

I EAP MANDATE AND SERVICES (continued)

- ◆ Training/education activities such as rounds (for new employees and employees either going out to or returning from post) and EAP-related workshops on the following topics:
 - ▶ stress management
 - ▶ personal effectiveness
 - ▶ alcohol/drug awareness
 - ▶ stress management and cultural adaptation
 - ▶ how to deal with difficult employees (for managers/supervisors)

The EAP counsellors also conduct a module of the pre-posting briefing sessions and organize and sponsor a series of noon-hour sessions. Adult family members are invited to participate in all the training activities except the ones that are designed specifically for management.

The EAP counsellors are also involved in the consular courses for Canada-based staff and Locally Engaged Staff (LES) by providing a module on dealing with distressed Canadians abroad.