



## SFHSS Well-Being Activities Description List

Please allow 6-8 weeks lead time to order an activity for your department. Most activities are only available virtually. Work with the SFHSS Well-Being Coordinator to find the best activity for your worksite.

- To order an activity visit [sfhss.org/well-being/WB-activities](https://sfhss.org/well-being/WB-activities) to learn more.
- Complete the online [Request Form](#).
- Notify [Well-Being@sfgov.org](mailto:Well-Being@sfgov.org) and Cc your SFHSS Well-Being Coordinator.
- For additional questions about the activities, email your SFHSS Well-Being Coordinator.

\* Activities with limited availability may not be accommodated or may be required to be an “open event” (promoted in the citywide calendar).



### Healthy Behaviors: Special Activities & Programs

Activity& Provider	Description	Notes
Telephonic Lifestyle Coaching  KP	Reserve your spot to meet one-on-one with a Lifestyle Coach.  Appointments can focus on healthy eating, weight management, physical activity, sleep, and or managing stress. Appointments are 20 minutes and are conducted over the phone.  During the time with the Coach, you will set goals, discuss potential challenges, address barriers, and celebrate success.	4-hour minimum  Can be requested as a onetime event or as a series.  <b>Registration required:</b> SFHSS or KP can provide appointment scheduler. Department can take manual registration if appropriate to work environment.
Healthy Habits Program*  KP	In this 6-week program, we'll help you tackle issues in your day-to-day life that make weight loss difficult, such as stress, lack of sleep, easy access to unhealthy food, and finding time to exercise.  Learn how making healthy lifestyle choices, including regular exercise, proper nutrition, and keeping a positive attitude, can help you lose weight and keep it off.  Program includes group sessions led by a Lifestyle Coach, 6-weeks of classes, topics include: weight, nutrition, exercise, stress, and staying motivated.	Virtual 45-60-minute sessions weekly for 6 weeks in a group coaching format.  Required Participation: Minimum 12, Maximum 30  <b>Registration required:</b> Platform for registration is facilitated through KP and requires participants to complete a pre/post survey.



<p><b>Advanced Health Screening*</b></p> <p>KP</p> <p>Health Net</p>	<p>Do you know your numbers? Attend the Health Screening and discover your numbers for five major health risks factors: cholesterol, glucose (finger stick blood draw), blood pressure, weight, and body composition. Learn how your measurements compare to the healthy range and what behaviors impact them. Each screening takes approximately 20-minutes and is non-fasting.</p> <p>Employees can use sick time to attend a screening with manager's approval</p>	<p>30-person minimum.</p> <p>Consider combining with a telephonic Lifestyle Coaching session to maximize the impact.</p> <p><b>Registration required:</b> SFHSS or provider can provide appointment scheduler. Department can take manual registration if appropriate to work environment.</p>
<p><b>Basic Health Screening*</b></p> <p>KP</p> <p>Health Net</p>	<p>Do you know your numbers? Attend the Basic Health Screening and discover your numbers for three major health risks factors: Total cholesterol, High Density Lipoprotein (HDL), glucose, and blood pressure. Learn how your measurements compare to the healthy range and what behaviors impact them. Each screening takes approximately 10-minutes and is non-fasting.</p> <p>Employees can use sick time to attend a screening with manager's approval.</p>	<p>30-person minimum.</p> <p>Consider combining with a telephonic Lifestyle Coaching session to maximize the impact.</p> <p><b>Registration required:</b> SFHSS or provider can provide appointment scheduler. Department can take manual registration if appropriate to work environment.</p>



## Healthy Lifestyle Workshops & Webinars

General Healthy Lifestyle		
Seminar & Provider	Description	Notes
<p>Commuting- Fit &amp; Healthy Behind the Wheel</p> <p>KP</p>	<p>Learn meal preparation short-cuts, body mechanics, stress reduction, and sleep strategies to help individuals that are spending a lot of time on the road driving. This workshop discusses commuting trends around the Bay Area, and helps participants explore options to improve their health during their commutes.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>Understand health risks associated with commuting.</li> <li>Learn strategies around nutrition, posture, sleep, and stress to improve wellbeing.</li> <li>Develop a plan for a healthier commute.</li> </ul>	<p>45–60-minute webinar</p>



<p><b>Developing Healthy Habits</b></p> <p>KP</p>	<p>Learn how to make healthy habits stick, from eating well to being more active to managing stress, and more.</p> <p>This workshop focuses on goal setting and action planning for behavior/habit changes associated to any lifestyle factors.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn how to turn a lifestyle change into a habit.</li> <li>▪ Discuss barriers and triggers for positive health changes.</li> <li>▪ Make an action plan for your own habit changes.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Ergonomics: Back Care</b></p> <p>KP</p>	<p>Explain basic anatomy, body mechanics, proper posture, and simple exercises to avoid pain and keep backs healthy.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn how to protect and strengthen your back.</li> <li>▪ Discuss the anatomy of the back, with an emphasis on proper body mechanics and posture.</li> <li>▪ Do simple exercises to avoid pain and keep your back healthy.</li> <li>▪ Practice posture, positioning, stretches and gentle back exercises.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Ergonomics: Desk Workers</b></p> <p>KP</p>	<p>Find out effective ways to stay active while working at a desk.</p> <p>Discusses common health problems experienced by office workers, and strategies to improve activity levels and stress at your work desk.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn health risks associated with a sedentary lifestyle.</li> <li>▪ Discuss effective ways to be active while working at a desk.</li> <li>▪ Create a plan to incorporate physical activity and stress reduction into your workday.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Ergonomics: Repetitive Motion</b></p> <p>KP</p>	<p>Avoid repetitive motion injuries and understand proper ergonomics in the workplace.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn about Repetitive Motion Injuries (RMIs) and what causes them.</li> <li>▪ Understand proper ergonomics in your workplace.</li> <li>▪ Discuss options and strategies to avoid RMIs and reduce pain.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Good for You, Good for the Planet</b></p> <p>KP</p>	<p>Understand how changes to improve your well-being also can help the environment for a healthy planet.</p>	<p>45–60-minute webinar</p>



