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GROUP

6



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E061 Boosting Employee Morale WHAT: 11 great tips every supervisor should know--feedback, support, praise, control, creativity, perks, and more. WHERE TO USE: Supervisor training workshops and consultations with supervisors.



E062 Discover the Leader in You! WHAT: Help supervisors discover their ability to lead and act on it. Creating a vision, planning, self-awareness, being a role model, reaching out to others for help. WHEN TO USE: Supervisor training and consultation, client sessions.



E063 Letting Go of Your Control Issues WHAT: Insightful tips on avoiding domination and disrespect in relationships. Causes of controlling behavior. Self-awareness and self-intervention. Practicing healthier relationship behaviors and how to gain better cooperation with others. WHEN TO USE: Client counseling sessions, leadership workshops, consulting.

ALL PROGRAMS AND PRODUCTS COMPLETE WITH 100% MONEY-BACK GUARANTEE!





E064 Managing Stress by Eating Right
 WHAT: Certain foods decrease stress because of the stress reducing vitamins and minerals they contain. Other foods contribute to stress—good to avoid if your trying to reduce stress. WHERE TO USE: Health fairs, counseling sessions, workshops.

E065 Addicted to Love? WHAT: Help clients understand relationship, love, sex addiction, and the cycle of excitement and loss of interest in the elusive search for intimacy. WHERE TO USE: Client counseling sessions.

E066 Quitting Tobacco: This Time for Good
 WHAT: Help clients do it now, this time for sure. The best and most difficult ways to quit smoking, and what works. Making the commitment to quit, and what research says works best. WHEN TO USE: Counseling, health fairs.

E067 Beating the Recession
 WHAT: Everybody's worried. Here is what to do. Here's tips for paying off debts, saving money, tracking spending, and reducing expenses—all with the goal of reducing worry! WHERE TO USE: Clients sessions, health fairs, workshops.



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E068 Regaining the Ability to Trust
 WHAT: Trusting others is an anchor for positive mental health, but our past can damage our willingness to be vulnerable. Here's how to start the ball rolling toward more reciprocal and effective relationships. WHERE TO USE: Client sessions.

E069 Romance at Work
 WHAT: Is it any of their business? Yes. Conflict of interests, favoritism, productivity loss, morale, and sexual harassment risk. Companies are concerned. Here's common sense on what to do, and how to avoid problems. WHERE TO USE: Counseling sessions.

E070 Embrace Team Building
 WHAT: Here's the way to give employees the message about how and why they should be team players: Getting and keeping the right attitude about team building, how to be a team player. WHEN TO USE: Client sessions, workshops, team building.

E071 Teens Using Drugs
 WHAT: Risk and family history—what other fact sheets won't say. Forms of use and abuse. Behavioral signs and symptoms. Parental response. Includes tobacco, alcohol, pot, and prescription drug information—including methamphetamine. WHEN TO USE: Waiting rooms, counseling.



E072 The Trouble with EMAIL
 WHAT: Email is a powerful tool, but abused or careless use of it can bring you down. What everyone should know about email hazards— writing, opening, sending, and thinking before you click. HERE TO USE: Waiting rooms, new employees.

E073 Understanding Panic Disorder
 WHAT: What is panic disorder. What causes it. What to do about it if it happens to you. What to do if it happens to someone else. WHEN TO USE: Waiting rooms, counseling sessions.

E074 Overcoming Workaholism
 WHAT: Characteristics of the workaholic, signs, symptoms, stopping the cycle, finding balance, tips for getting your life back—and the benefits of doing so. WHEN TO USE: Counseling sessions, brownbag presentations.

E075 End of Summer: Back to School Tips
 WHAT: Grade school, college, both! Here it is on one tip sheet. For families and students. Making the transition. Keeping it smooth. Making it a great year for everyone in the household! WHEN TO USE: Waiting rooms, seminars

