



LIFE ENRICHMENT  
EMPLOYEE ASSISTANCE PROGRAM

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# Your Employee Assistance Program NEWSLETTER

Life Enrichment is a program of The Center for Family Services of Palm Beach County, Inc.

## The Key to Unlocking The Secret!

By Nick Van Nice, founding partner of the Legacy Leadership Forum, LLC

Since the Oprah special, millions of Americans have heard about **The Secret**. The Secret, also known as the law of attraction, basically says, whatever the human mind can conceive and believe it can achieve. While most agree on the basic premise, very few are turning this knowledge into profit. So what's the missing key? *In a word, Energy!*

Our current level of energy has more impact on our ability to envision and ultimately achieve our goals than any other variable. I say this because, it determines whether we can truly trust others and if we see the world as scarce or abundant. What this means to us, is that managing our energy is the highest leverage activity we can engage in. The ultimate benefit is that it enables us to envision, design and create the lives we most desire.

### Core Concepts of Energy:

First, we exist in four fundamental dimensions: physical, emotional, mental, and spiritual.

Second, each of these components are inter related and the effects compound into your total energy level.

And finally, if we wish to progressively elevate and maintain our energy, we must adopt daily rituals.

### What exactly do you mean by energy?

We are referring to a level of presence or self awareness. Our amount of energy shows up: Physically, in how we feel and how our body supports all other functions. Emotionally, in the way we authentically connect with others and structure win/win agreements. Mentally, in the way we use our imagination to engage in new possibility thinking. Spiritually, in the way we live according to our core values.

### So how do we manage our energy?

We create daily rituals that yield the results we desire. Our rituals become habits that require no more effort than the habits we have today. For the physical component, think about activities that promote great health like regular exercise, proper rest and the optimal diet. Emotionally, think about regular



date nights with your spouse, special time for each child or no agenda lunches with co-workers. Mentally, think about activities that expand your capacity at work and that focus on developing your strengths. Spiritually, do things that strengthen your Faith, deepen your sense of integrity and inspire you to be your best. For me, it's daily exercise, quiet time, reading and having a coach that holds me accountable.

*Remember, the ultimate benefit of elevating your energy is being able to clearly envision, passionately pursue and joyfully celebrate living the life of your choosing.*

If you'd like more information on elevating your energy, send e-mail to [nick@mylegacycoach.com](mailto:nick@mylegacycoach.com).



Nick Van Nice is a business coach with a mission to inspire and challenge business owners to play their big game. The Legacy Leadership Forum is a corporate training and coaching firm located at the PGA Commons West in Palm Beach Gardens.

# Although the Marriage has Ended, the Family Continues: *Life After Divorce*

By Andres Torrens, LCSW, EAP Training Coordinator

The Life Enrichment EAP program has received several calls to their intake department from mothers and fathers inquiring on how to help their children following their decision to divorce.

When couples decide to divorce, it is often after a great deal of time and process. The decision to divorce, at least on a conscious level, is not one made in a quick manner, and in haste. Couples often times find themselves in a marriage that does not live up to the expectations they had when they first met, and to the contract that they entered into when they met and decided to marry. When they decide to divorce, and they have children, couples very often experience additional challenges; the challenge of how to talk to the children and process the decision to divorce with the children.

This process involves being able to separate the role of being a ***couple*** from that of being ***parents***. The co-parenting relationship can appear virtually impossible if the couple relationship remains strained and full of emotions. When a couple continues to fight about “old” issues, it can have a devastating impact on their ability to effectively co-parent the children. Children begin to have difficulty adjusting, and can develop psychological problems such as anxiety, due in part to believing that since their parents appear to be “out of control”, they (the children) will not be taken care of. Putting the couple/marital issues aside, or away permanently, can seem like

a daunting task, but when it is achieved, the entire family, especially the children, are happier and healthier.

Dr. Constance Ahrons, author and therapist, has been assisting families and professionals in this country and around the world deal with the seemingly devastating impact that divorce can have on the family. Dr. Ahrons has confirmed for us what we have known for years, that, when a couple is able to put their differences aside for the sake of their children, the children do grow up healthy and well adjusted. The myth that children of divorce become maladjusted and develop insurmountable problems, and mature into adults who themselves cannot form stable, permanent relationships, can be disproved by creating a positive co-parenting relationship.

It is for this reason that more and more families are recognizing the need to pursue more in-depth counseling to further prepare the children, and the couple, to navigate the difficult waters of divorce. When a parent puts the needs of their child ahead of their own, the benefits are priceless. More and more families are seeing the advantages of receiving counseling for the sake of their children. Some individuals, either through legal advice or counseling that they may have received from family



members, do not seek family therapy with their partner/former partner.

As a Family Therapist, when I receive a referral to work with a child who the parent describes as depressed, anxious, angry, or unmotivated, and I discover that the parents are divorced, I usually inquire about the other parent, and their knowledge of the problem. There is nothing more positive for a child than to see their parents “in control” of their emotions, and putting the child first. This was the case in the work I did with a 10 year old boy whose parents had been divorced for several years, but who just now, had started to experience some of the above mentioned symptoms. The mother agreed to have me contact the father, and invite him in for a session, regardless of “their” issues.

