

EAC Training

OUTLINE

- Topic:** **Winter Blues**
- Description:** The Winter Blues program is designed to help employees develop useful strategies to overcome common symptoms of lethargy and “seasonal depression” that many people experience during the winter months. During the course of this workshop, participants will: (1) share some of their own experiences with the winter blues, (2) gain an understanding of the biological factors that contribute to this condition, and (3) learn about the techniques and approaches that are effective in reducing these symptoms. In addition, participants will develop their own personal plan for overcoming the winter blues, including a statement of their goals and a roadmap for achieving those goals.
- Equipment:** Handouts
Flip Chart/White Board
- Room Arrangement:** The optimal set-up for this training is seating that allows participants to break into smaller group (3 to 5 participants per group) for discussions centering on common symptoms and strategies to alleviate these symptoms.
- Number of People:** This training is best facilitated with a range of 15 to 25 participants
- Time:** One Hour
- Delivered by:** Dan Fogel, MA, JD, CSW
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