<p><b>Living Heart Healthy</b></p> <p>KP</p>	<p>Become familiar with key healthy behaviors to reduce risk of heart attack and stroke.</p> <p>Includes a discussion of physiology, risk factors and prevention of heart disease.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn about heart disease and its risk factors.</li> <li>▪ Understand risk factors for heart attack and stroke.</li> <li>▪ Gain motivation to make lifestyle changes and reduce your heart disease risk.</li> <li>▪ Take prevention to heart and improve your overall health!</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Pre-Diabetes</b></p> <p>KP</p>	<p>Provide education regarding diagnosis, complications and how to reduce pre-diabetes and diabetes risk.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Define pre-diabetes, diabetes, and its health risks.</li> <li>▪ Identify glucose goals.</li> <li>▪ Review health complications associated with diabetes.</li> <li>▪ Discuss the roles of physical activity and healthy eating in achieving and maintaining a healthy lifestyle.</li> <li>▪ Develop an action plan to put into practice.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Quitters Can Win</b></p> <p>KP</p>	<p>Learn how to quit your tobacco of choice.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Get help with quitting a chosen tobacco product.</li> <li>▪ Learn about the nature of tobacco dependence.</li> <li>▪ Understand medications and relapse prevention techniques.</li> <li>▪ Develop a personalized plan to quit.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Save Your Skin in the Sun</b></p> <p>KP</p>	<p>Explore practices for sun safety, skin protection, and sunscreen labeling.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn facts about skin, the largest organ of the human body.</li> <li>▪ Discover relationships between lifestyle habits and skin health.</li> <li>▪ Discuss the impact of sun exposure and how to be safe in the sun.</li> <li>▪ Review skin protection measures including sunscreen use and its labeling.</li> <li>▪ Develop a skin health action plan to put into practice.</li> </ul>	<p>45–60-minute webinar</p>



<p><b>Screen Time – Tips to Help manage Digital Time</b></p> <p>KP</p>	<p>Discover guidelines for kids, impact, and how to make a change.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn about guidelines and recommendations for digital screen use.</li> <li>▪ Understand the impacts of screen overuse in kids and adults.</li> <li>▪ Discuss how to leverage technology for better health and productivity.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Sleep Your Way to Better Health</b></p> <p>KP</p>	<p>Review sleep cycle, sleep hygiene, and practice relaxation skills.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn about healthy sleep and the consequences of poor sleep.</li> <li>▪ Review the sleep cycle.</li> <li>▪ Determine how to get better sleep with stimulus control and proper sleep hygiene.</li> <li>▪ Practice relaxation techniques.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Staying Organized</b></p> <p>KP</p>	<p>Learn the tips to getting your work life organized for better time management, improved efficiency, and less stress.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn what being organized means for your work life.</li> <li>▪ Discuss strategies to keep your life in order.</li> <li>▪ Practice an activity to apply in your workspace.</li> <li>▪ Discover how being organized improves wellbeing.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Stroke Prevention</b></p> <p>KP</p>	<p>Understand types and symptoms of stroke, risk factors including blood pressure, and steps to take to prevent a stroke.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn about stroke and its risk factors.</li> <li>▪ Identify stroke symptoms and the steps to take if experiencing symptoms.</li> <li>▪ Discuss the vital role of blood pressure with stroke risk and how to control your blood pressure.</li> <li>▪ Develop an action plan and put it into practice.</li> </ul>	<p>45–60-minute webinar</p>



<p><b>Take Control of Your Diabetes</b></p> <p>KP</p>	<p>Describe the condition, its diagnosis, and methods for blood glucose control.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn what diabetes is and how it is diagnosed.</li> <li>▪ Discuss the ABCs of diabetes for self-management: A1c, Blood Pressure, Cholesterol.</li> <li>▪ Understand the cornerstones of diabetes management:             <ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Physical activity</li> <li>• Self-monitoring</li> <li>• Medication adherence</li> <li>• Mind-body balance</li> </ul> </li> </ul>	<p>45–60-minute webinar</p>
<p><b>ComPsych</b></p>	<p>Provides live, interactive webinars in a variety of different work related and lifestyle topics to support employee’s well-being.</p> <p><b>Webinar topic areas includes:</b></p> <ul style="list-style-type: none"> <li>• Management Support</li> <li>• Communication Skills</li> <li>• Parenting</li> <li>• Older Adult Care</li> <li>• Personal Development</li> <li>• Resilience</li> <li>• Legal and Financial</li> <li>• Behavioral Health and Wellness</li> <li>• Family and Relationships</li> </ul> <p>To see the complete list of offerings, visit:  <a href="https://sfhss.org/resource/compsych-trainings">https://sfhss.org/resource/compsych-trainings</a></p>	<p>45–60-minute webinar</p>
<p><b>Healthy Eating</b></p>		
<p><b>Seminar &amp; Provider</b></p>	<p><b>Description</b></p>	<p><b>Notes</b></p>
<p><b>Yum! Meal Prep Demonstration*</b></p> <p>(Virtual Food Demo)</p> <p>KP</p>	<p>Virtual recipe preparation combined with nutrition education &amp; action planning. These food demonstrations focus on healthy, quick, easy ideas for your busy lives. Discover ingredient substitutes to suit your tastes! Topics include plant based, lunch ideas, quick healthy meals, healthy holiday cooking, and healthy snacks.</p>	<p>45–60-minute webinar</p>



