

EAP Work Life Trainings



Our trainings teach practical skills for personal and professional development.

We offer classes for both employees and leaders. Trainings last approximately 60 minutes and are taught by licensed professionals. Starting in the second quarter of 2023, we will begin offering 30-minute trainings. Our web-based platform reaches a wide audience, allowing employees to participate at their personal computer, tablet, or phone. Trainings are accessible to everyone in your organization, even off-site employees. In some situations, we can provide in-person instruction.

For specific training requests by departments or organizations, we ask that there be at least 10 people in attendance and need six weeks advance notice to schedule. To schedule, you can scan the code on the right, send an email to eap@imail.org, or call 801-442-3509 or 1-800-832-7733.


All EAP trainings are taught as open classes for anyone to attend.


Registration is available online:




<https://intermountainhealthcare.org/employee-assistance-program/live-webinars>

Our current training offerings are listed on the following page.


Register by scanning the
QR code below:




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Employee Support

Becoming Your Most Resilient Self

Resiliency can be strengthened by focusing on core principles of growth such as courage, commitment to values, and recognizing what is within our control. This training focuses on characteristics, qualities, habits, and behaviors that build resilience.

Compassion Fatigue: The Journey from Fatigue to Wellness

Over time, caregivers and helping professionals can become weary of the demands of their jobs resulting in irritability, cynicism, and withdrawal. Oftentimes, it is a matter of when, not if, a helping professional will be impacted. This training outlines the signs and symptoms of compassion fatigue and offers interventions to renew, recharge, and recommit to caregiving.

Creating Psychological Safety*

Psychological safety exists when people believe they won't be punished or humiliated for speaking up about important issues, including concerns and mistakes. Work teams that promote safety welcome the exchange of ideas and feedback and recognize the value of taking appropriate risks. It does NOT mean that everybody is in agreement. It's modeled by leaders who emulate Intermountain's Healing Commitments: Integrity, Trust, Excellence, Accountability, and Mutual Respect.

Disconnecting From Work

Burnout can result from a person's inability to walk away from work and engage with home life. This training looks at the obstacles that

*Training will be available second quarter, 2023

keep employees ruminating about work long after the workday has ended. Participants will learn healthy ways to disengage from work and focus on work-life balance.

Finding Your True North*

Did you know that following a compass to the North Pole could lead you 500 kilometers off target? That's because Magnetic North and True North are different. In this training, participants will learn about finding their True North, their fixed point in a chaotic world that embraces their strengths, purpose, and authenticity.

Managing Conflict Effectively

Conflict is a part of our work and personal lives – it is inherent in all relationships. This training challenges participants to think differently about conflict and teaches skills to be able to address conflict more effectively.

Managing Grief and Loss

We are all faced with grief and loss, and many do not know how to respond appropriately. This training will offer practical suggestions for normalizing the emotions that accompany grief, as well as teach healthy responses to grief and loss.

Managing Life's Stress

Life can become out of balance when stress overwhelms our ability to recover. Participants will learn practical ways to manage and reduce stress by strengthening the connection between the mind and body.

Managing Workplace Trauma: When What Happens at Work Won't Stay at Work

Caregivers and first responders are exposed to significant trauma and stress at work due to witnessing and hearing stories of people suffering. This is commonly referred to as Secondary Traumatic Stress. Additionally, caregivers experience Primary Traumatic Stress as a result of their caregiving work. This training identifies typical and atypical responses to trauma and explains interventions that can help manage the symptoms related to trauma exposure.

Mindfulness in the Workplace

This training is designed to educate participants about the benefits of mindfulness; which is the awareness of thoughts, feelings, and body sensations, and then use this awareness to respond with choice rather than reactivity. The practice of mindfulness has been shown to improve health and productivity.

Navigating Change and Transition

During times of uncertainty, our ability to navigate change is compromised. This training explains the human response to change and suggests skills to increase our capacity to navigate and thrive with change and uncertainty.

Leader Support

EAP: A Valuable Resource for Leaders

This training will cover the various services offered through the EAP and how leaders can access them to help themselves and their teams in managing employee issues, adverse events, and crises that affect the workplace.

When Grief and Loss Impact Your Staff

All work teams will experience grief or loss related to a colleague at some point. This training covers best practice responses for leaders and offers tools to help them support their teams when incidents of grief and loss affect the workplace.

Managing Workplace Trauma: When What Happens at Work Won't Stay at Work (leader edition)

Caregivers and first responders are exposed to significant trauma and stress at work due to witnessing and hearing stories of people suffering. This is commonly referred to as Secondary Traumatic Stress. Caregivers also experience Primary Traumatic Stress as a result of their caregiving work. This training is designed to help leaders identify signs and symptoms of Traumatic Stress, learn how to approach staff who may be struggling, and support their teams.



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