

2019 Recorded Trainings

EAP seminars are open to employees from all Partners HealthCare entities and IHP Students, and their household members. *EAP Seminars are not open to the general public.*

To register for our recorded webinars, go to the AskmyHR link following each description. If you are having trouble registering, please call 1-866-724-4327.

Disrupting Negative Thoughts: Are Negative Thoughts Normal? Webinar

Yes. This 60-minute webinar will help you identify the symptoms and causes of negative thoughts. It's not the negative thoughts themselves that are the issue; rather, it's when we believe the negative thoughts. Learn how to gain control over negative thoughts and turn them into positive ones.

Presented by Partners EAP

January 23, 2019

Couldn't attend this webinar? The recording is available to Partners employees on [AskmyHR](#) for one year afterwards!

Say What You Mean the Right Way: Healthy Forms of Communication, Webinar

This 60-minute webinar will help you understand that good family communication is the largest single factor in determining the kinds of relationships that we form with others. During this webinar we will explore how you can use communication to strengthen your relationships and to enhance mutual understanding.

Presented by Partners EAP

February 5, 2019

Couldn't attend this webinar? The recording will be available to Partners employees on [AskmyHR](#) for one year afterwards!

Effective Communication Webinar

In this 60-minute webinar you will learn how to effectively listen and be a better communicator. The ability to effectively communicate with others is one of the most powerful tools for personal and/or professional success. Most people are challenged by the many day-to-day interactions with coworkers, family, and friends. Emotion, communication, and conflict are present in all human interactions and affect each of us in different ways.

Everyone manages emotion, communication, and conflict from habit—patterns and styles developed early in life and over time.

Presented by Partners EAP

March 19, 2019 at 12:00PM – 1:00PM

Couldn't attend this webinar? The recording is available to Partners employees on [AskmyHR](#) for one year afterwards!

Managing Workplace Stressors

This 60-minute webinar focuses on the professional or workplace items that could be causing stress. The goal is to provide you with information applicable to the workplace stressors unique to you so that you can begin to address and manage these stressors effectively. In this session you will:

- Identify workplace stressors
- Review the impact of perfectionist tendencies
- Explore principles of time management
- Discuss tips for handling workplace stressors

Presented by Kerry Paice for Partners EAP
April 16, 2019 at 12:00PM – 1:00PM

Couldn't attend this webinar? The recording will be available to Partners employees on [AskmyHR](#) for one year afterwards!

Compassion Fatigue: Increasing Resiliency

From 60% to 80% of all crisis workers, first responders, and mental and medical staff who work in high-stress environments may experience numbness, apathy, or emotional issues at some time in their careers. This 60-minute webinar will identify the contributing factors and related symptoms, from emotional outbursts to chronic ailments and difficulty sleeping. You'll explore the common phenomenon of emotional contagion, as caregivers begin to take on the emotions of those they need to help or rescue. After understanding how compassion fatigue can develop, you'll learn specific strategies to reduce and defuse high stress levels and to develop resilience.

Facilitated by Jennifer Wolff for Partners EAP

May 7, 2019 at 12:00PM – 1:00PM

Couldn't attend this webinar? The recording will be available to Partners employees on [AskmyHR](#) for one year afterwards!

Teaching Children To Embrace Cultural And Racial Differences Webinar

Children can learn to grow up with a positive approach to cultural and racial differences. This 60-minute webinar will explore how perspectives on culture and race develop in children. You'll also examine the ways children display lack of tolerance at every age group. The webinar will present models of behavior that teach children to embrace cultural and racial differences. Parents can help by listening to their children's feelings, pointing out areas of prejudice, and helping children to handle any conflict that may arise.

Presented by Partners EAP

August 13, 2019 **Couldn't attend this webinar?** The recording is available to Partners employees on [AskmyHR](#) for one year afterwards!

Estate Planning: Five Essential Documents Webinar **Be prepared to take action on planning your estate so your family's assets are protected.**

This 60-minute webinar will guide you through the basics of estate planning. You will learn about the five important documents you should have prepared. You will understand the difference between wills, guardianships, and trusts. The webinar will also provide tips for identifying the best financial advisor so that you can reach your personal and financial goals while minimizing taxes.

Presented by *Partners EAP*

October 15, 2019

Couldn't attend this webinar? The recording is available to Partners employees on [AskmyHR](#) for one year afterwards!