



**The Village
Business Institute**
a division of The Village Family Service Center
Employee Assistance Program

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Confront spiraling healthcare cost, absenteeism, and lost productivity through The Village Business Institute's (VBI) Wellness Resources and Trainings, Health and Productivity Services and Crisis Management Services.

Wellness Trainings

- Life/Work Balance
- Coping With Change
- Managing Stress
- Conflict Resolution
- Building a Positive Attitude
- The Juggling Professional – Creating a Balance of Work/Home Life
- Shape Shifters – Professionals Coping with Constant Change
- Planning and Navigating Change in Teams and throughout the Organization
- Beat the Clock – Enhancement of Time and Stress Management Skills
- Preparing for Retirement – Mentally, Physically, and Emotionally
- Money Sense – Financial Preparedness
- Don't Worry, Be Happy – Building a Positive Attitude at Work
- Overcoming Negative Attitudes and Behaviors in the Workplace
- He Said, She Said – Improving Cross Gender Communications
- Want More Happy Holidays? – Ways to Manage Holiday Stress

Health and Productivity Services Program (HPSP)

- Health and Productivity Services Consultation
- Health Risk Assessment (HRA)
- Personal Counseling Services

Crisis Management Services

- CISM – Responding to critical incidents at work through stages of grief
- Drinker's check-up – Addressing Alcoholism – A resource clients can access via EAP

*The Village Business Institute is able to customize trainings and wellness programs to fit each organization's needs and requests.