

EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

March 2022

THE EMPLOYEE NEWSLETTER



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THE SUPERVISOR NEWSLETTER



Read and Download

DID YOU KNOW?

Your Employee Assistance Program (EAP) Can Help You Financially Plan for Retirement.

Retirement is a much anticipated time in many employees' lives. But this particular life transition can also bring with it added stress due to financial uncertainties. Your EAP offers consultative resources that can help you plan for financial success during retirement.

Accredited Financial Counselors Can Help You:

- Anticipate your costs post-retirement and determine what your income landscape looks like.
- Educate you on a variety of investment options with the assistance of a financial planner.
- Provide referrals to local financial planners should you want to take the next steps to creating a financially sound retirement.



Call the toll free hotline 888-993-7650 to start a consultation.

WANT TO LEARN MORE ABOUT THE EAP PROGRAM?

If you missed joining an *Introduction to the EAP* session, or you are new to the University and want to learn more about the EAP, you can access recordings of the employee and supervisor/manager sessions on the **EAP website**.

PROFESSIONAL & PERSONAL DEVELOPMENT UConn MARCH ONLINE WEBINARS

How to Provide Great Customer service During Stressful Times

When employees are feeling stressed, it can be more difficult to utilize their best interpersonal skills when interacting with customers and colleagues. This timely class will discuss several practical self-management strategies and advanced communication skills necessary to interact effectively with customers during stressful times.

Tuesday, March 8
12:30pm – 1:00pm

Get the Meeting Link Here

How to Utilize Communication Skills to Maximize Career Success

Many experts agree that good communication skills are vital to career success. This important session will discuss the core skills necessary to communicate effectively in both one-on-one and group settings, including emotional intelligence, listening respectfully, having collaborative conversations, and making memorable presentations.

Thursday, March 24
12:00pm – 1:00pm

Get the Meeting Link Here

Monthly Mindfulness Series: Mindfulness to Sleep Better

Join us for the first of our twelve mindfulness sessions in this monthly series. We all know the importance of sleeping well and resting. Lack of sleep can create unpleasant and irritating symptoms such as tiredness, anxiety, irritability, difficulty concentrating and poor performance. The truth is that sometimes we may have trouble sleeping. Our thoughts and our worries about our family, our financial situation, or other problems occupy our mind making it impossible to sleep. Through Mindfulness we can solve this problem with a series of exercises that help us liberate our mind and impact our sleep.

Thursday, March 31
12:30pm – 1:00pm

Get the Meeting Link Here

Announcing the 2022 Leadership Certificate Webinar Series

This webinar series covers important topics designed to provide supervisors, managers, and other interested employees with enhanced skills to improve workplace morale, employee motivation, and staff productivity. Register for individual sessions, or for all and receive a 2022 Leadership Certificate.

How to Hire the Right Employees

Having a strong work team begins with hiring the right people. This session will cover identifying the profile of the ideal hire for your team (technical skills, character, interpersonal skills, etc.) and behavioral questions to ask during interviews to help supervisors to determine if a candidate truly fits the profile. The presentation will also discuss the process of getting multiple opinions before making a hiring decision.

Date: March 28, 2022
Time: 2:00 – 3:00 EDT

REGISTER

DEER OAKS SEMINARS



MARCH ON DEMAND SEMINAR

From Tired to Inspired: Keeping Engaged and Preventing Burnout

Be proactive to limit feelings of being overwhelmed. Learn how to prevent burnout and maintain engagement in your work and personal life.

Available on-demand starting March 17th
at www.deeroakseap.com.

Human Resources

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Need the UConn Deer Oaks EAP website username and password?

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