsibilities, so it's understandable if you can't spare 60 minutes for a training session, no matter how informative or engaging it is. The On-Demand training sessions from your GuidanceResources program provide a solution for those feeling a time crunch.

The current topic list.

- › Balancing Work and Life
- › Communicating Without Conflict With Your Significant Other
- › Connecting Mind and Body for Healthy Living
- › Coping With a Crisis or Traumatic Event
- › Eating Healthy on a Budget
- › Emotional Eating: The Connection Between Mood and Food
- › From Smoker to Smoke-free
- › Helping a Loved One Through Difficult Times
- › Keeping Your Senior Loved One Independent and Safe
- › Laughter, Humor and Play to Reduce Stress and Solve Problems
- › Learning to Relax
- › Living With Change
- › Managing Your Emotions in the Workplace
- › Managing Holiday Stress
- › Managing Personal Finances
- › Managing Staff Through Change & Stress
- › Natural Consequences, Discipline That Works
- › No Such Thing as a Perfect Parent
- › Parenting a Child With Special Needs
- › Stress - A Way of Life or a Fact of Life?
- › Talking About Tough Subjects With Elderly Parents
- › The Confident You
- › The Impact of Attitude on Work and Life
- › The Impact of Shift Work on Mind and Body
- › Time Management Tools and Principles
- › The Psychology Behind Saving Money & Other Good Financial Practices
- › Using Kindness to Achieve Personal Success and Happiness

To access On-Demand trainings

Go to: guidanceresources.com

Web ID:

* Topics updated quarterly