

ABOUT BHO EAP TRAINING

BHO EAP is a national provider of comprehensive employee assistance services, partnering with employers to enhance workplace wellbeing, safety, and productivity. Learn more at www.bhoptions.com.

We offer professional and personal development trainings on a wide range of essential topics, supporting your organization's wellness and growth goals. Our programs complement existing initiatives and help participants build on their strengths.

BHO EAP consultants bring expertise in HR, organizational development, psychology, education, and talent development. All training courses are interactive, practical, and grounded in real-life examples.

We offer flexible delivery options: in-person, online, or pre-recorded micro-trainings (under 20 minutes) for staff meetings. These are included at no extra cost and can be accessed anytime via links provided. Flyers with training descriptions, QR codes, and embedded links are available upon request. If you're interested in a topic not listed, reach out—we may already have it or can create custom training to meet your needs.

To schedule training for your company, please include the following information and email BHOEAP@bhoptions.com:

- | | |
|---|--|
| <input type="checkbox"/> Company/location | <input type="checkbox"/> Type of delivery: onsite, online or video |
| <input type="checkbox"/> Name of Training | <input type="checkbox"/> Which online platform is being utilized? |
| <input type="checkbox"/> Possible Dates & Times | |

Employee Orientations and EAP Supervisory Referral Recorded Trainings are available to all our client companies. They are free and available 24/7.

All BHO EAP trainings end with a brief reminder of the services available. The further in advance you schedule your training, the more likely we will be able to accommodate the date and time you need (*two weeks minimum is preferred*). Most training courses require a minimum number of participants. We ask for a **48-hour cancellation notice**. If BHO EAP is not your organization's EAP, or your contract does not include onsite training hours, all training courses can be purchased separately.

BHO EAP HANDOUTS

BHO EAP offers a wide range of informative handouts designed to support employee well-being. Below is a list of currently available resources. To receive electronic copies for distribution, please contact your Account Manager or any member of the BHO EAP Team.

- Anger Management
- Animal Therapy, *template* **NEW**
- Art Healing Therapy, *template*. **NEW**
- Boundaries
- Breathwork
- Case Request
- CIR Guide
- Coping After Crisis
- Crisis Response Options
- De-escalating a Child in Crisis
- Depression
- Depression, Anxiety, Stress Tests
- EMDR
- EMDR Calm State
- Emotional Health
- Emotions Wheel, *handout, or poster*
- First Responder Booklet
- Generalized Anxiety
- Grief at Work, *handout, or booklet*
- Grounding Techniques
- Healthy Habits
- Humming Technique
- Instead of I'm Sorry
- Kirtan Kriya
- Levels of Care
- Loving Kindness Meditation
- Medical Necessity
- Mood Meter
- Mood Meter, *handout, or poster*
- NowClinic
- One Page Miracle
- Power of the Nervous System
- Processing Grief
- Quality Sleep
- Self-care
- Sound Bath Therapy, *template*
- Stress Management, *handout, or booklet*
- Substance Use Disorder
- Suicide Awareness
- Supervisory Referral Guide
- Supervisory Training Booklet
- Telehealth Flyer
- Terminating Automatic Negative Thoughts
- Vision Board, *template* **NEW**
- Well-being Checklist

TRAINING FOR ALL STAFF

We partner with your organization to foster a healthy work environment where employees feel engaged, supported, and empowered in their roles. Our worksite learning opportunities are designed to educate and inspire employees to take an initiative-taking approach to both their professional responsibilities and personal well-being.

