



# Rebound

## Workplace resiliency products help your team recover from today's challenges

### Your choice. Our solutions.

Workplace resiliency products offer services that can help you manage risk and promote productivity and resilience.

- **Crisis management.** Support your staff after a tragic event so they can return to a state of health and productivity. Whether managing transitions due to a pandemic, or helping people deal with a death, robbery, natural disaster or layoff — we can help.
- **Workplace training.** Our trainings provide you with tools to create a resilient workforce. Modules include:

- **Mental Health First Aid training.** Give your staff tools to respond to mental health concerns and crises with this evidence-based approach.
- **Depression awareness.** Learn the signs and symptoms related to depression and the resources available to someone who may be in emotional pain.
- **Violence prevention.** Learn how to detect and prevent violence in the workplace.
- **Resilience training.** Choose from our collection of seminars to see how you can create a culture of organizational resiliency. Discover ways to develop resilient teams, identify employees at risk and promote healthy living.

- **Conflict resolution.** Improve collaboration with strategies designed to resolve workplace conflicts and develop effective teamwork.
- **Executive coaching.** This program can enhance an executive's business results and effectiveness as a leader.
- **Fitness for duty evaluations.** Our specialists will help you determine whether a fitness for duty evaluation is appropriate and then connect you with a fitness for duty provider if needed. We can help you manage the case and develop a return to work plan.
- **My Advisor coaching.** Provide coaching for uniformed personnel and first responders that's tailor-made for their lives.

### **Resources for resilience. Resources for life.**

A healthy workforce is a productive workforce. And we want to give your staff resources to help them live and work. We offer you real solutions for real life. You can find additional resources in the [Return To Work Toolkit](#).

Call **1-866-579-4684** to learn more.



#### **The EAP is administered by Resources For Living, LLC.**

All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living. Provider participation may change without notice.