



Your Well-Being Solutions Employee Assistance Program provided by ComPsych® offers Live interactive workshops that provide valuable learning for the State of New Mexico employees. Topics are designed and written by an internal staff of psychologists and adult learning experts. These 45-60 minute programs are informative and engaging.

In case you missed a Live training workshop session, please **access the link to the recording by clicking the title.**

You will be asked to **enter your First Name, Last Name and Email** then select **“Register”** to view the recording.

Topic	Description
Kids and the Internet: Becoming a Cyber-Savvy Parent	In a relatively short timeframe, computers have gone from being a space-age dream to an everyday reality for many people at work, home and school. Children are learning how to use computers at younger ages—many are more computer-savvy than their parents! How does a parent support the need for their children to be familiar with computers in today’s society without letting the computer dominate their child’s time?
Communicating Without Conflict With Your Significant Other	Communication is the cornerstone of all relationships. It reinforces trust and acts as a method by which you can share your problems, frustrations, fears, anxieties, hopes and successes. Conflict is a part of life and exists in relationships. In fact, a relationship with no apparent conflict may be healthier than one with frequent conflict. Conflicts are critical events that can weaken or strengthen a relationship.
How to Receive Criticism and Make It Work for You	Receiving criticism is an important and valuable skill. To achieve success in any endeavor we must be able to tolerate critical feedback and learn from it. However, receiving criticism is difficult for most people. Upon receiving criticism we feel vulnerable and become defensive and thereby miss opportunities to benefit from feedback. This workshop will help you explore why we become defensive, deliver tips for knowing when your “hot button” has been pushed and how to accept and integrate useful criticism. The training will also instruct through examples and/or role plays.
Helping your Senior Loved One Be Independent and Safe	When our parents or other elderly relatives age independently in their own homes, we often fear for their safety and general well-being. Sometimes we don’t know how much assistance we should provide, when to step in, or even what would be helpful. Providing care for an older adult is a very personal matter and each situation is unique. However, there are practical guidelines and simple solutions to ensuring your loved one is healthy and safe. This workshop will address and resolve common safety issues in the home while supporting your loved one’s autonomy and independence.
10 Strategies for Improving your Finances	The current economic climate brings both challenges and opportunities from a financial perspective. You may wonder during these challenging times: “What should I be most careful about” and “What should my family and I work towards?” The 10 financial tips discussed in this work shop will get you on the road to financial well-being during challenging times.
The Confident You: Taking Charge of your Life	Have you ever had something you really wanted to say to someone, but held it back because of some kind of fear or shyness? Have you ever given in to someone else’s way, and then regretted doing so because you believed strongly in your position. Do you wish you had the confidence to stand up for yourself more firmly in some situations? This workshop will give you some tips on how to add the confidence that helps you feel like you’re in control.
Parenting Your Collage Age Kids	Once a child leaves home, whether to attend college or embark on a career, the parent’s role often feels unclear. Deciding how much emotional and financial support to offer a child who is essentially an adult can be difficult to determine. Many parents want to continue to support their 18 and older children, but aren’t sure how to help without appearing to interfere with the child’s life.
Letting Go Of Things That Hold You Back	“Living the Good Life!” How often have we heard that statement? Usually it’s meaning is about happiness, health and satisfaction within our lives. In this session we’ll discuss what’s needed to accomplish “the good life”: what to bring along on life’s journey, what to leave behind, what to acquire along the way.

