

EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

THE EMPLOYEE NEWSLETTER



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THE SUPERVISOR NEWSLETTER



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DID YOU KNOW?

LIFE COACHING IS A COVERED SERVICE OF THE EAP PROGRAM

The path to personal and professional success is not always clear. This is where a Life Coach can help. With regular telephone sessions, you and your coach collaborate in a thought-provoking, creative process to navigate life transitions and maximize your personal and professional potential.

FEATURES INCLUDE

- An initial 45- to 60-minute session with your coach to establish vision, goals and the creation of an action plan
- Up to five 30-minute follow-up coaching sessions to make sure you are on track to achieve your goals
- Follow-up calls scheduled at a time that is convenient for you and set at the end of each appointment
- Ongoing supportive email communication for sharing of resources and progress check-ins

PROFESSIONAL & PERSONAL DEVELOPMENT

UConn DECEMBER WEBINARS

ONLINE WEBINAR

Managing the Stress of the Holidays

The holidays are a joyous time for many but can come with additional activities and responsibilities that can be quite stressful.

This practical presentation will provide several helpful tips and strategies for managing our stress and keeping our lives in balance during this important season.

Tuesday, December 14
12:00pm – 1:00pm

[Register Today](#)

ONLINE WEBINAR

Making a Life Worth Living: Work-Life Synergy

People often feel torn between work and time with the family. They feel they don't have enough 'me' time.

This session will help participants identify various ways to achieve balance with personal, family and work responsibilities.

Wednesday, December 15
12:00pm – 1:00pm

[Session Details Here](#)

ONLINE WEBINAR

Managing the Stress of Time and Competing Priorities

This seminar is designed to help supervisors and managers recognize how personal organization and use of time contribute to stress levels.

This presentation offers a practical approach to prioritizing efforts and maintaining focus on the most important activities in our work and lives to reduce stress and increase our effectiveness.

Monday, December 20
2:00pm – 3:00pm

[Register Today](#)

DEER OAKS SEMINARS

DECEMBER ONLINE SEMINAR

Paying it Forward

Understand the small but powerful ways that everyone can 'pay it forward' and make a difference to the lives of others.

Available on-demand starting
December 21st at
www.deeroakseap.com

ONLINE SEMINAR

Embracing Diversity & Differences

Click on the play icon below to listen to the recording of this online seminar.



ONLINE SEMINAR

Regaining Connectivity, Certainty, and Control

Click on the play icon below to listen to the recording of this online seminar.



Human Resources

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