

Featuring *Casey J. Coker, MA, MS, LPC, LMFT*
Psychotherapist/Clinical Behavioral Health Trainer

HelpNet

WWW.HELPNETEAP.COM 800-523-0591

Health & Wellness Training

- ◆ Mindful Eating
- ◆ Using Mindfulness to Manage Stress
 - ◆ Healthcare and Self-Care
 - ◆ Self-Compassion
 - ◆ Workplace Communication
 - ◆ Healthy Marital Communication
- ◆ The Power of the Pause: Living A Value Guided Life
- ◆ Seasonal Affective Disorder, Depression, and Suicide: Eliminate The Stigma
 - ◆ Dealing With Difficult People
 - ◆ How To Say No: A Brief Guide To Setting Healthy Boundaries
 - ◆ I'm Out of Empathy: How to Manage Compassion
- ◆ Hang a Different Fly Strip! How to Find Happiness In Every Day
 - ◆ My Love Letter to Grief
 - ◆ Validation: The Ninja Skill
- ◆ Living With Love: Simple Ways to Significantly Improve Relationships (120 minutes)

60 Minute Presentations with Q & A

- ◆ Basic Mindful Breathing
- ◆ Mini Mindfulness Meditations
- ◆ Are You a Brontosaurus or a T-Rex: A Brief Guide to Improving Relationships
 - ◆ What Should I Do? How to Make Tough Decisions
 - ◆ Loving Kindness Meditation
- ◆ Post Traumatic Growth: What Can Be Gained From Trauma?
 - ◆ The Easiest Meditation Ever
 - ◆ A Love Letter to Grief: A Guide to Managing Loss
- ◆ Rats Laugh So Why Don't You: The Importance of Humor In Daily Life

30 Minute Presentations

Contact HelpNet at 800-523-0591 for more information on available sessions.