Garnet
Garnet Global Training Center

GGT-PS-123

Workplace Psychology & Behavioural Science

Employee Assistance Programs

برامج مساعدة الموظفين

Duration	Language	Formats	Hours	Level
5 or 10 days	**English or Arabic**	**Classroom, online, in-house**	**35 / 70**	**Intermediate (management)**

Overview

Employee Assistance Programs helps participants move from doing the work to managing it, with planning tools, control methods and reporting that management trusts. Apply behavioural science to motivation, decisions, safety and wellbeing at work. Choose 5 or 10 days, classroom or live online, English or Arabic; organisations can also run it in-house and adapt the examples to their own work.

What you will be able to do

- Set up and run Employee Assistance Programs as a managed process with clear roles.
- Report clearly to senior management and stakeholders.
- Manage contractors, suppliers and internal customers.
- Plan resources, budgets and schedules realistically.
- Define KPIs and build simple dashboards for management.

Who should attend

HR and L&D professionals, managers, safety leaders and organisational development teams. It suits supervisors, section heads and specialists who manage, or are about to manage, this area.

Key topics

- How people decide
- Motivation and engagement
- Behaviour change methods
- Assessment tools
- Wellbeing at work
- Ethics in applied psychology

Formats and fees

5-day classroom	**USD 4,750**
5-day online	**USD 2,950**
10-day classroom	**USD 8,950**
10-day online	**USD 5,450**
In-house	**Quotation per group**

Fees per participant, excluding VAT.

Register or ask

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Email: info@garnettrainings.com

Training: training@garnettrainings.com

Web: garnettrainings.com

Sharjah Publishing City Free Zone, Sharjah, UAE

Certificate

Participants who attend at least 90% of sessions and complete the final assessment receive a certificate of completion stating 35 contact hours (5-day) or 70 contact hours (10-day).

5-day outline

Day 1 Employee Assistance Programs: the management framework

- Ethics in applied psychology
- Checklists and templates to take away

Day 2 Planning, resources and budgets

- How people decide
- Motivation and engagement

Day 3 Performance measurement and control

- Behaviour change methods
- Group discussion and peer review

Day 4 Risk, compliance and improvement

- Assessment tools
- Measurement and reporting

Day 5 Management case study and action plan

- Wellbeing at work
- Hands-on workshop on a workplace challenge

10-day outline

Day 1 Employee Assistance Programs: the management framework

- Ethics in applied psychology
- Checklists and templates to take away

Day 2 Planning, resources and budgets

- How people decide
- Motivation and engagement

Day 3 Performance measurement and control

- Behaviour change methods
- Group discussion and peer review

Day 4 Risk, compliance and improvement

- Assessment tools
- Measurement and reporting

Day 5 Management case study and action plan

- Wellbeing at work
- Hands-on workshop on a workplace challenge

Day 6 Advanced techniques and specialist practice

- Complex cases in depth
- Common mistakes and how to avoid them

Day 7 Digital tools, data and automation

- Analysis tools and software
- Using AI in this field

Day 8 Benchmarking against international practice

- Global performance benchmarks
- Regional and international case studies

Day 9 Capstone project

- Analyse a real challenge from your organisation
- Build the solution and implementation plan

Day 10 Presentations, final assessment and certificates

- Project presentations and review
- Final exam and certificate award

Schedule 2027–2030

Dates	Format	City	Language	Fee (USD)
17–21 Jan 2027	5-day classroom	Jeddah	Arabic	4,750
1–5 Feb 2027	5-day online	Live online	Arabic	2,950
2–6 Aug 2027	5-day classroom	London	English	4,750
13–24 Sep 2027	10-day classroom	Abu Dhabi	Arabic	8,950
6–17 Feb 2028	10-day classroom	Muscat	Arabic	8,950
12–16 Mar 2028	5-day classroom	Manama	Arabic	4,750
7–11 May 2028	5-day classroom	Riyadh	English	4,750
13–24 Nov 2028	10-day online	Live online	Arabic	5,450
6–10 May 2029	5-day classroom	Cairo	Arabic	4,750

Dates	Format	City	Language	Fee (USD)
6–10 Aug 2029	5-day classroom	London	English	4,750
19–23 Nov 2029	5-day online	Live online	Arabic	2,950
2–13 Dec 2029	10-day classroom	Riyadh	Arabic	8,950
7–11 Jan 2030	5-day classroom	Abu Dhabi	English	4,750
4–8 Feb 2030	5-day classroom	Istanbul	English	4,750
18–29 Mar 2030	10-day online	Live online	Arabic	5,450
14–25 Apr 2030	10-day classroom	Doha	English	8,950

Customised and in-house versions of this course are available on request. garnettrainings.com/en/customise/