

Psychosocial Risk Factor	Online and Printable Resources		Program	Lunch and Learn	Workshops and Ecourses	
	Leadership	Staff Member	All	All	Leadership	Staff Member
		<a href="#">Critical Incident Management Support for Faculty and Staff</a>	<a href="#">Dealing with the Loss of a Colleague</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Depression Care, Trauma Car, I/Volve Cognitive Behavioural Therapy</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Building Resilience: Understanding Challenges, Learning Strategies, and Accepting Change</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Reducing Stress in the Workplace (½ day workshop)</a>
	<a href="#">Death of a Faculty or Staff Member</a>	<a href="#">Grieving a Loss</a>	<a href="#">Discrimination, Harassment and Duty to Accommodate Policy</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Stress Busters</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Leadership Strategies for Supporting Mental Health (Full-day workshop)</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Building Emotional Intelligence (½ day workshop)</a>
Psychological Support	<a href="#">Guiding Employees Through Change</a>	<a href="#">Grieving While Returning to Work</a>	<a href="#">EHS - Hazard Identification, Assessment, and Control Procedure</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Beyond Stigma: Increasing Our Understanding of Mental Health in the Workplace</a>	<a href="#">Mental Health First Aid</a>	<a href="#">Employee and Family Assistance Program (EFAP) Online – Taking Control of Your Anger</a>
	<a href="#">Promoting Psychological Health While Going Through Change</a>	<a href="#">Supporting a Grieving Co-worker</a>	<a href="#">The Landing</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Understanding Anxiety and Depression</a>	<a href="#">ASIST Training</a>	<a href="#">Employee and Family Assistance Program (EFAP) Online – Taking Control of Your Mood</a>
	<a href="#">Supporting a Grieving Co-worker</a>	<a href="#">Facing Facts Tip Sheets: Putting a Spotlight on Mental Health, Mental Health at Work, Early Recognition, Dispelling Myths of Mental Illness, When Stress Escalates, Is Stress Getting You Down? etc.</a>	<a href="#">Sexual Assault Centre</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Understanding Grief and Loss</a>	<a href="#">The Working Mind</a>	<a href="#">Employee and Family Assistance Program (EFAP) Online – Taking Control of Alcohol Use</a>
	<a href="#">Supporting Employees Affected by a Traumatic Event</a>	<a href="#">Mental Illness Fact Sheets: Addictions, Anxiety Disorders, Bipolar Disorder, Depression, Eating Disorders, Post Traumatic Stress Disorder etc.</a>	<a href="#">Interfaith Chaplains' Association</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Mindfulness and Reducing the Effects of Stress</a>	<a href="#">Question, Persuade, Refer</a>	<a href="#">Employee and Family Assistance Program (EFAP) Online - Resilience</a>
		<a href="#">How to Have a Supportive Conversation</a>	<a href="#">Stay at Work Services</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Building Emotional Intelligence</a>		<a href="#">Employee and Family Assistance Program (EFAP) - Mental Health in the Workplace (½ day workshop)</a>
			<a href="#">Temporary Modifications to Work</a>		<a href="#">Identifying, Helping, and Referring Students in Distress</a>	
			<a href="#">WCB Reporting Medical Accomodation</a>		<a href="#">Building Resilience in Classrooms</a>	
		<a href="#">Discrimination, Harassment and Duty to Accommodate Policy</a>	<a href="#">Employee and Family Assistance Program (EFAP) - The Fundamentals of Change and Transitions</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Managing Change and Transition - ½ day workshop</a>	<a href="#">Employee and Family Assistance Program (EFAP) Online – Responsible Optimism</a>	
Organizational Culture	<a href="#">Employee and Family Assistance Program (EFAP) - Tips to Creating a Healthy Workplace</a>	<a href="#">HHI - Taking Control of Job Loss E-course</a>	<a href="#">Facing Facts</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Professionalism in the workplace</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Dealing with the Impact of Change - ½ day workshop</a>	<a href="#">Employee and Family Assistance Program (EFAP) Online – Embracing Workplace Change</a>
