Value Added Services Provided by EASE

Crisis Management
EASE has a Mobil Crisis Unit that will go directly to the site. This program will not only save your district thousands of dollars in lost productivity per employee, but will also help to lessen the psychological damage and feelings employee experience in the aftermath of a crisis.

Suicide Prevention
Suicide and suicidal behaviors occurs in all age groups and across all socioeconomic, racial, and ethnic backgrounds. 1-2 hour group workshop designed to review the recognition of warning signs, learn what to do, risk factors and resources.

Workplace Etiquette
District employees deal with the public. First impressions count. 1-2 hour group workshop that reviews respectful workplace behaviors, professional attire, respecting shared workspace, and keeping a neat working environment.

Conflict Resolution
1-2 hour group workshop designed to review ways of handling conflict by respecting differences; taking initiative to make things better; leading by example; disagree without being disagreeable; and respecting the rights and privacy of others.

Stress Management
1–2 hour group workshop which reviews the impact of stress on all aspects of a person’s life. Reviews what stress is, where it comes from, the body’s response to prolonged stress and what can be done about it. Recommendations about developing additional coping skills to manage the stress are presented.

Managing Change
1-2 hour workshop designed to review the signs of change overload, personal stages of coping with constant change and developing resilience to managing ongoing change within an organization. Relaxation techniques will be taught.