<u>Living With Change</u>	Whether going back to school or changing careers, starting a family or retiring, change brings both opportunities and turmoil. In today's fast paced world, change has become a constant. Even when we are able to see the advantages of change, it can be hard to say goodbye to what's changing. This workshop will provide you techniques to deal effectively with change.
<u>Building Strong Relationships With Your Adult Children</u>	<p>Parenting is a tricky business. For the first 20 or so years of your child's life, your job is to teach and guide them, often giving unsolicited advice and overriding their choices. Then comes the day they grow up and are on their own and you have to loosen your grip and get to know your kids as independent adults. That's not always easy.</p> <p>The hard part is letting go of the control. Not that parents necessarily want to control because they think their child is incapable, it's because they're concerned about their child's welfare and think they can help by sharing their own personal experiences so their child won't make the same mistakes. But everyone needs to make their own mistakes and learn from them—that's part of a person's necessary and ongoing growth process.</p>
<u>The Impact Of a Difficult Childhood On Your Adult Life</u>	Childhood experiences teach us how to navigate relationships and manage stress, and greatly impact our self-esteem. We don't get to choose our childhood story, but we can choose to author the rest of our story. In this seminar we will discuss ways our childhood has a lasting impact on us and examine ways to escape letting our childhood dictate our present experience. We will utilize a multitude of strategies to improve self-esteem, communicate better in relationships, and find ways to manage stress more effectively.
<u>Cutting Through the Clutter</u>	Most people have no idea how much their clutter affects them. It can affect their productivity, their self-esteem, their social life and even their weight! People who live with excess clutter say they can't find the energy to begin to clear it. They constantly feel tired and overwhelmed. When surrounded by clutter, it is impossible to focus or have clarity about life. In this workshop you will learn that clutter is not the result of sloppiness, laziness or incompetence but several surmountable obstacles. Recognizing the source of your clutter problem can empower you to address the problem directly and without shame.
<u>The Successful Single Parent</u>	As the sole parent in your household, you are faced with extra challenges in raising your child. Finding the time and the energy to be a full-time parent and home and income provider without the regular help of a partner will require a special commitment. This workshop will provide tips and suggestions to those parents who are juggling their family obligations single handedly.
<u>Paying Off Debt While Building Wealth</u>	<p>In difficult economic times, many people are struggling to just keep up with monthly bills, let alone make progress on debt repayment. What suffers most is contributing to savings and investing goals. This session will focus on developing financial plans and strategies to address the dual goals of having a plan for paying off debt, while also contributing to building personal wealth.</p> <p>This session covers the basics (or essentials) of each area and describes practical techniques that can help you to formulate your own plan to manage your personal finances to organize a sensible debt repayment plan without sacrificing other financial goals.</p>
<u>Becoming a Team Player</u>	In today's work world, we often need to work in groups of people who have many differences, and yet are supposed to seamlessly form an effective team. We've all heard the term "teambuilding," and at one point or another most of us have gone through a teambuilding process, whether we know it or not. But what exactly is teambuilding and how can it be successfully used to help diverse groups work together more effectively? Understanding the main building blocks and development stages of teams can give any group of people the right tools to form a cohesive and productive group.
<u>Parenting a Child with Special Needs</u>	When you first learn that your child has a physical or mental disability or serious illness, it can be difficult to cope. It is important to remember that you are not alone. More than five million children in the United States between the ages of three and 21 suffer from serious disabilities and there are resources available to help. Get to know the support services available to you in your community and become educated about your child's condition. Get in touch with your feelings as a parent and learn the best ways to provide care to your child.
<u>Talking To Kids About Violent Events With Widespread Media Coverage</u>	After a terrorist attack, mass shooting or other violent event with widespread media coverage, how do you talk to children about what happened? Should you have the conversation at all, or is it better to try to shield them from the news? This session will provide guidance on these important subjects.

<p><u>Being Part of Multigenerational Team</u></p>	<p>For the first time in history, there is the possibility that an organization can have four distinct generations in the workforce. While we need to be careful not to make too many generalizations about different age groups, it is helpful to categorize some aspects of each group’s behavior, needs and working styles to promote working relationships built on mutual understanding.</p> <p>This session will provide each participant with the understanding of the different working styles, preferences and how each generation expects to be treated as employees. By understanding these differences, each person can contribute to the success of the team and organization regardless of generation.</p>
<p><u>Laughter, Humor and Play to Reduce Stress and Solve Problems</u></p>	<p>Professional comedians shouldn’t be the only people to use smiling, laughter, humor and play as part of their daily routine. These skills are valuable for everyone. A good smile has long been a key tool for anyone who needs to influence others. Laughter is now shown to improve our pain tolerance. Humor and play can be the building blocks of problem-solving. Together they can improve our happiness and effectiveness.</p>
<p><u>Managing Worry and Anxiety</u></p>	<p>Worries are thoughts we have about the future that generate fear. They arrive in the form of a “what if?” and generate dire warnings about terrible consequences that await us. Unfortunately, these warnings we give ourselves are generally overblown and focused on hypothetical problems that probably won’t happen. Chronic worry that begins to impact the quality of life becomes “anxiety” and well-intended suggestions to “stop worrying” or applying common stress management techniques are mostly ineffective. This training will address how worry habits develop and methods of intervening with worry and anxiety.</p>
<p><u>Sailing On: A Guide to Transitioning Into Retirement</u></p>	<p>Moving from a career into retirement can be a challenging lifestyle adjustment. Many adults look forward to the benefits of retirement living but then often find themselves facing many difficult issues. Today’s participants will learn ideas on how to deal with the many aspects of retirement living.</p>
<p><u>Bringing Out the Best in Others</u></p>	<p>Whether in your personal or your professional life, are you the kind of person that brings out the best in others? Do people shine around you, or do they tend to withdraw, hesitant to show their best? Some people seem to have a knack for challenging, motivating and inspiring their friends, family members and co-workers. In this workshop, you’ll learn how to do your part to make sure others are at their best around you.</p>
<p><u>Responding To Behavior That Makes You Feel Uncomfortable</u></p>	<p>Most people have at some point been subjected to unexpected behavior that is unwelcome, such as behavior that is aggressive, lewd, provocative or socially inappropriate. This may occur in the workplace, at social gatherings or in public venues. In many of these instances our ability to respond effectively is often compromised because of fear, confusion and/or inexperience in addressing unwanted behaviors. This course examines the nature of unwelcome behavior, as well as how and why we respond the way we do, and offers insights into how we can be prepared to effectively respond in the future when confronted with unwelcome behaviors.</p>
<p><u>Coping with a Traumatic Event</u></p>	<p>A crisis or traumatic event can be both environmental and personal and are events which can cause physical, emotional, psychological distress or harm. These events are often perceived and experienced as a threat to one’s safety or to the stability of one’s world and the impact can be either on those who have experienced the event first hand or have seen it one television.</p>
<p><u>Mental Fitness for Optimal Brain Power</u></p>	<p>For a long time, the scientific community believed we were born with a certain number of brain cells and neural pathways and that, once damaged, they could not be repaired. In reality, our brains are much more flexible. Depending on our lifestyle, we can weaken or destroy connections, or create new, stronger ones. Engaging regularly in certain behaviors and activities, like physical exercise, addressing mental health issues, meditation, and learning a new language or musical instrument, support new wiring and can make existing pathways stronger. Essentially, we can slow down or somewhat prevent cognitive decline by doing challenging mental exercises to keep our brains fit for optimal power.</p>