	<a href="#">Employee and Family Assistance Program (EFAP) - Transgender: Where to find and how to give support</a>		<a href="#">Healthy University Strategic Plan</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Making room for everybody: creating a culture of inclusion</a>		<a href="#">Community Helpers</a>
	<a href="#">Employee and Family Assistance Program (EFAP) - Tips for Leading Multi-generational Teams</a>		<a href="#">Sexual Violence Policy suite</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Improving Workplace Communication</a>		Human Resource Services - Embracing Change: Finding your bouncebackability
	<a href="#">Employee and Family Assistance Program (EFAP) - How to Support Employees with Children Attending School</a>		<a href="#">Suicide Prevention Framework</a>			
	<a href="#">Employee and Family Assistance Program (EFAP) - Promoting Psychological Health While Going Through Change</a>		<a href="#">Strategic Plan for Equity, Diversity and Inclusion</a>			
	<a href="#">Employee and Family Assistance Program (EFAP) - Guiding Employees Through Change</a>					
	<a href="#">Equity, Diversity and Inclusion: Best Practices in Faculty Recruitment and Hiring</a>					
	<a href="#">Best Practices for Hiring - Equity, Diversity and Inclusion</a>					

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Leadership and Expectations			<a href="#">Academic Leadership Development Program</a>  <a href="#">Deepening Facilitative Leadership</a>  <a href="#">Facilitative Leadership Program</a>  <a href="#">Triage Leadership</a>  University Management Course (External)  <a href="#">Gold College</a>  <a href="#">Environment, Health and Safety Policy Appendix B: Responsibilities</a> <a href="#">Environment, Health and Safety - Program Management and Leadership Assignment of Accountability 1.0</a> <a href="#">Employee and Family Assistance Program (EFAP) - Key Person Advice Line</a>		<a href="#">Employee and Family Assistance Program (EFAP) Online - Value Based Leadership</a> <a href="#">Employee and Family Assistance Program (EFAP) Online - Managing Sensitive Employee Issues</a> <a href="#">Employee and Family Assistance Program (EFAP) Online - Leading the Human Side of Change</a> <a href="#">Employee and Family Assistance Program (EFAP) Online - Fundamentals of Effective Supervision</a> <a href="#">Employee and Family Assistance Program (EFAP) - The Art of Effective Bridge-Building - ½ day workshop</a> <a href="#">Employee and Family Assistance Program (EFAP) - Dealing with Difficult Behaviour in the Workplace - ½ day workshop</a> <a href="#">Coaching for Leaders (restricted to full-time continuing academic staff)</a> <a href="#">Employee and Family Assistance Program (EFAP) Online - Supporting Respect in the Workplace Ecourse</a>	<a href="#">Pathways Series: Accountability and Trust</a>  <a href="#">Pathways Series: Communication Skills for Managing Conflict</a>  <a href="#">Pathways Series: Defining Effective Teams</a>
Civility and Respect	<a href="#">Canadian Centre for Occupational Health and Safety</a>  <a href="#">Best Practices for Hiring - Equity, Diversity and Inclusion</a>  <a href="#">Equity, Diversity, and Inclusion: Best Practices in Faculty Recruitment and Hiring</a>  <a href="#">Guide to Universal Design</a>	<a href="#">Canadian Centre for Occupational Health and Safety</a>  <a href="#">Guide to Universal Design</a>		<a href="#">Employee and Family Assistance Program (EFAP) - Handle with care: conflict resolution in the workplace</a> <a href="#">Employee and Family Assistance Program (EFAP) - Building working relationships</a>  <a href="#">Employee and Family Assistance Program (EFAP) - Targeting Bullying and Harassment in the Workplace</a> <a href="#">Employee and Family Assistance Program (EFAP) - When Negativity Strikes: Communicating Despite Negative Behaviour</a> <a href="#">Employee and Family Assistance Program (EFAP) - Respectful Relationships in the Workplace</a> <a href="#">Employee and Family Assistance Program (EFAP) - Assertiveness: Negotiating Respectful Interpersonal Boundaries</a> <a href="#">Employee and Family Assistance Program (EFAP) - Beyond Stigma: increasing our understanding of mental health in the workplace</a>	<a href="#">Employee and Family Assistance Program (EFAP) Online - Supporting Respect in the Workplace</a> <a href="#">Employee and Family Assistance