- 7 Types of Anxiety and Depression (37 min.)
- Anger Management: Taming the Tiger Within (19 min.)
- Animal Therapy, *Las Vegas area only, in person* **NEW**
- Balancing Work and Family (25 min.)
- Break Bad Habits and Create New Positive Ones (32 min.)
- Breathwork (16 min.)
- Budgeting 101 (34 min.)
- Care for the Caregiver: Who's Taking Care of the Caregivers? (20 min.)
- Caring for Our Elders – Our Turn Now (31 min.)
- Change Your Thinking, Change Your Life (27 min.)
- Child Abuse Awareness (32 min.)
- Defusing Angry Customers (28 min.)
- Earthing (43 min.)
- Emotional Health: What is it and how do I get some? (27 min.)
- Emotional Intelligence 2.0 Emotional Intelligence in the Workplace (46 min.)
- Enhancing Mental Well-being Through Physical Exercise (18 min.)
- Finding Meaning in a Loved One's Loss (26 min.)
- Forgiveness (28 min.)
- The Gift of Listening (28 min.)
- Healthy Habits (24 min.)
- Holiday Stress Guide (14 min.) **NEW**
- How to Say No and Still be Successful (50 min.)



- Negativity in the Workplace (25 min.)
- The Power of Forgiveness **NEW**
- The Power of the Vagus Nerve, Part 1 **NEW**
- The Power of the Vagus Nerve, Part 2 **NEW**
- Resilience (22 min.)
- Self-Care: Be A Wildflower (26 min.)
- Stress (28 min.)
- Suicide Awareness
- Supervisory Training Dealing with Difficult Workplace Behaviors (25 min.)
- Vision Board Workshop, *Las Vegas area only, in person* **NEW**
- Who Moved My Cheese? A Story about Change (26 min.)

RECORDED BOOKLETS

- Coping with Crisis at Work (14 min.)
- First Responder Training (103 min.)
- Grief at Work (14 min.)
- Strategies for Stress Management (23 min.)
- Supervisory Training Dealing with Difficult Workplace Behaviors (25 min.)

MEDITATIONS

- 8 Essential Tips to Nourish Your Meditation Practice (3 min.)
- Being a Healthy Person Meditation (21 min.)
- Body Awareness Meditation (10 min.)
- Breathing Anchor Meditation (11 min.)
- Digestion Meditation (27 min.)
- Feeling and Noticing (13 min.)
- Forest Meditation (14 min.)
- Grateful Meditation (7 min.)
- Healthy Food Choices Meditation (15 min.)

- Kirtan Kriya (19 min.)
- Loving-Kindness Meditation (8 min.)
- Mindful Meditation (20 min. & 27 min.)
- Peaceful Meditation (5 min.)
- Silent Meditation (18 min.)
- Sole of the Feet Grounding Exercise (3 min.)
- Warm Golden Light Meditation (13 min.)
- Sound Baths** *Las Vegas area only, in person* (30 min. or 50 min.)

MICROTRAININGS (up to 20 minutes)

- 2 Feeling Word Check-in (7 min.)
- The 5 Languages of Appreciation (9 min.)
- 25 Ways to Be Happy (15 min.)
- 8 Essential Tips to Nourish Your Meditation Practice (3 min.)
- Addiction at Work and at Home (17 min.)
- Anxiety at Work (20 min.)
- Anxiety Disorders (20 min.)
- Business Etiquette (8 min.)
- Care for Caregivers (20 min.)
- Compassion Fatigue (18 min.)
- Coping with Change (16 min.)
- The Life Changing Magic of Tidying Up (7 min.)
- “Net-etiquette” – Email Etiquette (19 min.)
- The Power of Vulnerability (7 min.)
- Practice Breath Work Daily
- Set Your Intentions (13 min.)
- Sexual Harassment (17 min.)
- Supervisory Training (20 min.)

- Wellness and Resiliency (20 min.)

TRAINING DESCRIPTIONS & LINKS

Orientation for all Employees

When employees know how to deal with personal problems and where to go for help, they are more likely to resolve matters quickly and remain productive contributors to the organization. This session introduces BHO EAP to your employees and outlines how confidential, pre-paid service is available to support them.