<p><b>Are You Really Hungry?</b></p> <p>KP</p>	<p>Learn to be aware of physical hunger and satiety cues to guide your decision to begin eating and to stop eating.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Explore the principles of mindful eating.</li> <li>▪ Discuss benefits of mindful eating.</li> <li>▪ Describe mindfulness.</li> <li>▪ Participate in a guided exercise.</li> <li>▪ Develop an action plan to engage in mindful eating for your everyday life.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Barriers to Regular Healthy Eating*</b></p> <p>YMCA of San Francisco</p>	<p>This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about.</p> <p>In this interactive workshop, you'll learn to identify and address your personal barriers to healthy eating.</p>	<p>30-minute workshop</p>
<p><b>Building Healthy Meals</b></p> <p>KP</p>	<p>Uncover how to manage your meals from creative ideas, prep, planning, and organizing your meals for the week.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn about portion sizes.</li> <li>▪ Explore portion distortion.</li> <li>▪ Understand the differences between “portion” versus “serving.”</li> <li>▪ Discuss tools for portion control.</li> <li>▪ Create an action plan.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Dietary Approaches to Stop Hypertension*</b></p> <p>YMCA of San Francisco</p>	<p>This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about.</p> <p>In this interactive workshop, you'll learn about hypertension, what it is and how it negatively impacts overall health.</p> <p>You'll also learn how the DASH eating plan – Dietary Approaches to Stop Hypertension – can help to prevent or control high blood pressure.</p>	<p>45-minute workshop</p>
<p><b>Eating Smart! How to Read Food Labels</b></p> <p>KP</p>	<p>Understand new food labels to help make healthy food choices.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn the importance of food labels.</li> <li>▪ Describe and understand information on NEW food labels.</li> <li>▪ Relate food labels to healthy eating.</li> <li>▪ Develop an action plan to put into practice.</li> </ul>	<p>45–60-minute webinar</p>



<p><b>Eat Well</b></p> <p>KP</p>	<p>Learn the principles of good nutrition for overall health and well-being.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Examine the principles of good nutrition.</li> <li>▪ Review how healthier diets lower the risk of chronic conditions.</li> <li>▪ Discuss strategies for eating well.</li> <li>▪ Explore tools for healthy eating.</li> <li>▪ Develop an action plan to stay motivated to eat well.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Holiday Eating</b></p> <p>KP</p>	<p>Discuss holiday meals, handling social situations, and staying active during the holiday season.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Explore ways to practice healthy eating while enjoying and celebrating the holidays.</li> <li>▪ Discuss challenges encountered in maintaining a healthy diet during the holiday season.</li> <li>▪ Plan coping strategies for the holidays.</li> <li>▪ Develop an action plan to put into practice.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Intuitive Eating</b></p> <p>KP</p>	<p>Understand Intuitive Eating and how to put it into practice.</p> <p>In our one-hour workshop, participants will learn:</p> <ul style="list-style-type: none"> <li>• The principles of Intuitive Eating</li> <li>• Hunger &amp; Mindful Eating Tips</li> <li>• Make Peace with Food</li> <li>• Alternate Coping Strategies</li> <li>• Develop an Action Plan</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Plant-Based Eating</b></p> <p>KP</p>	<p>Learn the principles of whole food plant-based eating, and how to put into practice.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn principles of Whole Foods Plant Based (WFPB) eating.</li> <li>▪ Discuss health benefits of a plant-based eating lifestyle.</li> <li>▪ Develop a plan around eating more plant-based foods.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Popular Eating Styles</b></p> <p>KP</p>	<p>Understand the properties of popular meal plans (Keto, Mediterranean, Intermittent Fasting) and when appropriate to follow.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn about current eating trends including Paleo, Keto and Mediterranean.</li> <li>▪ Discuss the pros and cons of different popular diets.</li> <li>▪ Understand general principles of healthy eating and how to incorporate them into your own life.</li> </ul>	<p>45–60-minute webinar</p>





<p><b>Portion Control and Mindful-Based Eating*</b></p> <p>YMCA of San Francisco</p>	<p>This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about.</p> <p>Eating is a social, emotional, cultural, and traditional practice. In this interactive workshop, you'll discover how your age, gender, cultural and ethnic background can influence your eating practices.</p> <p>You'll also learn about mindful-based eating practice and discover tips for better portion control to bring the joy back to eating.</p>	<p>30-minute workshop</p>
<p><b>Reading Food Labels*</b></p> <p>YMCA of San Francisco</p>	<p>This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about.</p> <p>In this interactive workshop, you'll learn to read and assess The American Food Label, including Nutrition Facts and Ingredients Lists, to ensure greater variety, moderation, and balance in your dietary intake.</p>	<p>30-minute workshop</p>
<p><b>What the Fat? *</b></p> <p>YMCA of San Francisco</p>	<p>This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about.</p> <p>In this interactive workshop, you'll learn about the benefits of dietary fat, the different types of dietary fat, and the daily recommended intake (DRI) for fat.</p>	<p>30-minute workshop</p>
<p><b>ComPsych</b></p>	<p>Provides live, interactive webinars on a variety of different work-related and lifestyle topics to support employee's well-being.</p> <p><b>Webinar topic areas include:</b></p> <ul style="list-style-type: none"> <li>• Management Support</li> <li>• Communication Skills</li> <li>• Parenting</li> <li>• Older Adult Care</li> <li>• Personal Development</li> <li>• Resilience</li> <li>• Legal and Financial</li> <li>• Behavioral Health and Wellness</li> <li>• Family and Relationships</li> </ul> <p>To see the complete list of offerings, visit:  <a href="https://sfhss.org/resource/compsych-trainings">https://sfhss.org/resource/compsych-trainings</a></p>	<p>45–60-minute webinar</p>