Program (EFAP) - Respectful Workplace - ½ day workshop</a>  <a href="#">Employee and Family Assistance Program (EFAP) Online - Supporting Respect in the Workplace Ecourse</a>	<a href="#">Employee and Family Assistance Program (EFAP) Online - Respect in the Workplace</a> <a href="#">Employee and Family Assistance Program (EFAP) - Developing Skills for Effective Conflict Resolution - ½ day workshop</a> <a href="#">Employee and Family Assistance Program (EFAP) - Intervening in Workplace Conflict - ½ day workshop</a> <a href="#">Employee and Family Assistance Program (EFAP) - Respect at Work ½ day workshop</a>  <a href="#">Employee and Family Assistance Program (EFAP) Respect in the Workplace Ecourse</a>

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Psychological Competencies and Requirements					<a href="#">Gold College</a> <a href="#">Supervisory Leadership</a> <a href="#">Employee and Family Assistance Program (EFAP) - Managing Sensitive Employee Issues Ecourse</a> <a href="#">Employee and Family Assistance Program (EFAP) - Supporting Respect in the Workplace Ecourse</a>	<a href="#">EFAP Online – Taking Control of Your Career</a>
					<a href="#">Employee and Family Assistance Program (EFAP) - Leading the Human Side of Change Ecourse</a> <a href="#">Employee and Family Assistance Program (EFAP) - Values Based Leadership - Ecourse</a>	
Growth and Development			<a href="#">Environment, Health and Safety (EHS) - Training and Competency Assignment of Accountability and Procedure</a>		<a href="#">Supervisory Leadership Program</a>  <a href="#">Deepening Facilitative Leadership Facilitative Leadership Program</a>  <a href="#">Triage Leadership</a>  <a href="#">University Management Course (External)</a> <a href="#">Centre for Teaching and Learning Workshops and Courses</a> <a href="#">Human Resource Services - Dare to Lead</a> <a href="#">Gold College</a>  <a href="#">Supervisory Leadership</a>  <a href="#">Employee and Family Assistance Program (EFAP) Foundations of Effective Supervision</a> <a href="#">Employee and Family Assistance Program (EFAP) - Managing Sensitive Employee Issues Ecourse</a> <a href="#">Employee and Family Assistance Program (EFAP) - Supporting Respect in the Workplace Ecourse</a> <a href="#">Employee and Family Assistance Program (EFAP) - Leading the Human Side of Change Ecourse</a> <a href="#">Employee and Family Assistance Program (EFAP) - Values Based Leadership - Ecourse</a> <a href="#">Coaching for Leaders</a> *restricted access to full-time continuing academic staff	<a href="#">Pathways Series: Verbal Communication</a>  <a href="#">Pathways Series: Written Communication</a> <a href="#">Pathways Series: Personal Sides of Change and Transition</a> <a href="#">Pathways Series: Customer Service Level 1</a> <a href="#">Pathways Series: Dealing with Difficult Customers</a> <a href="#">Pathways Series: MBTI</a> <a href="#">Centre for Teaching and Learning Workshops and Courses</a> <a href="#">Employee and Family Assistance Program (EFAP) - Financial Pre-retirement Seminar</a> <a href="#">Employee and Family Assistance Program (EFAP) - Psychological Pre-retirement Workshop</a> <a href="#">Academic Pre-retirement Pension Seminar</a> <a href="#">Support Staff Pre-retirement Pension Seminar</a> <a href="#">Employee and Family Assistance Program (EFAP) Online - Preparing for Retirement</a> <a href="#">HRS - Embracing Change: Finding your Bouncebackability</a>

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Recognition and Reward	<a href="#">Recognition Tips for Supervisors</a>	<a href="#">Recogniton Tips for Everyone</a>	<a href="#">Presidents Achievement Award "Dare to Discover"</a> <a href="#">Excellence in Leadership Award</a> <a href="#">Excellence in Learning Support</a>  <a href="#">Achievement Award for APOs, FSO, and Librarians</a> <a href="#">Support Staff Recognition Award</a>  <a href="#">Recognizinig Service Milestones</a>  <a href="#">Celebration of Service</a>  <a href="#">Thoughtful of "U"</a>  <a href="#">Retirement Celebration</a>  <a href="#">Alumni Recognition Awards</a>  <a href="#">Recogniton E-cards</a>  <a href="#">Community Connection Awards</a>  <a href="#">Inofrmation Technology Awards</a>  <a href="#">Wellness Champions</a>  Happiness Awards  <a href="#">Heroes for Health</a>			
