

Professional Development Workshops

A critical component of a highly productive workforce is continual professional development. CARE's WorkLife Solutions offers skill building workshops capable of making a significant impact on a company's bottom line. Each workshop offers a variety of educational content and interactive activities customized to meet the organization's needs.

Interpersonal Relationships

Conflict Resolution
Cultural Diversity
Dealing with Difficult Situations
Emotional Intelligence In the Workplace
Speaking Up For R-E-S-P-E-C-T
Balancing Work & Family

Organizational Development

Thriving on Change
Leadership Skills for Effective Management
Problem Solving
Skills for Dealing With Angry/Negative Employees
Teambuilding & Improving Employee Morale

Risk Management

Department of Transportation Guidelines
Drug-Free Workplace
Sexual Harassment Prevention
Workplace Violence Prevention

Personal Development

Compassion Fatigue - Avoiding Personal Burnout
Effective & Assertive Communication
It's About Attitude
Managing Stress
Parenting A New Generation
Strategies for Organizing and Maximizing Your Time
Skills for Public Speaking



*Large enough to serve,
yet small enough to
care...*



Main Office

31900 Utica Road
Fraser, Michigan 48026

Nationwide Clinical Access
Available 24 hours a day,
7 days a week

Toll Free
866.888.1555

www.caresworklifesolutions.com

For more information, email
bszalka@careswls.com

CARE's WorkLife Solutions is a member of:
Macomb Chamber of Commerce
Central Macomb Chamber of Commerce



CARE's
WorkLife Solutions

*Working Wherever People Do
Providing employee assistance
to companies across the
United States*



According to HR Magazine,
“EAPs are one of the most cost-effective benefits available to employees and employers alike. When companies provide their employees with confidential counseling services and professional networks to work out their personal issues, workers’ performance will increase, attendance will improve and workers’ compensation stress claims will decrease.”

According to WorkForce Management,
PricewaterhouseCoopers’ leadership “has already bought into the fact that you can’t run a business these days without a work/life resource, a referral service and an EAP. It’s a necessary part of doing business.”

“CARE’s WorkLife Solutions has provided consistent and timely workshops for the Selfridge community for many, many years. These professional workshops were always tailored to the individual needs of the group being serviced and ranged in areas from coping with difficult people, violence in the workplace, stress and personal relationships. Evaluations clearly showed a top quality rating by all who attended. CARE is an exceptional resource.”

**- Anna Samulski, LMSW, CEAP
US Army Garrison, Detroit Arsenal
Employee Assistance**

A WorkLife Solutions Story

PRODUCTIVITY ISSUES

Joe is an employee at XYZ Corporation. Joe used to be a productive employee but lately, his performance has declined. Yesterday, he became frustrated and raised his voice at a coworker. Joe’s supervisor, Jane, calls WorkLife Solutions (WLS) for consultation. She is advised to document his performance and behavioral indicators and is provided the “Sometimes Speech” to help her when addressing this issue with Joe.

TRAININGS

Jane addresses the issue with Joe and notices an improvement. She also had WLS conduct a workshop for the employees on “Emotional Intelligence in the Workplace” and offered coaching for team leaders on “Building Employee Morale” and “Conflict Resolution.”

ASSESSMENTS

Unknown to Jane, Joe decided to contact WLS for short term problem solving. After exploring relationship and work/life balance issues, the clinician also discovers some substance misuse. The clinician recommends that Joe ask his wife and son to attend a session with him, to enroll in a WLS Anger Management class and to attend Narcotics Anonymous meetings.

IMPROVEMENTS

Three months later, Joe is feeling less stressed and better able to work through his issues without the use of substances. Although Joe would have tested positive on a drug test just a few months before, he was now able to pass a random drug test at work.

PROMOTION

Joe becomes involved in professional development and within six months, he is promoted. He credits WLS and his supervisor, Jane, for recognizing his productivity issues and providing him the resources he needed to improve his work and family lives. He is grateful that he works for a company that cares enough to offer CARE’s WorkLife Solutions both free and confidential to its employees.



Consultation & Coaching

Providing guidance to leadership on human resource regulations including the Drug-Free Workplace or Americans with Disabilities Act is critical. CARE’s WorkLife Solutions provides information on improving productivity through sound, respectful management practices based on knowledge of behavioral health.

Risk Management

The process of identifying, assessing, and avoiding negative outcomes while making decisions based on balancing cost with operational benefits is risk management. CARE’s WorkLife Solutions helps reduce vulnerabilities by either mitigating the risks or applying cost effective controls that are necessary to create a productive workforce.

Problem Resolution

Employees who are emotionally healthy will perform better and have a positive influence on team morale and overall workplace attitude. CARE’s WorkLife Solutions offers employees an opportunity to seek assistance to help them deal with life management issues and to find a better WorkLife balance.