

2017 Best Care EAP – Training Programs

for UNO faculty and staff

Best Care provides training “Essentials” for overall health and wellness, both personally and professionally. Human Resources is offering the following training sessions. BRING YOUR LUNCH IF YOU LIKE!

**WedJun.28**

**ThuMay 18**

**WedApr. 19**

**Thu Mar. 30**

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| Everyday Diversity | 12:00 pm–1:00 pm PKI 279 |
| When most of us think of diversity, we think of race, age, sex, religion, etc. – the more obvious categories covered by employment law. However, diversity isn’t confined to the characteristics codified by law. Diversity includes generational, culture, and work style differences –whose effects we are only now beginning to fully appreciate. This program will help you leverage diversity to make your company more productive and to provide greater opportunity for all. |
| Taking Care of Your Brain; The New Brain Science | 12:00 pm–1:00 pm CEC 230 |
| What’s in better shape: your brain or your body? Scientists used to believe that our brain capacity was fixed; whatever you’re born with is what you will have for the rest of your life and you’re destined for mental decline, but emerging evidence suggests there are steps you can take to help keep your brain healthier as you age. Join us as we explore the new brain science and share how you can shape up your memory, improve your focus and boost your brainpower. |
| Designing a Personal Wellness Plan  | 9:30 am – 10:30 am HPER 205 |
| Even if we know the way, life can get confusing and it’s very easy to miss a turn or get lost. Sometimes we just need a map! That’s what a wellness plan is—a map to living a more balanced and healthy life. We’ll walk you through a step by step program for creating an action plan to help keep your day, and life, on course. |
| (Tour of HPER building at 10:30 for interested participants) |
| Don’t Fear Feedback | 12:00 pm – 1:00 pm CEC 230 |
| Do you dread the thought of having to give constructive criticism to family, friends, subordinates, peers, or even your boss? Are you over-sensitive, paranoid, defensive, or downright antagonistic when you are on the receiving end of well-intended criticism? This program helps you conquer these situations. |