Physical Activity		
Seminar & Provider	Description	Notes
<p><b>Barriers to Regular Physical Activity*</b></p> <p>YMCA of San Francisco</p>	<p>This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about.</p> <p>In this interactive workshop, you'll learn to identify and address your personal barriers to regular physical activity.</p> <p>You'll discuss the common challenges associated with being active and make a personal plan to approach movement as a strategy for lifelong well-being.</p>	30-minute workshop
<p><b>The Next Step: Exercise at a Higher Level</b></p> <p>KP</p>	<p>Outline comprehensive exercise program to address every aspect of physical fitness – aerobic, strength, flexibility, stability, and balance.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Explore the essentials of physical activity.</li> <li>▪ Learn how to make a weekly exercise plan.</li> <li>▪ Build on your current exercise program to get the most out of your workout.</li> </ul>	45–60-minute webinar
<p><b>Fitting It In! Tips for Regular Activity</b></p> <p>KP</p>	<p>Describe benefits of physical activity, developing an exercise plan, overcoming barriers, and staying motivated.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn about the benefits of exercise.</li> <li>▪ Discuss what “counts” as exercise.</li> <li>▪ Brainstorm barriers to being active and how to overcome them.</li> <li>▪ Create an exercise plan to stay motivated.</li> <li>▪ Practice a 5 to 7-minute low to moderate intensity exercise.</li> </ul>	45–60-minute webinar
<p><b>HIIT – What is High Intensity Interval Training?*</b></p> <p>YMCA of San Francisco</p>	<p>This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about.</p> <p>In this interactive workshop, you'll learn about HITT and its benefits.</p>	30-minute workshop



<p><b>Just Move*</b></p> <p>YMCA of San Francisco</p>	<p>This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about.</p> <p>In this interactive workshop, you'll learn the differences between structured and unstructured exercise and the benefits to both.</p> <p>You'll leave the workshop with a personalized plan for how to increase your physical activity level, as well as new ideas for adding movement in throughout the day.</p>	<p>30-minute workshop</p>
<p><b>The FITT Principle*</b></p> <p>YMCA of San Francisco</p>	<p>This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about.</p> <p>In this interactive workshop, you'll understand this evidence-based approach to building a well-rounded fitness routine.</p>	<p>30-minute workshop</p>
<p><b>Walk, Jog or Run? *</b></p> <p>YMCA of San Francisco</p>	<p>This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about.</p> <p>In this interactive workshop, you'll understand the difference between moderate and vigorous exercise, as well as how the various types of support overall physical, mental, and spiritual well-being.</p>	<p>30-minute workshop</p>
<p><b>ComPsych</b></p>	<p>Provides live, interactive webinars on a variety of different work-related and lifestyle topics to support employee's well-being.</p> <p><b>Webinar topic areas include:</b></p> <ul style="list-style-type: none"> <li>• Management Support</li> <li>• Communication Skills</li> <li>• Parenting</li> <li>• Older Adult Care</li> <li>• Personal Development</li> <li>• Resilience</li> <li>• Legal and Financial</li> <li>• Behavioral Health and Wellness</li> <li>• Family and Relationships</li> </ul> <p>To see the complete list of offerings, visit:  <a href="https://sfhss.org/resource/compsych-trainings">https://sfhss.org/resource/compsych-trainings</a></p>	<p>45–60-minute webinar</p>



Weight Management		
Seminar & Provider	Seminar & Provider	Seminar & Provider
<p><b>Finding Your Voice- Addressing Weight Loss Challenges*</b></p> <p>YMCA of San Francisco</p>	<p>This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about.</p> <p>In this interactive workshop, you'll learn how to have tough conversations about weight loss. Understand your why and learn how to overcome common challenges associated with weight loss.</p>	30-minute workshop
<p><b>Look Around – How Your Environment Influences Weight Loss Success*</b></p> <p>YMCA of San Francisco</p>	<p>This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about.</p> <p>In this interactive workshop, you'll learn how your physical and social environments influence your healthy eating and physical activity practices.</p>	30-minute workshop
<p><b>Managing Your Weight</b></p> <p>KP</p>	<p>Adopt healthier lifestyle habits to help with weight management.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Identify challenges and barriers to maintaining an ideal weight.</li> <li>▪ Discuss proven successes as a group.</li> <li>▪ Review physical activity recommendations.</li> <li>▪ Learn about healthy eating tools.</li> <li>▪ Understand how healthy environment and mindset impact your goals.</li> <li>▪ Develop an action plan to put into practice.</li> </ul>	45–60-minute webinar
<p><b>Menopause and Weight Loss*</b></p> <p>YMCA of San Francisco</p>	<p>This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about.</p> <p>In this interactive workshop, you'll learn how hormone changes, your age, lifestyle, and genetic factors during menopause can affect body weight.</p>	30-minute workshop



<p><b>Self-Monitoring Your Weight Loss*</b></p> <p>YMCA of San Francisco</p>	<p>This webinar is a part of the YMCA's HEAL series. HEAL stands for Healthy Eating Active Living, and at the Y that's what we're all about.</p> <p>Research shows that individuals who weigh themselves regularly are more likely to experience weight loss and weight maintenance success. Additionally, those who write down their foods and beverages have greater food awareness and report higher satisfaction levels with weight loss efforts.</p> <p>In this interactive workshop, participants will discuss self-monitoring strategies.</p>	<p>30-minute workshop</p>
<p><b>ComPsych</b></p>	<p>Provides live, interactive webinars on a variety of different work-related and lifestyle topics to support employee's well-being.</p> <p><b>Webinar topic areas include:</b></p> <ul style="list-style-type: none"> <li>• Management Support</li> <li>• Communication Skills</li> <li>• Parenting</li> <li>• Older Adult Care</li> <li>• Personal Development</li> <li>• Resilience</li> <li>• Legal and Financial</li> <li>• Behavioral Health and Wellness</li> <li>• Family and Relationships</li> </ul> <p>To see the complete list of offerings, visit: <a href="https://sfhss.org/resource/compsych-trainings">https://sfhss.org/resource/compsych-trainings</a></p>	<p>45–60-minute webinar</p>



