

EAP TRAINING CALENDAR – 2024

	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
EAP Orientation (Live – 30mins)		20/03/2024	25/04/2024	23/05/2024	20/06/2024	25/07/2024	29/08/2024	19/09/2024	24/10/2024	21/11/2024	19/12/2024
Training Webinar (Live – 45–60mins)		The Psychology Behind Saving Money and Other Good Financial Habits		Tools to Handle Stress		Communicating Without Conflict with your Significant Other		Using Reason to Resolve Conflict		Loneliness and Social Isolation in Today's World	
Quarterly Topics (Online)	How to Spot a Scam Psychology Behind Saving Money Setting Financial Goals Post-Holiday Budget Blues Ways to Beat Inflation		Dangers of Loneliness Incorporating Exercise Into Your Day Physical Fitness Assessment Nurturing Healthy Relationships Valuing Diversity			Digital Detox to Lower Stress How to Reduce Your Screen Time Promoting Independence in Older Adults Pros & Cons of Health and Fitness Devices Safely Discarding Old Technology		Adolescents and Mental Health Counselling and Mental Health: Myths vs. Fact Healthy Aging How to Stay Motivated Positive Self-Talk for Self-Confidence			