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HEALTH & WELLNESS



Talk Time with Trish
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January 25th 2013: Workplace Warzones:
Staying out of the Line of Fire

Have you ever had a nightmare of a boss? -- or a co-worker that you can't stand? Join Dr. Trish Forante as she discusses communication issues in the workplace with guest and co-host, Dr. Lisa Stewart. Dr. Stewart will share some of her experiences as an Employee Assistance Program consultant. She will provide valuable insight into common workplace problems along with tools and communication techniques that are critical to our long-term success on the job. Learn how to de-escalate conflicts and how to deal "head-on" with workplace drama. Both employees and managers will learn tools for su

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