## Physical Activity: Group Exercise & Movement Classes

Group Exercise Class & Provider	Description	Notes
<p><b>Basic Strength*</b></p> <p>YMCA of San Francisco</p>	<p>Utilizing current exercise science for cardiovascular and muscle fitness; the class focus is conditioning for strength, power, and endurance. Non-impact options included. Great for all fitness levels</p>	<p>30-, 45- or 60-minute session</p> <p>In-person or virtual</p>



<p><b>Basic Core*</b> YMCA of San Francisco</p>	<p>A stronger core supports everything you do! From activities of daily living to athletic pursuits; this class will help you move better. Non-impact options included. Great for all fitness levels.</p>	<p>30-, 45- or 60-minute session  In-person or virtual</p>
<p><b>Boot Camp*</b> YMCA of San Francisco  SF Rec &amp; Parks</p>	<p>A class format that includes cardio, agility, core strength and balance. Regressions and progressions will be given so all fitness levels are welcome.</p>	<p>30-, 45- or 60-minute session  In-person or virtual</p>
<p><b>Cardio Kickboxing*</b>  YMCA of San Francisco</p>	<p>High-intensity workout with kick and boxing combination. Suitable for all levels</p>	<p>30-, 45- or 60-minute session  In-person or virtual</p>
<p><b>Chair Exercises/Chair Yoga</b>  KP  YMCA of San Francisco  SF Rec &amp; Parks  SFHSS Well-Being</p>	<p>Chair exercises/yoga offers gentle stretching and strengthening. This class aims to bring benefits such as stress reduction, and relief for common discomforts of neck and shoulder strain or back ache.  Guided demonstrations and practice exercises while seated.</p>	<p>15-, 30-, or 45-minute session  In-person or virtual</p>
<p><b>HIIT – High-Intensity Interval Training*</b>  YMCA of San Francisco</p>	<p>High-Intensity Interval Training is a nonstop interval training designed to increase your stamina, speed, and strength.</p>	<p>30-, 45- or 60-minute session  In-person or virtual</p>



<p><b>Kayaking for your Well-Being</b></p> <p>SF Rec &amp; Parks</p>	<p>Kayaking is a great workout that blends cardio with low-impact strength training. It strengthens arms and shoulders without stressing joints, suitable for different fitness levels. Being outdoors on the water also reduces stress and boosts mental well-being. So, beyond the fun and adventure, kayaking offers a holistic approach to fitness and mental health.</p> <p>At Lake Merced (North Lake Dock, across the street from Lake Merced Boathouse)</p> <p>Equipment and life vests are provided. Participants must watch kayak training videos and sign a waiver before participating.</p>	<p><b>Available Only:</b></p> <p>March, April, May, September, October, and November</p> <p>Mondays, Wednesdays, and Fridays</p> <p>1-hour sessions: 11am-12pm OR 12pm-1pm</p> <p>10 people per hour max</p>
<p><b>Meditation &amp; Mindfulness</b></p> <p>KP</p> <p>SF Rec &amp; Parks</p>	<p>These sessions offer accessible, stress-relieving, and moments of clarity for the modern-day overstretched mind. You will gain access to energizing breathing exercises, guided meditations, mindful stretching, and breath-focused practices.</p>	<p>15-, 30-, 45- or 60-minute session</p> <p>In-person or virtual</p>
<p><b>Pilates*</b></p> <p>YMCA of San Francisco</p>	<p>A blend of strength and flexibility training to improve posture, reduce stress and create long lean muscles. Pilates takes a balanced approach so that no muscle group is overworked, and the body moves as an efficient, holistic system in sport and daily activity. Incorporating the fundamentals of Pilates, this class is appropriate for all students</p>	<p>30-, 45- or 60-minute session</p> <p>In-person or virtual</p>
<p><b>Tai Chi</b></p> <p>SF Rec &amp; Parks</p>	<p>Learn simple yet powerful movements that are easy and can help with stress reduction. Our course is suitable for both beginning and continuing students, regardless of your age, physical condition, or agility. Benefits include increased energy and balance, mental clarity, and help with regulation of blood pressure.</p> <p>Suitable for both beginning and continuing students, regardless of your age, physical condition, or agility. Benefits include:</p> <ul style="list-style-type: none"> <li>• Decreased stress, anxiety, and depression</li> <li>• Improved mood</li> <li>• Improved aerobic capacity</li> <li>• Increased energy and stamina</li> <li>• Improved flexibility, balance, and agility</li> <li>• Improved muscle strength and definition</li> </ul>	<p>30-, 45- or 60-minute session</p> <p>In-person or virtual</p>
<p><b>Yoga</b></p> <p>YMCA of San Francisco</p> <p>SF Rec &amp; Parks</p>	<p>Join us for Yoga and experience its many benefits, including relaxation, improved circulation, strength, balance, and flexibility. Regular participation can help you gain greater efficiency of movement, fewer postural issues and recover quicker from life's minor aches and pains</p>	<p>30-, 45- or 60-minute session</p> <p>In-person or virtual</p>



