



on-line programs at a glance...

Delivering interactive training and development programs and personalized help anonymously on the Web.

**Leadership,
Performance &
Career Skills**

Provides leaders within an organization the tools and direct support to become more productive, reduce turnover, facilitate the learning and development of their employees, reduce absenteeism, and more.
Includes:

Leadersmark Training Program
LLRC – Leaders Legal Resource Center
Leadership Coach Training Program
Online learning Library
Six Sigma
Sports Psychology
Effective Meetings
Stress Management Training & Information
Keys to Leadership

Online Coaching
Supervisory Referral Training
Foundations of Performance
Telecommuting
Time Management
Skill Development Planning
Delegation
Downsizing
Project Planning

**Relationships and
Personal
Development**

Building the skills needed for success in one's personal life.
Includes:

Improving Communication
Making and Keeping Friends
Retirement Planning
Budgeting
Credit Card Payoff Plan
Managing E-mail
Giving Positive Feedback

Strengthen Family Relationships
How to Be A Happy Couple
Avoid Unfair Fighting
How to Change Your Behavior
Assertiveness
Organizing Your Work Flow
Handling Annoying CoWorkers

Health and Wellness

Providing health and wellness-related information, online exercises, personalized feedback and plans to help people live longer, healthier lives. In addition to our *Health Risk Appraisal*, areas include:

<i>Changing Your Health Habits</i>	<i>Starting an Exercise Program</i>
<i>Nutrition Basics</i>	<i>Allergies & Asthma</i>
<i>Stop Smoking</i>	<i>Diabetes</i>
<i>Hypertension</i>	<i>Dining Out</i>
<i>Understanding the Food Label</i>	<i>Food Diary</i>
<i>Healthy Snacks</i>	<i>Aerobic Exercise Basics</i>
<i>Cancer Prevention</i>	<i>Strength Training Basics</i>
<i>Sunblock/Skincare</i>	<i>Maintaining Motivation</i>
<i>Heart Healthy Diet</i>	<i>Stroke</i>
<i>Office Ergonomics</i>	<i>Stretching Basics</i>
<i>Macular Degeneration</i>	

Stress

Providing the skills needed to manage stress at work and at home.

<i>Managing Stress in the Workplace</i>	<i>Relaxation Training</i>
<i>Emotional Resilience</i>	<i>Time Pressure</i>
<i>Stress Awareness</i>	<i>Using Humor to defeat Stress</i>
<i>Coping With War Worries</i>	<i>Occupational Stress Program</i>
<i>Tension Check-Up</i>	<i>Headaches</i>
<i>Meditation</i>	

Emotional Health

Providing mental-health-related information, online exercises, feedback and plans for practicing new skills to help people find peace of mind.

<i>Depression</i>	<i>Anxiety</i>
<i>Panic Attacks</i>	<i>Substance Abuse</i>
<i>Alcoholism</i>	<i>Optimism</i>
<i>Anger</i>	<i>Suicide Prevention</i>
<i>Improving Self-Esteem</i>	<i>Obsessive-Compulsive Disorder</i>
<i>Social Anxiety</i>	<i>Posttraumatic Stress Disorder</i>
<i>Phobias</i>	

Parenting and Childcare

Teaching parents – old and new – how to parent more effectively. Includes information on:

<i>Attention Problems/ADHD</i>	<i>Parenting Newborns</i>
<i>Healthy Pregnancy</i>	<i>Parenting Toddlers</i>
<i>Childproofing Your Home</i>	<i>Healthy Daycare</i>
<i>Breastfeeding</i>	<i>Balancing Work & Parenting</i>
<i>Exercise & Weight Management</i>	<i>Teaching Your Child to be Caring</i>
<i>Summer Camps</i>	<i>School Success</i>
<i>Sports Safety</i>	<i>Gifted Child</i>
<i>Establishing Family Rituals</i>	<i>Getting Children to Sleep</i>
<i>Talking with Your Teen About Smoking</i>	<i>Learning Disabilities</i>

Aging and Eldercare

From retirement planning to caregiving to understanding the aging process, these programs provide guidance and support to children of aging parents and important information about health and better living for anyone over 50.

Aging Well

Being a Good Advocate

Alzheimer's Disease

Minimizing Medical Errors

Getting a Good Nights Sleep

Health Insurance Basics for Seniors

Macular Degeneration

Coping with Hearing Loss

Osteoporosis

Long-term Care Insurance

Planning for Retirement

Community and Home Care

Self-Care for Caregivers

Collecting Essential Information

Diabetes

Cataract

How to find a Care Giver

What to Bring to Dr. Visits

Advance Directives

VA Information
