

TriHealth EAP presents

# 2020 Enrichment Series

## **The Language of Love**

Each individual person has a “primary way” of expressing and understanding love. We may not automatically understand our loved one’s “love language.” This training can help. It will focus on the “5 languages of love,” how to determine your loved one’s language, and how to improve our ways of communicating to those people closest to us.

## **Positive Psychology**

In the past, psychology focused on helping people alleviate negative emotions, such as depression, grief, or anxiety. Positive psychology focuses on helping people boost a positive emotion, called happiness. We will explore what makes us happy, by defining positive psychology, describing the qualities that help people feel happy and discuss methods for establishing and developing those qualities.

## **Sleeping Well in a Busy World**

Getting enough sleep is critical to both our physical and emotional well-being yet 70 million Americans suffer from some type of sleep disturbance. This presentation will explore the importance of sleep and help participants develop an understanding of what is required for restful sleep. We’ll also explore common causes of sleep disruption and review some helpful tips to improve your sleep and be well rested.

## **How Your Thinking Impacts Your Communication Style**

Communication touches all of us. Not only do we utilize communication skills in our jobs, but it’s how we develop and keep relationships, interact in our communities, and work towards our personal goals. This training focuses on building better communication skills by focusing on the two elements essential to all communications: conveying the message through clear messages and receiving the message through active listening techniques. It will also introduce 6 critical questions that are involved in all communication and how you think about them and adapt them to your communication style.



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