<p><b>Yoga: Beginners Yoga</b></p> <p>YMCA of San Francisco</p> <p>SF Rec &amp; Parks</p>	<p>Introduce the practice of yoga through a hands-on experience that will provide you with an orientation to common stretches.</p> <p><u>In this experiential workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Be introduced to the practice of hatha yoga.</li> <li>▪ Learn about the different types of yoga.</li> <li>▪ Discuss the benefits of yoga.</li> <li>▪ Practice poses with an experienced yoga instructor.</li> </ul> <p>Participants should wear comfortable clothing as well as have a yoga mat or a towel to practice.</p>	<p>30-, 45- or 60-minute session</p> <p>In-person or virtual</p>
<p><b>Yoga: Gentle Stretching</b></p> <p>YMCA of San Francisco</p> <p>SF Rec &amp; Parks</p> <p>SFHSS Well-Being</p>	<p>Gentle Yoga is a slow sequence of poses to gain flexibility, recover from injury, increase balance, and manage stress. Great for all fitness levels.</p>	<p>15-, 30-, 45- or 60-minute session</p> <p>In-person or virtual</p>
<p><b>Yoga: Hatha</b></p> <p>YMCA of San Francisco</p> <p>SF Rec &amp; Parks</p>	<p>Hatha Yoga is a form of yoga which emphasizes movement based upon the use of breath; combining the precision of alignment with flow and body awareness; integrating body, breath, mind, and heart. Variations of postures offered to adapt to your needs and energy levels.</p>	<p>30-, 45- or 60-minute session</p> <p>In-person or virtual</p>
<p><b>Yoga: Vinyasa</b></p> <p>YMCA of San Francisco</p> <p>SF Rec &amp; Parks</p>	<p>An energizing asana practice linking movement and breath (Ashtanga inspired). The practice builds strength, flexibility, and concentration.</p>	<p>30-, 45- or 60-minute session</p> <p>In-person or virtual</p>
<p><b>Zumba®*</b></p> <p>YMCA of San Francisco</p> <p>SF Rec &amp; Parks</p>	<p>Zumba® Spanish slang for "to move fast and have fun". A high energy aerobic workout offering a variety of Latin movements, rhythms, and choreography. Suitable for all levels.</p>	<p>30-, 45- or 60-minute session</p> <p>In-person or virtual</p>





## Emotional Well-Being Webinars

Topic & Provider	Description	Notes
<b>Boosting Your Capacity</b>  KP	Learn strategies to perform better by reducing stress and practicing response techniques.  <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> <li>▪ Discover what is draining your capacity at work and at home.</li> <li>▪ Understand the role the brain plays in performance, health and wellbeing.</li> <li>▪ Learn strategies to boost your capacity to perform better and reduce stress.</li> </ul> Develop tools for responding more effectively to challenges presented to you.	45–60-minute webinar
<b>Brain Fitness</b>  KP	Learn it's importance, engage in exercises, and acquire tips to keep the brain fit throughout the lifespan.  <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> <li>▪ Learn the importance of brain fitness to aid with memory retention.</li> <li>▪ Understand the role of a fit brain in reducing risk for depression, dementia, and Alzheimer's.</li> <li>▪ Engage in exercises to keep your brain fit throughout the lifespan.</li> </ul>	45–60-minute webinar
<b>Caregivers Self-Care</b>  KP	Learn how to practice self-care to take better care of yourself, while being a caregiver for a loved one.  <u>In this workshop, participants will:</u> <ul style="list-style-type: none"> <li>• Learn about self-care practices to reduce stress.</li> <li>• Understand how to care for oneself while caring for a loved one.</li> <li>• Put a plan in place to improve your own self-care.</li> </ul>	45–60-minute webinar
<b>Communication Skills</b>  KP	Gain greater understanding and skills to communicate effectively, in work and personal relationships.	45–60-minute webinar
<b>Financial Well-Being</b>  KP	Build healthy relationships with money to gain greater financial freedom	45–60-minute webinar



<p><b>Gratitude</b> KP</p>	<p>Showing gratitude can infuse positivity into all aspects of your life. The healthiest attitude is one of gratitude.</p>	<p>45–60-minute webinar</p>
<p><b>Holiday Stress</b> KP</p>	<p>Gain skills to manage your stress during the holiday season.</p>	<p>45–60-minute webinar</p>
<p><b>Living with Purpose &amp; Finding Your Why</b> KP</p>	<p>Discover your WHY, which is your purpose, cause, or belief that inspires you.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Define your “purpose.”</li> <li>▪ Learn how finding meaning in your life improves overall health and well-being.</li> <li>▪ Use brainstorming activities to find what inspires you.</li> <li>▪ Develop a plan to pursue your passion.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Laughter as Medicine</b> KP</p>	<p>Understand how laughter affects our mind, body connection and practice techniques.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Define true happiness for yourself.</li> <li>▪ Explore the science of laughter and its benefits.</li> <li>▪ Find ways to increase laughter and happiness.</li> <li>▪ Practice techniques to be more in control of internal and external happiness signs.</li> </ul>	<p>45–60-minute webinar</p>



<p><b>Mental Health First Aid (MHFA)</b></p> <p>KP</p>	<p>Mental Health First Aid (MHFA) at Work General Awareness training is a unique opportunity that teaches participants how to identify, understand, and respond to signs and symptoms of mental health and substance use challenges.</p> <p>In the training, participants learn new skills and gain confidence to reach out to colleagues, co-workers, and direct reports who may need some support, either because of mental health or substance use challenges, or simply from trying to succeed in the new normal. Participants will also come away with a better understanding of available employee resources.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> <li>• Describe the purpose and role of Mental Health First Aid.</li> <li>• Identify the impact of mental health challenges and recovery on the well-being of adults in the workplace.</li> <li>• Describe the principles of workplace safety and privacy.</li> <li>• Recognize the signs and symptoms of mental health challenges and how they impact the workplace.</li> <li>• Explain and practice the 5-step Mental Health First Aid Action Plan (ALGEE).</li> <li>• Discuss appropriate methods of self-care for individuals in the workplace.</li> </ul>	<p>4 or 6-hour interactive virtual training</p> <p>4 or 8-hour in-person training</p> <p>Class size 15-25 virtual and 15-30 in-person participants.</p> <p>Must meet a minimum of at least 15 participants.</p> <p>Must complete an MHFA Needs Assessment Form.</p> <p>Training materials will be provided.</p>
<p><b>Power of Meditation</b></p> <p>KP</p>	<p>Practice meditation skills to aid with stress management.</p> <p><u>In this experiential workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn about the benefits of meditation.</li> <li>▪ Identify and define key meditation concepts.</li> <li>▪ Practice body posture and breath awareness, the two most important aspects of meditation.</li> <li>▪ Be guided through meditation exercises.</li> </ul>	<p>30-45-minute webinar</p>
<p><b>Practice Gratitude</b></p> <p>KP</p>	<p>Showing gratitude can infuse positivity into all aspects of your life. The healthiest attitude is one of gratitude.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn how to have a healthy attitude and build gratitude.</li> <li>▪ Practice gratitude to infuse positivity into all aspects of your life.</li> <li>▪ Discuss the benefits of keeping a gratitude journal.</li> </ul>	<p>30-45-minute webinar</p>



