



On-Demand Training

You're busy juggling work, family and other responsibilities, so it's understandable if you can't spare 60 minutes for a training session, no matter how informative or engaging it is. The On-Demand training sessions from your ComPsych® GuidanceResources® program provide a solution for those feeling a time crunch.

Current Topic List

- Are You Financially on Track for Retirement?
- Balancing Work and Life
- Communicating Without Conflict With Your Significant Other
- Connecting Mind and Body for Healthy Living
- Coping With a Crisis or Traumatic Event
- Emotional Eating: The Connection Between Mood and Food
- Exercise at Your Desk
- From Smoker to Smoke Free
- Healthy Eating on a Budget
- Helping A Loved One Through Difficult Times
- Keeping Your Senior Loved One Independent and Safe
- Laughter, Humor & Play to Reduce Stress & Solve Problems
- Learning to Relax
- Living With Change
- Managing Emotions in the Workplace
- Managing Holiday Stress
- Managing Personal Finances
- Managing Staff Through Change & Stress
- Natural Consequences, Discipline That Works
- No Such Thing as a Perfect Parent
- Parenting a Child with Special Needs
- Sailing On: A Guide for Transitioning Into Retirement
- Stress - A Way of Life or Fact of Life?
- Talking About Tough Subjects With Elderly Parents
- The Confident You
- The Impact of Attitude on Work and Life
- The Impact of Shift Work on Mind and Body
- The Psychology Behind Saving Money & Other Good Financial Habits
- The Sandwich Generation - Balancing Your Personal Life With the Needs of Your Elderly Parents
- Time Management Tools & Principles
- Using Kindness to Achieve Personal Success & Happiness
- Using Reason to Resolve Conflict

Here when you need us.

Call:

Online: guidanceresources.com

App: [GuidanceNowSM](#)

Web ID: