

Best Care

Employee Assistance Program

*Training &
Consulting*

Training is the smartest investment you can make for the future. The business world is fast-changing and more competitive than ever before, which means your employees need every edge to get ahead. Best Care EAP provides customized, cutting-edge training opportunities at your site for groups of 10 or more. Scheduling is based upon consultant availability. [402-354-8000](tel:402-354-8000) | [800-666-8606](tel:800-666-8606) | EAP@BestCareEAP.org

INDIVIDUAL | *Success*

Office Humor for Fun and Profit
Business Writing Skills
Building Your Own Career Ladder*
Workplace Bullying: From Playground to Boardroom
Keeping Cool When the Heat is On
Change and the Power of Resiliency
Communicating for Maximum Impact
Goal Setting: Creating Personal Success
Customer Service: Your Customers, Your Success
“411” of Office Politics
EQ: Understanding Your Emotions
Healthy Lifestyles
Holiday Stress
Positive Attitude and Self-Motivation
Self Esteem Essentials for Children
Presentation Skills
TUMS: A Prescription for Burnout
Thriving Emotionally in Retirement
Shift Work Strategies
Stress Management
Ethics: The Golden Rule of Business
How to Deal with People Who Drive You Crazy
Work and Life: Managing the Delicate Balance
Time Management: Boost Your Effectiveness
The Power of Accountability
Financial Finesse
He Said/She Said: Gender Communication
Six Degrees of Connection: Networking for Success
Domestic Violence Awareness
Depression: Myths and Facts
Grief and Loss: Personal Crossroads for Growth
Substance Abuse Awareness

*Over 30 years of experience allows
Best Care EAP to create
comprehensive training programs
that deliver the skill sets your
employees need to succeed.*

MANAGEMENT | *Success*

Maximizing Morale
Workplace Bullying: Spotting the Signs
Coaching for Excellence: Developing Your Top Talent
Creating an Extraordinary Workplace: *It's So Simple*
Managing the Change Process
Employee Engagement
Five Practices of World-Class Leaders
Fostering Accountability in the Workplace
Discovering Your Leadership Style: DiSC for Leaders*
Managing the Diverse Workforce
Goal Attainment: Stick to It!
Discovering Your Workplace “Personality”: MBTI*
Giving Feedback that Gets Results
Communicating for Managerial Effectiveness
Substance Abuse Awareness for Supervisors
Management: The Core Skills
Whale Done! – Powerful, Positive Work Relationships
Critical Incidents: Impact and Awareness

TEAM | *Success*

Business Etiquette for the 21st Century
Civility: With All Due Respect
Communication: It's a Mystery!
Cube Living
Discovering Your Work Style: DiSC Behavior Profile*
The FISH Philosophy: Catch the Energy
Generational Diversity: Baby Boomers and Beyond
Discovering Your Personality Preference: MBTI*
Resolving Conflicts
Sexual Harassment Awareness
Successful Workplace Relationships
Team Building
Valuing Diversity
Insight™ Discovering Your Personality Spectrum*

**Additional Charges Apply*