

FREE SERVICES FOR ALL HEALTHCARE AND FRONTLINE WORKERS

Trainings for Leaders: 1 hour (Note that all Leader Trainings indicated with an asterisk* are also available in a format for All Staff)

- Leading through Change
- Managing Your Time and Tasks*
- Managing Remotely
- Motivation and Coaching
- Accountability in the Workplace*
- Managing Workplace Conflict and Difficult Conversations
- Professional Boundaries*
- Professional Communication*
- Respectful Workplace*
- The Impact of Attitude*
- Return to Office/Work

Trainings for All Staff: 1 hour

- The “Next” Normal- Navigating the Wake of the Pandemic
- Resiliency Strategies
- Stress Management
- Sustaining Compassion
- De-Escalation Techniques
- Work-Life Rhythm

To schedule services or request a consultation, please send an email or call:

StrengthenME@northernlight.org

1-800-769-9819

Lunch-and-Learn Wellness Workshops:

30 minutes of guided relaxation and education (additional topics and times of day available)

- Letting Go of What We Can't Control
- Staying Grounded
- Boundary Setting and Saying No
- Practicing Cognitive Flexibility
- Difficult Conversations
- Looking for Meaning
- Muscle Tension and Relaxation
- Quieting the Mind

Facilitated Group Discussion: Gather your work team together for a discussion about how group members are coping with stressors and what support they need from each other. A professional consultant will facilitate the discussion, creating space both for open dialog and for psycho-education about stress management and sustainable wellness strategies. Sessions typically last 50 minutes and are accessible via Zoom. Call to discuss scheduling a session or series for your team.

Individual 1:1 Confidential Support: Individual 1:1 support is to provide confidential and timely supportive services to assist with stress and to explore wellness options and resiliency (Up to six 50-minute sessions per individual, conducted via telehealth).

Maine Frontline WarmLine: Support line for hospital, emergency, and health clinic personnel and others responding directly to the pandemic; operates every day 8am-8pm: (207) 221-8196

Leadership Consultations: Unusual and/or difficult situations come up that are challenging from a leader's perspective. We are available to consult about these situations and offer guidance and best practices around how to handle them.

Wellness and Connection Groups: Combining the power of peer support with expert facilitation by a licensed clinician, these are small, closed groups of 6-10 members focusing on their stress management and emotional health.

Duration: 50-minute sessions will take place bi-weekly for 6 sessions via Zoom. To accommodate busy schedules, some groups meet outside normal business hours.

Cohorts: Groups will comprise of professionals in similar roles or groups of professionals facing similar issues.

How it works: To sign up, call 1-800-769-9819 and request to schedule a WAC consultation.

We ask members to attend meetings on time and be fully present. There is no cost to these groups: The State of Maine and Work Force EAP have collaborated to bring these services to frontline and healthcare workers for free.

To see the schedule of upcoming trainings, workshops, and facilitated groups offered statewide, please visit: www.workforceeap.com/strengthenme

Services can be customized to meet the needs of your team. To discuss options please call 1-800-769-9819 or send an email to strengthenme@northernlight.org

THANK YOU FOR ALL YOU DO