Involvement and Influence			<a href="#">Environment, Health and Safety (EHS) - Program Management and Leadership Assignment of Accountability 1.0</a>		Human Resource Services - Dare to Lead  <a href="#">Gold College</a>  <a href="#">Supervisory Leadership</a>	<a href="#">Pathways Series: Creativity and Critical Thinking</a>
Workload Management				<a href="#">Employee and Family Assistance Program (EFAP) - Managing your Time and Energy</a>		<a href="#">Employee and Family Assistance Program (EFAP) Online – Taking Control of Stress</a> <a href="#">Employee and Family Assistance Program (EFAP) Online - Taking Control of Your Career</a>
Engagement	<a href="#">Healthy Workplace Template</a>	<a href="#">Healthy Workplace Template</a>	<a href="#">Partners for Life</a>  <a href="#">Corporate Challenge</a>  <a href="#">Environment, Health and Safety (EHS) - Program Promotion Assignment of Accountability 10.0</a>			<a href="#">Pathways Series: Teams from Good to Great</a>

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Balance				<a href="#">Employee and Family Assistance Program (EFAP) - Establishing Work/Life Harmony</a> <a href="#">Employee and Family Assistance Program (EFAP) - Foundations of Positive Parenting</a> <a href="#">Employee and Family Assistance Program (EFAP) - Supporting the Caregiver</a>		
Psychological Protection			<a href="#">Employee and Family Assistance Program (EFAP)</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Assertiveness: Negotiating Respectful Inter-Personal Boundaries</a> <a href="#">Employee and Family Assistance Program (EFAP) - Targeting Bullying and Harassment in the Workplace</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Stamping out Bullying and Harassment in the Workplace</a> Human Resource Services - Sexual Violence Awareness	<a href="#">Helping Individuals at Risk Online course</a> <a href="#">Hazard Identification App</a> Human Resource Services - Sexual Violence Awareness
		<a href="#">Critical Incident Stress Management</a> <a href="#">A Guide to Helping Individuals At Risk</a> <a href="#">A Guide to Helping Individuals At Risk Gender Transition - faculty and staff</a>	<a href="#">Graduate Student Assistance Program (GSAP)</a> <a href="#">Helping Individuals At Risk</a>			
Physical Safety		<a href="#">Office Yoga</a>	<a href="#">Lone Worker Program</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Making Shiftwork Work for You</a>	<a href="#">Employee and Family Assistance Program (EFAP) - Workplace Violence</a> Human Resource Services - Sexual Violence Awareness	<a href="#">Environment, Health and Safety (EHS) - Working safely at the U of A</a> <a href="#">Environment, Health and Safety (EHS) - Transportation of Dangerous Goods</a> <a href="#">Supervisory Environment, Health and Safety Professional Development course</a> <a href="#">Environment, Health and Safety (EHS) - Laboratory and Chemical Safety</a> <a href="#">Environment, Health and Safety (EHS) - Concepts in Biosafety</a> <a href="#">Environment, Health and Safety (EHS) - Radiation Safety</a> <a href="#">Environment, Health and Safety (EHS) - Laser and X-ray safety</a> <a href="#">Environment, Health and Safety (EHS) - Fire extinguisher</a> <a href="#">Environment, Health and Safety (EHS) - Fire warden</a> <a href="#">Environment, Health and Safety (EHS) - WHMIS</a> <a href="#">Environment, Health and Safety (EHS) - Field research safety courses</a> <a href="#">Environment, Health and Safety (EHS) - Ergonomics</a> Human Resource Services - Sexual Violence Awareness
		<a href="#">Environment, Health and Safety (EHS) Database</a> <a href="#">Environment, Health and Safety (EHS) Codes of Practice</a> <a href="#">Protective Services Online Reporting</a> Health Kit - Body Image/Eating Disorders Health Kit - Addiction	<a href="#">Environment, Health and Safety (EHS) - Working Alone guidelines and template</a> <a href="#">Environment, Health and Safety (EHS) Policy</a> <a href="#">Environment, Health and Safety (EHS) - Hazard Identification, Assessment, and Control Procedure</a> <a href="#">Environment, Health and Safety (EHS) - Violence in a working or learning environment</a> <a href="#">Workplace Impairment Policy</a> <a href="#">Protective Services Online Reporting</a> <a href="#">Stay at Work Services</a> <a href="#">Temporary Modifications to Work</a> <a href="#">Medical Accomodation</a> <a href="#">Workers Compensation Board (WCB) Reporting</a>			