Another way for parents to help their children get through the divorce, is by attending the Transparenting®\* workshop. Although many of these parents are mandated to attend the work-

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# September 11th Remembered

Six years ago many of us were going about our daily routines, traveling to work, feeding the children, sitting at our desks, sharing breakfast with friends, or simply living. The morning was interrupted by the dastardly act of planes willfully plunging into the World Trade Center, the Pentagon and crashing into an open field in Pennsylvania. Over three thousand innocent lives were lost that day, as Americans experienced the first direct hostile attack on US soil. Confusion, fear, anger, engulfed millions of people and the American resolve rose up in a united effort to show the world that our spirits cannot be broken. In the days and weeks that followed that fatal morning, Americans transcended the superficial divides of politics, religion, race, and class and banded together in love and brotherhood.

Six years later that spirit still lives on but we have become distracted by other things and somehow the unity is not so strong anymore. Instead, we see lives being destroyed by high suicide rates, horrendous murders, the war in Iraq and Afghanistan, hate, criminal acts, bigotry, corruption in high places, just to name a few.

When we remember the events of 9/11, we need to challenge ourselves to commit to a renewal of spirit, the great American spirit that celebrates freedom, liberty and justice. We should remind ourselves that all men are created equal and that each person has a right to be here regardless of who they are. Our society is not based on differences but diversity and if we want to honor the lives of our fellow humans who were brutally killed six years ago, we should celebrate life and reach out to each

other in love. Now is not the time to judge someone by the color of their skin, the texture of their hair, the side of the track that they live on, or the accent that they use. Instead, let us embrace one another knowing that we share one common bond: we are humans, one and all.

September 11th therefore is less about mourning and more about reflection and dedication. We ought to encourage our friends, our children, our families to reflect on the events of that fateful day and to give thanks that as a nation we survived and bounced back, stronger than before. Therefore, we should dedicate ourselves to rid our world, of hate and bigotry. We can start by dedicating ourselves to showing love to one person at a time and let it multiply to all around. God bless America.

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shop, as a condition of having their divorce finalized, at the conclusion of it, many find it extremely helpful. They initially report that their children are well adjusted, and not exhibiting any maladaptive symptoms, but appreciate receiving information on issues that may arise later on.

When someone experiences a loss, including the loss that is experienced through a divorce, they experience several stages of grief, and although many people experience all these stages, some will only experience some of them, and may find themselves getting stuck in one of these stages. The stages of grief include

## Transparenting®

\* A four-hour workshop that is highly recommended and mandated in several states to help divorcing parents help their children. This workshop is offered through the Center for Family Services' Counseling Department, and not through the EAP Program.

Denial, Bargaining, Anger, Depression and Acceptance. People do not experience these stages in any given order, and in fact can

find themselves moving back and forth through them. Finding a trained family therapist can help a family deal more effectively with these symptoms and assist in the transition from these stages. If parents find themselves getting stuck, or observes their child having difficulties with any one of these stages, it may be time to seek advice from a trained professional. For more information, or to make an appointment, please call the EAP office at (800) 404-7960. For additional information, or to reserve your place in one of our upcoming Transparenting® workshops, please call (561) 616-1222.



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Your EAP Newsletter  
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## EAP NEWS

### EAP rolls out a new program

We are pleased to announce a partnership with **Legacy Leadership Forum** in Palm Beach Gardens. **Legacy** offers leadership coaching for groups/individuals to find **vision, passion, conscience and execution** in their lives and apply these concepts to worksite solutions thus enriching their professional and personal lives. We have negotiated a discounted rate should you be interested in having **Legacy Leadership Forum** in your organization. For more information contact **EAP at 800 404-7960**.

### LIFE ENRICHMENT EAP QUARTERLY ADVISORY MEETINGS – 1st Anniversary

September marked the one year anniversary since the inception of our Quarterly Advisory Meetings for Human Resource Professionals at our client companies. We celebrated the event at our September 19th meeting by honoring companies who attended the entire four meetings this past year. Certificates were presented to: **Palm Beach Community College, Office of the State Attorney and City of Boynton Beach**. Honorable mention was given to: **Palm Beach Newspapers, Town of Palm Beach, Village of Tequesta, and Kravis Center for the Performing Arts**.

### NEW EAP TRAINING COORDINATOR Andres Torrens

Andres Torrens is a Clinical Social Worker and Family Therapist who has been working with children and families for more than 20 years. He received his MSW degree from Hunter College School of Social Work, and completed his Post Graduate Training in Family Therapy at the Ackerman Institute for the Family, both of which are in New York City. He is a member of the National Association of Social Workers, the American Family Therapy Academy, and the National Council on Family Relations. Mr. Torrens has worked in several community based centers, coordinating and providing services in the area of Depression, Anxiety, Loss, Health Psychology, and Parenting. He has conducted training throughout New York City, and across the United States, on these and other issues, and has co-authored the work that he and his team did with families who lost a family member in the 9/11 attacks.

Mr. Torrens joined the staff of the Center For Family Services in their Life Enrichment EAP and Counseling programs in April 2006. He can be contacted by calling (561) 616-1222, or by email at [atorrens@ctrfam.org](mailto:atorrens@ctrfam.org).