BHO EAP Orientation – Recorded

The Life Connection Employee Assistance Program aids with any behavioral health issue or concern. When employees and family members are provided appropriate assistance to deal with personal problems, their home life improves, work life improves and everyone benefits. This will help employees:

- The TLC Program has three components:
 - Employee Assistance Program (Counseling)
 - Free solution-focused counseling sessions
 - Employer NOT notified of EAP use
 - Telephonic Consultation and Referrals
 - Legal
 - Financial
 - Child & Elder Care
 - Online Work-Life Resources
- <https://www.brainshark.com/uhc/BHOEAPOrientation>



Orientation for Managers

BHO EAP trains supervisors to identify and respond to job performance problems and safety issues. This training provides general information about the respective roles of the supervisor and the EAP.

Supervisory Referral Training: How to Deal with Difficult Employee Behaviors at the Worksite - Recorded

Do you ever feel like you have the same conversation with the same employees and nothing is different? This training is designed to help supervisors identify, manage, and refer employees who exhibit performance problems that have been unresponsive to traditional coaching methods. This training will help you to:

- Identify signs and symptoms of a troubled employee
- Confront behaviors of concern at an early stage
- Utilize the Employee Assistance Program as an additional resource for dealing with difficult behaviors that may require disciplinary action
- Develop communication skills to deal with “difficult” people
- <https://www.brainshark.com/uhc/SupervisorTraining>



The 2 Feeling Word Check-in – Micro training (7 min.)

Participants will learn:

- The Feeling Wheel
- The Mood Meter
- 87 Emotions and Experiences.
- <https://www.brainshark.com/uhc/2WordCheckin>

**The 5 Languages of Appreciation – Micro training** (9 min.)

Participants will learn:

- Acts of Service
- Words of Affirmation
- Tangible Gifts
- Quality Time
- Physical Touch
- <https://www.brainshark.com/uhc/5LanguagesofAppreciation>

**7 Types of Anxiety and Depression Disorders**

Participants will learn:

- What anxiety is
- Continuum of anxiety disorders
- Effective techniques to decrease anxiety
- <https://www.brainshark.com/uhc/AnxietyandDepression> (37 min.)

**8 Essential Tips to Nourish Your Meditation Practice -
Meditation and Micro training**

- <https://www.brainshark.com/uhc/8EssentialTips> (3 min.)

**25 (Scientifically Proven) Ways to Feel Happier - Micro training**

Participants will learn:

- Their own unique definition of happiness
- Factors that influence happiness
- 25 specific strategies to increase happiness and the science behind them
- <https://www.brainshark.com/uhc/25WaystobeHappy> (15 min.)

**Addiction at Home and at Work - Micro training**

Participants will learn:

- What is addiction?
- The cycle of addiction
- Characteristics of addictions
- <https://www.brainshark.com/uhc/addictionworkhome> (17 min.)
- Risk factors
- Most abused drugs
- Resources



Anger Management: Taming the Tiger Within

Participants will learn:

- The science of anger
- Signs and symptoms of impending anger
- Techniques for anger management
- <https://www.brainshark.com/uhc/AngerManagement> (19 min.)

**Anxiety at Work - Micro training**

Participants will learn:

- Uncertainty triggers anxiety
- 6 leadership actions
- Being supportive, creating an inclusive work culture and expressing gratitude
- <https://www.brainshark.com/uhc/AnxietyatWorkMT> (20 min.)

**Anxiety Disorders - Micro training**

Participants will learn:

- Incidence of anxiety in the US
- Five major types of anxiety disorders
- Learn tips to deal with anxiety/stress
- <https://www.brainshark.com/uhc/Anxiety> (20 min.)

**Attitude 101 - Micro training**

Participants will learn:

- Components of assertiveness
- Differentiating between aggressiveness
- <https://www.brainshark.com/uhc/Attitude101> (12 min.)

