



## On-Demand Training

You're busy juggling work, family and other responsibilities, so it's understandable if you can't spare 60 minutes for a training session, no matter how informative or engaging it is. The On-Demand training sessions from your GuidanceResources program provide a solution for those feeling a time crunch.

### Current Topic List

- [Are You Financially on Track for Retirement?](#)
- [Balancing Work and Life](#)
- [Communicating Without Conflict With Your Significant Other](#)
- [Connecting Mind and Body for Healthy Living](#)
- [Coping With a Crisis or Traumatic Event](#)
- [Emotional Eating: The Connection Between Mood and Food](#)
- [Exercise at Your Desk](#)
- [From Smoker to Smoke Free](#)
- [Healthy Eating on a Budget](#)
- [Helping A Loved One Through Difficult Times](#)
- [Keeping Your Senior Loved One Independent and Safe](#)
- [Laughter, Humor & Play to Reduce Stress & Solve Problems](#)
- [Learning to Relax](#)
- [Living With Change](#)
- [Managing Emotions in the Workplace](#)
- [Managing Holiday Stress](#)
- [Managing Personal Finances](#)
- [Managing Staff Through Change & Stress](#)
- [Natural Consequences, Discipline That Works](#)
- [No Such Thing as a Perfect Parent](#)
- [Parenting a Child with Special Needs](#)
- [Sailing On: A Guide for Transitioning Into Retirement](#)
- [Stress - A Way of Life or Fact of Life?](#)
- [Talking About Tough Subjects With Elderly Parents](#)
- [The Confident You](#)
- [The Impact of Attitude on Work and Life](#)
- [The Impact of Shift Work on Mind and Body](#)
- [The Psychology Behind Saving Money & Other Good Financial Habits](#)
- [The Sandwich Generation - Balancing Your Personal Life With the Needs of Your Elderly Parents](#)
- [Time Management Tools & Principles](#)
- [Using Kindness to Achieve Personal Success & Happiness](#)
- [Using Reason to Resolve Conflict](#)