<u>After the Holidays: Managing That debt</u>	Did you spend more for the holidays than you intended? Did you go into debt, maybe at unfavorable terms? Are you worried about how you will pay these debts off? Would you like to avoid being in the same position next year? Holiday shopping can sink even the best budget if one is not careful. And post-holiday credit card bills can cause high levels of stress. This workshop will help you figure out how to get out of debt quickly and cost effectively, and take steps to make sure you don't end up in debt again next year.
<u>Getting the Most Out of Your Health Benefits</u>	The simple answer is all about educating yourself on what your health plan offers. Do not wait until we get sick or injured before understand your benefits provided. Investing time in understanding the options of your plan is investing money in family. It is up to you to take advantage of all your plans have to offer. The main function is to keep you healthy and to avoid all catastrophic risk.
<u>The Emotionally Healthy Teen: Dealing With Issues of Substance Abuse, Depression, Suicide and Eating Disorders in Teenagers</u>	The teenage years are a period of major social, hormonal and emotional change and can be difficult both for the teens as well as their families. Finding the most effective way to meet your child's growing need for independence and increased responsibility as well as keep them safe and healthy is a challenge for many parents. Knowing how to talk with your teen about, and identify symptoms of, depression, suicide and eating disorders can help you assist your teen in navigating adolescence successfully.
<u>No Such Thing as a Perfect Parent</u>	Today's diverse society makes it difficult to describe a typical family situation or define what characteristics make a "perfect parent." Culture, values, beliefs, emotional disposition and the environment in which a person was raised all influence parenting techniques. In an effort to be perfect, new parents will frequently try too hard to protect their child from any adverse experiences or go to great lengths in an attempt to please their children. This type of well-intended "perfect parenting" can lead to unanticipated problems. This workshop will address these problems and suggest ways to let go of perfection and seek a balanced parenting approach.
<u>Standing Tall: Handling Bullies Both On and Off the Playground</u>	Ask any child what a bully is and, most likely, he or she will give you a pretty good definition. Sadly, bullying is something that most children encounter in one form or another. While some people say that bullying is just part of growing up, recent incidents of school violence, which are linked to bullying, demonstrate that this is an issue to be taken seriously.
<u>Kids and Meals: It Doesn't Have to Be a Battleground</u>	Parenting children is quite a challenge in every aspect, but meals and eating habits need not be included as part of the challenge. Recent research findings are suggesting that more liberal attitudes towards allowing young children to govern their own intake is the best way to ensure that children maintain their ideal body weight through the rest of their lives. Contrary to earlier ideas about the parental role in ensuring their children's nutritional and caloric needs, current research findings are supporting the idea of a much less assertive role in encouraging young kids and consequently all kids to eat.

Recordings Coming Soon	
Mental Health Awareness	At one time or another, everyone experiences symptoms of mental illness. Too frequently the response to such symptoms in the workplace is confusion, fear, judgment, avoidance and outright rejection. This leads to a worsening of symptoms and a deterioration of performance. This training is designed to reduce the stigma associated with mental illness and to promote ways of supporting one another in the workplace. The session will address signs and symptoms of distress and effective ways of providing support for co-workers. The training also will include exercises to develop these skills.
Suicide Awareness	Suicide is a profoundly disturbing event and most people respond with confusion, fear and anger when confronting it. This course will demystify suicide through discussion of why it occurs, the risk factors associated with suicide and how to intervene with those who are suicidal or potentially suicidal.

The Art of Patience

Many of us are impatient at times. And when we lose control of our patience it hurts not only us, but those around us. Impatience raises our stress levels and over time can even inflict physical harm to our bodies. But it seems that patience is a skill that is quickly diminishing, but one that constantly needs improving. You see examples of impatience and patience throughout each day; when you're stuck in traffic, when you're waiting in line for the grocery store, and when your children are taking too long to get ready for school in the morning.

Even if you don't rate your own level of personal patience as being very high, the good news is that with practice, you too can learn to be more patient in your life.

Developing Creativity

In today's increasingly competitive business climate, there is a need for continuous innovation and value-added solutions. Individuals and organizations alike are discovering that new ideas have become the global currency of the future. Unfortunately though, as adults, we often limit our thinking and problem solving to fit known patterns and solutions by creating boundaries around our problems and circumstances. Enhancing our creativity can help us break through these boundaries.