**Balancing Work and Family - Micro training**

Participants will learn:

- Identify sources of work and family life stress
- Develop skills to become more organized
- Improve communication
- Create support networks
- Learn how to effectively delegate and set limits
- <https://www.brainshark.com/uhc/BalanceHomeandWork>

**Being a Healthy Person – Meditation**

- <https://www.brainshark.com/uhc/HealthyPerson> (21 min.)

**Body Awareness – Meditation**

- <https://www.brainshark.com/uhc/BodyAwareness> (10 min.)



Breaking Bad Habits

Participants will learn:

- What habits are (*and are not*)
- How to break bad habits
- Tips for developing good habits
- <https://www.brainshark.com/uhc/BreakingBadHabits>

**Breathing Anchor - Meditation**

- <https://www.brainshark.com/uhc/BreathingAnchor> (11 min.)

**Breathwork – Micro training**

Participants will learn:

- Reasons to breathe through your nose
- Control Pause
- Breathing exercises
- <https://www.brainshark.com/uhc/Breathwork>
- <https://www.brainshark.com/uhc/PracticeBreathWorkDaily>

**Budgeting 101**

Participants will learn:

- How to determine your monthly income
- How to track and record expenses
- Tips on managing your resources
- <https://www.brainshark.com/uhc/Budget101> (34 min.)

**Business Etiquette - Micro training**

Participants will learn:

- Make the connection between business etiquette, business success and professionalism
- Identify 10 best practices for workplace etiquette
- Implement strategies for workplace courtesy and increasing your professionalism
- <https://www.brainshark.com/uhc/BusinessEtiquette>

**Care for the Caregiver: Who's Taking Care of the Caregivers? - Micro training**

Participants will learn:

- Components of self-esteem
- Risk factors for caregiver stress
- Signs and symptoms of caregiver stress
- Tips for managing caregiver stress
- Local and national resources
- <https://www.brainshark.com/uhc/CareforCaregivers>



Caring for Our Elders – Our Turn Now

Participants will learn:

- Profile of the caregiver
- Information you need to gather
- Tips for making your elder’s home easier to navigate
- In-home and community resources
- <https://www.brainshark.com/uhc/CaringforElders>

**Change Your Thinking, Change Your Life - Micro training**

Participants will learn:

- Types of destructive thinking patterns
- How to change these thinking patterns
- Examining our belief systems
- <https://www.brainshark.com/uhc/ChangeThinkingChangeLife>

**Child Abuse Awareness - Micro training**

Participants will learn:

- Prevalence of child abuse in the US
- Potential warning signs of abuse and neglect
- How to report child abuse
- <https://www.brainshark.com/uhc/ChildAbuseAwareness>

**Compassion Fatigue - Micro training**

Participants will learn:

- Common symptoms of compassion fatigue
- Self-care strategies for those with compassion fatigue
- Some do’s and don’ts of recovery
- <https://www.brainshark.com/uhc/CompassionFatigue>

**Coping with Change – Micro training**

Participants will learn:

- Common reactions to change
- Reasons for resistance to change
- Techniques for adapting successfully to change
- <https://www.brainshark.com/uhc/CopingWithChange>

**Coping After a Crisis (EAP Booklet)**

- Critical Events and Aftershock
 - Physical, Thinking, Emotional, & Behavioral
- Helpful Suggestion for Coping with Critical Events
- How to Help Your Friend or Loved one
- <https://www.brainshark.com/uhc/CopingAfteraCrisis> (14 min.)