<p><b>Practicing Self-Care</b></p> <p>KP</p>	<p>Explore how we can recharge, rest, and spend time doing things that matter most to us.</p>	<p>45–60-minute webinar</p>
<p><b>Resiliency in Action</b></p> <p>KP</p>	<p>Discover how to overcome challenges of all kinds and be better able to handle adversity, including burnout.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Define resiliency.</li> <li>▪ Learn about overcoming challenges of all kinds – trauma, tragedy, personal crises, or other life problems.</li> <li>▪ Discuss steps you can take every day to enhance your ability to bounce back from problems and challenges.</li> </ul> <p>Cultivate personal strength and self-esteem to face challenges.</p>	<p>45–60-minute webinar</p>
<p><b>Self-Compassion and Self-Care</b></p> <p>KP</p>	<p>Learn tools for self-love during challenging times.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Discover the benefits of self-compassion.</li> <li>▪ Explore how to apply self-love and compassion in your everyday life.</li> <li>▪ Practice tools to cultivate self-compassion.</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Staying Organized</b></p> <p>KP</p>	<p>Learn the tips to getting your work life organized for better time management, improved efficiency, and less stress.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Learn what being organized means for your work life.</li> <li>▪ Discuss strategies to keep your life in order.</li> <li>▪ Practice an activity to apply in your workspace.</li> <li>▪ Discover how being organized improves wellbeing</li> </ul>	<p>45–60-minute webinar</p>
<p><b>Stress Busters: Practice Skills to Destress Your Life</b></p> <p>KP</p>	<p>Explore sources of stress and introduces coping skills. Workshop can focus on certain target groups.</p> <p><u>In this workshop, participants will:</u></p> <ul style="list-style-type: none"> <li>▪ Understand stress response and its effects.</li> <li>▪ Differentiate between chronic and acute stress.</li> <li>▪ Learn how to manage stress effectively through short and long-term methods.</li> <li>▪ Practice stress relieving techniques.</li> </ul> <p>Workshop can focus on certain topics most meaningful to your workplace. Custom content can be discussed during planning call.</p>	<p>45–60-minute webinar</p>



<b>Stress Management</b> KP	Uncontrolled stress can impact health, happiness, and job performance. Your employees will get help to identify their sources of stress and practice skills to help manage and reduce their stress levels	45–60-minute webinar
<b>ComPsych</b>	Provides live, interactive webinars on a variety of different work-related and lifestyle topics to support employee’s well-being. <b>Webinar topic areas include:</b> <ul style="list-style-type: none"> <li>• Management Support</li> <li>• Communication Skills</li> <li>• Parenting</li> <li>• Older Adult Care</li> <li>• Personal Development</li> <li>• Resilience</li> <li>• Legal and Financial</li> <li>• Behavioral Health and Wellness</li> <li>• Family and Relationships</li> </ul> <p>To see the complete list of offerings, visit:  <a href="https://sfhss.org/resource/compsych-trainings">https://sfhss.org/resource/compsych-trainings</a></p>	45–60-minute webinar



## Employee Assistance Program (EAP) Trainings and Workshops

The following EAP@Work training and workshops may be attended during work time with supervisor approval and require consultation between EAP and the department. For in-person requests, the department must provide audio-visual equipment for presentation.

Topic & Provider	Description	Notes
<b>Making Work, Work Series</b>  EAP	<p>These 4 skill-based workshops can help to improve your work experience and sense of personal well-being.</p> <p>Being able to manage stress and manage your own emotions is essential for wellbeing. Learning to communicate effectively and handle difficult people can have a positive impact on your work environment. Join SF HSS EAP for these 4 counselor-facilitated workshops to learn and practice skills to make work, work for you.</p>	<p>This is a 7-hour series, offered in 4 sessions:</p> <ul style="list-style-type: none"> <li>• Managing Stress, 1.5-hour</li> <li>• Effective Communication, 2-hour</li> <li>• Dealing with Difficult People 1.5-hour</li> <li>• Managing Ourselves, 2-hour</li> </ul> <p>A minimum of 10 participants are preferred.</p> <p>In-person or Virtual</p>



