

Instructor-Led

- [Business Professionalism and Workplace Etiquette](#)
- [Conquering Negativity: Creating Optimism in the Workplace](#)
- [Emotional Intelligence](#)
- [Getting and Staying More Organized](#)
- [It's Not Your Way or My Way - It's the Civil Way!](#)
- [Managing Multiple Priorities: The Discipline of Getting Things Done](#)
- [Mindfulness and the Art of Stress Management](#)
- [Overcoming Procrastination: Bridging the Gap Between your Goals and Reality](#)
- [Stress Management: Avoiding the S.W.A.T Syndrome \(Stress, Worry, Anxiety & Tension\)](#)
- [The 7 Habits in Action](#)
- [Time Management: Strategies for Managing Your Day](#)
- [Working with You is Killing Me: Free Yourself from Emotional Traps at Work](#)

Videos

- [Turn Stress Into Positive Pressure](#)
- [Work-Life Satisfaction, not Work-Life Balance](#)
- [How to Stay Calm](#)
- [Only Do What You Can Do](#)

E-Courses

- [Coping with Information Overload](#)
- [Asserting Yourself in the Workplace](#)
- [Blame Backfires--Conquer Negative Thinking](#)
- [Building Better Relationships through Understanding](#)
- [Coping with Accusations in the Workplace](#)
- [Coping with Aggressive Behavior in the Workplace](#)
- [Diplomacy and Tact in Challenging Situations](#)
- [How High Is Your EQ?](#)
- [Emotional Intelligence: Applying EI at Work](#)
- [Managing Pressure and Stress to Optimize Your Performance](#)
- [Managing Workplace Stress](#)
- [Thriving @ Work: Leveraging the Connection between Well-Being and Productivity](#) **New**
- [Enhancing Resilience](#) **New**
- [Managing Anxiety in the Workplace](#) **New**
- [De-Escalating Intense Situations](#) **New**
- [Managing Stress for Positive Change](#) **New**

Books 24x7

- [Bounce Forward: How to Transform Crisis into Success](#)
- [From Mindfulness to Heartfulness: Transforming Self and Society with](#)
- [Unwind! 7 Principles for a Stress-Free Life](#)
- [Mindfulness at Work: How to Avoid Stress, Achieve More, and Enjoy](#)