Defusing Angry Customers

Participants will learn:

- Common myths in customer service
- A five-step process for responding to angry customers
- Do's and Don'ts for excellent customer service
- Some quick and easy techniques for stress control
- <https://www.brainshark.com/uhc/DefusingAngryCustomers>



Digestion – Meditation

27-minute digestion meditation to relax the digestive system

- <https://www.brainshark.com/uhc/DigestionMeditation>



Earthing or Grounding

Participants will learn:

- What is earthing/grounding?
- Benefits
- Resources
- <https://www.brainshark.com/uhc/Grounding>



Emotional Health: What It Is and How to Get Some

Participants will learn:

- Traits of emotionally healthy people
- Role of resilience in emotional health
- Physical activities that promote emotional health
- Tips for taking care of yourself
- <https://www.brainshark.com/uhc/EmotionalHealth>



Emotional Intelligence 2.0

Participants will learn:

- How EQ and IQ differ
- Five core components of EQ
- How to develop EQ
- <https://www.brainshark.com/uhc/EmotionalIntelligence>



Enhancing Mental Well-being Through Physical Exercise

Participants will learn:

- Understand the benefits of physical activity on mental health
- Learn specific techniques and activities that can improve mental health
- Develop a personalized plan to incorporate these activities into daily life
- <https://www.brainshark.com/uhc/MentalWellbeingExercise>



Feeling and Noticing – Meditation

13-minute meditation to get better at feeling and noticing

- <https://www.brainshark.com/uhc/FeelingandNoticing>



Finding Meaning in a Loved One's Loss

Participants will learn:

- Discussion of a sixth stage of grieving
- Tips on how best to support someone who is grieving
- <https://www.brainshark.com/uhc/GriefandLoss>

**First Responder Training - Booklet**

Based on the information mandated by Assembly Bill 315. Participants will learn about stress, burnout, anxiety, depression, PTSD, substance use, including solutions.

- <https://www.brainshark.com/uhc/FirstResponder>

**Forest – Meditation**

A guided relaxation in which you imagine walking through a beautiful forest in the mountains.

- <https://www.brainshark.com/uhc/ForestMeditation>

**The Gift of Listening**

Participants will learn:

- Sources of difficulty by the speaker and listener
- Three basic listening modes
- The gifts of listening
- <https://www.brainshark.com/uhc/Listening>

**Grateful Meditation**

Focus on feelings of gratitude for the things around you in life.

- <https://www.brainshark.com/uhc/GratefulMeditation>

**Grief at Work Booklet - Micro training**

Participants will learn:

- Signs and symptoms of the grieving employee
- To the manager: Helping the grieving employee
- Danger signs of the grieving employee
- Recovering from the death of a co-worker
- <https://www.brainshark.com/uhc/GriefatWork>

**Healthy Food Choices - Meditation**

Participants will learn:

- Real Food, Detox, Belonging
- Exercise
- <https://www.brainshark.com/uhc/HealthyFoodChoices>

**Holiday Stress Guide (NEW)**

Participants will learn:

- Factors that contribute to holiday stress
- Ways to minimize seasonal stress
- Skills for coping with seasonal demands
- <https://www.brainshark.com/uhc/HolidayStressGuide>



How to Say 'No' and Still Be Successful

Participants will learn:

- Qualities of successful people
- What successful people do not do
- Why, how and when to say no and the hidden cost of yes
- <https://www.brainshark.com/uhc/HowtosaynoMT>



Just Breathe - Micro training

Participants will learn:

- What is breath work?
- The physical and emotional benefits of breath work
- Various breathing techniques & Resources
- <https://www.brainshark.com/uhc/JustBreatheMT>



Kirtan Kriya - Meditation

19-minute training with a 12-minute meditation

- <https://www.brainshark.com/uhc/KirtanKriyaSATANAMA>



Loving Kindness – Meditation

- <https://www.brainshark.com/uhc/LovingKindnessMeditation>



Mindfulness What it is and How to do it (27 minutes)

Participants will learn:

- How to pay attention to the present
- Scientifically proven benefits of mindfulness practices
- Specific techniques to begin your practice
- Tips for reading body language
- <https://www.brainshark.com/uhc/Meditation>



Negativity in the Workplace

Participants will learn:

- How negativity surfaces in the workplace
- Strategies for overcoming your own negativity
- Skills for dealing with others' negativity
- <https://www.brainshark.com/uhc/NegativityintheWorkplace>



“Net-Iquette” – Email Etiquette - Micro training

Participants will learn:

- Why we need email etiquette & what are common email etiquette rules
- Examples of what to do/not to do to foster better understanding
- <https://www.brainshark.com/uhc/EmailEtiquette>



Peaceful – Meditation

Focusing the breath and mind on deep peace.