Topic & Provider	Description	Notes
<p><b>Dealing with Difficult People</b></p> <p>EAP</p>	<p>This interactive workshop will help you deal more confidently and effectively with difficult people and situations. Explore how difficult people and situations can impact your ability to respond effectively. Learn how to match a person’s emotional state with an appropriate response. Learn how to take time to examine your own perceptions while facilitating less stressful interactions when dealing with difficult people. Learn to maintain calm so you can move the situation forward in a positive direction.</p> <p>Note: If your work unit deals with potentially volatile situations in day-to-day operations, consider following this session or the Making Work, Work Series with CPI – Non-violent Crisis Intervention Training.</p>	<p>1.5-hour interactive workshop.</p> <p>Minimum of 10 participants preferred.</p> <p>This workshop may be requested as part of the <i>Making Work, Work Series</i> or as an individual workshop.</p> <p>In-person or virtual</p>
<p><b>Effective Communication</b></p> <p>EAP</p>	<p><b>This interactive and informative communication workshop explores how to be a more effective communicator.</b></p> <p>You will learn about the three parts of communication, how your emotions can drive your communication style, effective listening skills, and how your assumptions can lead to miscommunications. In this workshop you will work on self-awareness and begin to develop a plan for better and more effective communication through listening, assessing the situation, inquiry, and self-assessment.</p>	<p>2-hour interactive workshop.</p> <p>Minimum of 10 participants preferred.</p> <p>This workshop may be requested as part of the <i>Making Work, Work Series</i> or as an individual workshop.</p> <p>In-person or virtual</p>
<p><b>Managing Stress</b></p> <p>EAP</p>	<p><b>This workshop examines the importance of perception, identifying stress triggers and thinking ahead about coping strategies.</b></p> <p>Will you take control of your stress, or will your stress take control of you? Learn how to break the cycle of negative response to stress by practicing simple relaxation techniques, examining your perspective, and engaging in self-care. Learn how to develop an effective stress management plan for increased well-being at work and at home.</p>	<p>1.5-hour interactive workshop.</p> <p>Minimum of 10 participants preferred.</p> <p>This workshop may be requested as part of the <i>Making Work, Work Series</i> or as an individual workshop.</p> <p>In-person or virtual</p>



Topic & Provider	Description	Notes
<p><b>Stress First Aid</b></p> <p>EAP</p>	<p>Stress First Aid is an evidence-based peer support and self-care model that anyone can use in any setting during stressful times. In this training you will learn what stress first aid is, how to recognize distress in yourself and others and build essential skills to help others in a time of distress. At the completion of this training, participants will be able to:</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> <li>• Identify stress in your colleagues and ensure help is offered.</li> <li>• Identify stress in yourself and know how to reach out for support.</li> <li>• Create a supportive work environment where:               <ul style="list-style-type: none"> <li>○ team members are caring for one another and</li> <li>○ leadership promotes mental health &amp; well-being</li> </ul> </li> </ul>	<p>2-hour interactive training</p> <p>In-person or virtual</p> <p>Class size 6-18 participants. Must meet minimum of at least 6 participants.</p> <p>Training materials will be provided</p>
<p><b>Anger Management</b></p> <p>EAP</p>	<p><b>This workshop is an introduction to managing anger for well-being at work.</b></p> <p>We all get angry occasionally; it's a normal emotion that can be a useful expression of how we are feeling. However, if anger gets in the way of healthy communication or gets us into trouble, it's time to examine patterns. Join us to learn about the anger process, how to identify what causes anger, and how it impacts you and others around you. Learn practical anger management techniques that can be immediately applied.</p>	<p>1-hour interactive workshop.</p> <p>Minimum of 10 participants preferred.</p> <p>In-person or virtual</p> <p>This workshop can be done individually.</p>
<p><b>EAP Essentials for Leadership (Directors, Managers, Supervisors, and HR Professionals)</b></p> <p>EAP</p>	<p><b>This introduction to the SFHSS Employee Assistance Program informs managers, supervisors, directors, and human resource professionals about the variety of services offered to employees, and the unique consultation, coaching, counseling, and organizational services offered to leaders.</b> Learn about how and when to refer an employee, what you can do for your employees to help them after a critical incident, and when to reach out for EAP services to come to your workplace. Learn about the training and workshop opportunities available to you and your work unit.</p> <p><b>This can be a stand-alone or coupled with Psychological First Aid – what to do in a crisis.</b></p>	<p>1.5-hour training.</p> <p>2-week lead time and a minimum of 5 participants preferred.</p> <p>In-person or virtual</p>



Topic & Provider	Description	Notes
<p><b>Leadership In Action</b></p> <p>For Directors, Managers, and Supervisors</p> <p>EAP</p>	<p><b>Join EAP and your colleagues for a series of three interactive workshops designed to address the unique challenges faced by Supervisors, Managers and Directors.</b> Learn about yourself as a leader through self-assessments and discussion. Understand your preferred style of dealing with conflict. Practice using different modes of conflict management to increase your confidence and effectiveness in difficult situations. Explore ways to improve/enhance your communication and use constructive confrontation for problem-solving and accountability.</p> <p>Session One includes 1.5-hours EAP Essentials for Leadership &amp; Psychological First Aid</p>	<p>3 or 4 sessions, 9-hour learning, and self-assessment experience begins with 1.5-hours EAP Essential for Leadership + Psychological First Aid</p> <p>Session One – 2.5 hours Session Two – 2.5-hours Session Three – 2-hours Scheduled in consecutive weeks.</p> <p>Participants must complete a 30-minute homework assignment between Sessions 1 and 2.</p> <p>A minimum of 10 participants and a maximum of 16 preferred.</p> <p>In-person or virtual</p>
<p><b>We're Here for You – EAP Orientation</b></p> <p>EAP</p>	<p>This introduction to the SFHSS Employee Assistance Program will orient employees to the variety of services available to them and their significant other. Employees will learn how to access EAP services, what kind of time they can use to utilize services and how EAP counselors can be helpful for a variety of needs and problems.</p>	<p>15–20-minute presentation.</p> <p>3 to 4-week lead time.</p> <p>A minimum of 10 participants preferred.</p> <p>In-person or virtual</p>
<p><b>Well-Being and EAP Orientation</b></p> <p>EAP</p>	<p>Learn about the many services you are eligible for at no to low cost through your health plan, SFHSS Well-Being, and the SFHSS Employee Assistance Program (EAP).</p>	<p>10-30 minutes – length may be adjusted based on group needs.</p> <p>An interactive activity can be added.</p> <p>3 to 4-week lead time.</p> <p>A minimum of 10 participants preferred.</p> <p>In-person or virtual</p>