(EAP)

Vignette’s on You Tube, Netflix, Ted Talks, etc

* Empathy – The Best Speech of all times by Simon Sinke (management focus)
* How to Win Friends and Influence People – Dale Carnegie
* How to Stop Worrying and Start Living – Dale Carnegie
* Change your Future – Simon Sinek
* Denzel Washington’s Life Advice Will Leave You Speechless
* Matthew McConaughey Leave the Audience Speechless
* 6 Tips to Increase Your Confidence….How to Speak to Anyone/Overcome Social Anxiety
* 7 Habits of Highly Effective People by Stephen Covey
* A Complete Guide to Goal Setting
* How to Simplify Your Life – 15 Easy Ways to Simplify Your Life
* What is Depression by Helen M Farrell
* Is your Mental Health Falling Apart?
* 6 Signs You’re Bottling up Your Emotions
* 5 Levels of Friendship
* How to Cope with Anxiety – Olivia Remes
* Rethinking Anxiety – Learning to face fear – Dawn Huebner
* The Secret of Becoming Mentally Strong – Amy Morin
* The 3 Secrets of Resilient People – Lucy Hone
* The Power of Vulnerability – Brene Brown – NETFLIX
* How Not to Take Things Personally? Frederk Imbo
* Brene Brown – Top 10 Rules of Self Love
* Brene Brown – Empathy
* 9 Signs You Have Unhealed Trauma
* How Childhood Trauma affects Health Across a Lifetime – Nadine Burke Harris
* Cultural Bias - Talking about Race, National Museum of African American History & Culture; Presentation by Howard J Ross – NMAAHC.SI.edu/learn/talking-about-race/topics/bias. (exceptional presentation)