- <https://www.brainshark.com/uhc/PeacefulMeditation>



Power of The Vagus Nerve

Participants will learn:

- How to harness the power of the nervous system using the polyvagal theory.
- How the autonomic nervous system manages our reactions to stress and threats.
- The importance of the vagus nerve in social interaction and emotional control.
- The exercises to stimulate the vagus nerve for rest and digest and to state calmness

The Power of Vulnerability - Micro training

Participants will learn:

- Don't bottle up your emotions, become self-aware
- Vulnerability takes courage
- Show up, face fear, and move forward
- Seek excellence, not perfection
- Dare to be yourself
- <https://www.brainshark.com/uhc/Vulnerability>



Practice Breath Work Daily - Micro training

Participants will learn:

- Breath Awareness, Benefits
- Over Breathing & Exercises
- <https://www.brainshark.com/uhc/PracticeBreathWorkDaily>



Resilience in the Workplace

Participants will learn:

- The definition of resilience, characteristics of people who are resilient
- The long-term advantages of being resilient
- Your own level of resilience - take the 'Resilience Quiz'
- <https://www.brainshark.com/uhc/Resilience>



Self-Care: Be a Wildflower

Participants will learn:

- The importance of connection with ourselves and others
- Techniques to help with anxiety
- How to stop negative thinking
- <https://www.brainshark.com/uhc/selfcare> (12 min.)



Set Your Intentions - Micro training

Participants will learn:

- What is an intention?
- What is the process of setting an intention?
- How to set an intention?
- Intentions
- <https://www.brainshark.com/uhc/SetanIntention> (13 min.)



Silent – Meditation

Focus on a mantra or image of your choosing for 15 minutes.

- <https://www.brainshark.com/uhc/SilentMeditation>

**Sole of the Feet Grounding Exercise – Meditation**

A brief walking meditation that is a mindfulness grounding exercise.

- <https://www.brainshark.com/uhc/Soleofthefeet>

**Strategies for Stress Management – Booklet**

Participants will learn:

- Signs of Excessive Stress & Strategies for Stress Control
- The Severity of Stress & Symptoms of Relaxation
- Relaxation Exercises
- Positive Suggestion to Help Lessen Your Stress
- <https://www.brainshark.com/uhc/StressManagementBooklet>

**Stress**

Participants will learn:

- Identify what is stress, who is affected by stress
- What causes stress & Solutions to stress
- <https://www.brainshark.com/uhc/Stress>

**Stress Management – From Burnout to Balance**

Participants will learn:

- Signs and symptoms of burnout
- Energy zappers
- Techniques and resources to reduce stress

<https://www.brainshark.com/uhc/BurnouttoBalance>

**Suicide Awareness and Emotional Health**

Participants will learn:

- Suicide statistics & Resources
- Risk factors commonly associated with suicide for teenagers & adults
- How to assist someone who is suicidal
- 5 action steps to help someone in emotional pain
- What you can do to help someone who is contemplating suicide
- <https://www.brainshark.com/uhc/SuicideAwareness>



Creative Healing Art Therapy

Las Vegas & Henderson areas only

Discover how art therapy can brighten the soul

Creative expression through art can help transform lives. That is the idea behind Art Healing Hearts, a non-profit charitable organization that serves a diverse group of participants, including individuals with traumatic brain injuries, behavioral health challenges, abuse survivors, and those struggling with addiction. And it has proven to be significantly beneficial for first responders, active-duty military personnel, and veterans.

To learn about how visual arts can promote healing and emotional wellness, join us for our next workshop noted below or visit arthealinghearts.org.

