
Personal and Professional Assistance on Issues Large and Small

MIIA Employee Assistance Program (EAP) *A Confidential Counseling and Referral Service*

You receive 3 confidential in-person counseling sessions.

- Manage Anxiety / Depression
- Adjust to Demands of Work
- Resolve Relationship Conflict
- Talk About a Loved One's Drinking
- Address Parenting and Family Issues
- Assess Your Level of Stress
- Become a Better Communicator



You receive legal assistance: one free 30-minute office or telephone consultation per legal matter; does not include job-related legal issues.

Divorce
Child Custody
Car Accidents
Real Estate / Landlord / Tenant issues
Insurance Disputes

You receive financial counseling: one free 30-minute telephone consultation per financial issue.

Financial Planning
Credit Card Debt
Tax Advice
College Planning
Retirement Consultation

Available to employees and household members
24 hours a day, 7 days a week

800.451.1834

ALL ONE
HEALTH

MIIA | MARRIAGE
BASED
MEMBER
DRIVEN

TRAININGS

MANAGEMENT/ORGANIZATIONAL DEVELOPMENT TRAININGS

- Best Practices to Facilitate Meetings
- Critical Incidents: Developing Your Crisis Management Skills
- DOT Mandated Drug and Alcohol Training for Managers and Supervisors
- Fire Them Up: Igniting Employee Motivation
- Harassment Prevention: What Managers Need to Know
- Management 101: Management Training for the Newer Manager
- Managing the Multigenerational Workforce
- Motivating After a RIF
- Motivating and Mentoring Your Employees
- Performance Discussions: Timely Feedback and Performance Appraisals
- Persuasive Presentations: Tips and Techniques for Public Speaking
- Riding the Waves of Workplace Uncertainty and Change: Managing Through Change
- Skills for Effective Leadership: Coaching and Feedback
- Solutions to the Challenges of Shift Work
- Top Ten Manager Headaches
- Working It Out: Secrets of a Professional Mediator
- Workplace Violence Prevention

FINANCIAL TRAININGS

- The Art of Budgeting: The Days of Spending Freely are Over – Get with the Program!
- Fifty Nifty and Thrifty Financial Planning Tips: Tips to Guide Your Spending and Saving Habits
- Long Term Care Insurance
- Money Management – A Woman's Perspective: What Every Woman Should Know About Managing Money
- Money Management Workshop: What Everyone Should Know About Managing Money
- Seeking Opportunities in Uncertain Markets: Understanding the Ride Can Help You Make Better Financial Decisions

LEGAL TRAININGS

- Estate Planning



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