Participants will experience:

- Guided meditative artistic painting experience.
- You may experience healing or an emotional release.
- Mindfulness and relaxation
- No artistic skill is required.

Vision Board

Las Vegas & Henderson areas only

Join our in-person vision board workshop and learn how you can act

Whether you're looking to get unstuck in your career, relationships, health, or personal growth, our in-person vision board workshop will help you map out your future and take meaningful steps forward in life and toward your goals. Space is limited — bring your ideas and leave with a vision you're excited to act on.

Participants will experience an interactive activity along with the following:

- Journal prompt sharing circle with reflective questions.
- Identifying goals in each wellness dimensions.
- Encourage open dialogue and connection.
- All materials provided, plus receive a take-home worksheet to keep your goals alive!

Sound Baths

Las Vegas & Henderson areas only

What is a Sound bath?

<https://www.brainshark.com/uhc/WhatisaSoundBath>



Duration: 4 minutes

Participants will experience:

- The vibrational effects of all the cells on the body to reduce stress, align and balance the chakras, and harmonize mind, body and soul.
- The frequencies and overtones of the instruments as they wash over and through you stimulating the body's ability to heal.
- An improved mood and relaxed state.
- A limited number of yoga mats are available. We will be lying on the floor or sitting on a chair. Bring a blanket and your own mat if you would like. Eye masks will be provided.
- Sessions can be as short as 30 minutes or as long as 45 minutes.

Animal Therapy

When tails wag, tension melts.

Las Vegas & Henderson areas only

Sometimes, the best therapy has four legs and a heartbeat.

Take a break and recharge with the calming presence of our furry friends! Animal therapy is a proven way to reduce anxiety, boost mood, and bring a little joy to your day. Whether you're a dog lover or just curious about how animals can help with wellness, this session is for you.

What you'll get from our animal therapy session:

- **Instant mood boost** – Interacting with animals
- **Stress relief** – Just a few minutes with a therapy animal can reduce stress.
- **Social connection** – Great way to bond in a relaxed, joyful setting.
- **No experience needed** – Whether you're a lifelong pet lover or new to animal therapy, all are welcome.

The Power of Forgiveness (53 min.)

Forgiveness: Your path to transforming hurt into healing

By letting go of resentment, you free yourself from the weight of past pain. This release fosters peace, clarity, and resilience, allowing you to move forward with greater compassion, self-awareness, and emotional well-being. Whether healing from hurt or seeking peace, this training will help you let go and move forward with clarity and compassion.

Tools this experiential training offers:

- Understand the science and spirituality of forgiveness
- Explore emotional healing through guided visualization
- Learn Desmond Tutu's Fourfold Path to Forgiveness
- Practice Dave Asprey's 5-Step Reset Process
- Engage with Brené Brown's Reckoning, Rumbling & Revolution
- Use the Emotions Wheel to name and navigate your feelings
- Release resentment and reclaim your energy
- <https://www.brainshark.com/uhc/PowerofForgiveness>



The Life-Changing Magic of Tidying Up - Micro training

Participants will learn:

- Why tidy? Tidying by category
- Focus on what to keep & discard with gratitude
- Give everything a home
- <https://www.brainshark.com/uhc/TidyingUp>



Warm Golden Light - Meditation

This gentle guided meditation invites the listener to sense or imagine a golden light moving through the body, promoting a sense of calm.

- <https://www.brainshark.com/uhc/WarmGoldenLight> (13 min.)



Wellness and Resiliency – Micro training

- <https://www.brainshark.com/uhc/Wellness> (20 min.)



Who Moved My Cheese? A Story about Change

Participants will learn:

- Provide you with a positive way of looking at change so it works to your advantage
- Give you a new language and method of thinking that will accelerate your and your organization's ability to change
- Show you a reliable way to win by doing what works in changing times
- <https://www.brainshark.com/uhc/WhoMovedMyCheese> (26 min.)

