

EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

May 2022

THE EMPLOYEE NEWSLETTER



[Read and Download](#)

THE SUPERVISOR NEWSLETTER



[Read and Download](#)

DID YOU KNOW?

Your Employee Assistance Program (EAP) Can Help You Free Your Mind and Ease into Health, Energy and Life Through Wellbeing Program

Breath. Taking time to breathe can be an easy first step in your path to wellness. Stretching, exercise, and eating well – these all contribute to the health of your body, mind and spirit. We can help with information on these and other topics.

Program Features:

- Comprehensive library of articles, tips sheets and videos on health and wellness.
- Relaxation, stretching, and exercise techniques.
- Health assessment tools.
- Referrals to fitness centers, meditation classes, weight control programs, and more.
- Resource links to helpful medical, nutritional, and mental health sites..

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 APRIL ONLINE WEBINARS

Five steps to Building Trust with Your Team Webinar

This session covers the most important management practices that build trust with individual employees and teams, including “walking the talk”, acknowledging mistakes, and providing hope for the future.

Tuesday, May 10
12:00pm – 1:00pm

[Get the Meeting Link Here](#)

Mindfulness Series: Exploring Moments to Practice Mindfulness

The less time you feel that you have, the more necessary mindfulness is for you. We all know that to incorporate an activity into our routine we need to make it a habit. Although this isn't exactly easy, the practice of mindfulness can become a habit that we can incorporate into our lives as long as we know how to do it. In this Webinar we will explore some easy ways in which we can introduce the practice of full attention into our daily lives.

Tuesday, May 17
12:00pm – 12:30pm

[Get the Meeting Link Here](#)

Discover the World of Emotional Intelligence

Being able to recognize feelings in oneself and others, managing emotions, and balancing thoughts are invaluable traits that are associated with emotional intelligence(EQ).

Participants will learn that by recognizing the feelings of family members and co-workers, and responding in a balanced, rational way, they can improve relationships and collaborate more effectively. This session also examines new brain research on emotions and the battle between the emotional and the thinking brain.

Tuesday, May 24
12:00pm – 1:00pm

[Get the Meeting Link Here](#)

2022 Supervisor Excellence Webinar Series

Join us for the second session of the Supervisor Excellence Webinar Series –
The Keys to Effectively Managing Employee Performance.

This session focuses on making managing employee performance an ongoing process instead of an annual event (i.e., the annual review) to maximize productivity. The presentation will cover best practices in performance management including collaborating the set goals, utilizing ongoing coaching conversations to keep employees accountable and on track, and reviewing completed work to ensure quality.

[Register](#) for this session and all the remaining session of this quarterly webinar series.

Date: Monday, May 23, 2022
Time: 2:00 – 3:00 EDT

[REGISTER](#)

DEER OAKS SEMINARS



MAY ON DEMAND SEMINAR

Sleep Essentials

The importance of sleep on your overall health.
Explore strategies to start a healthy bedtime routine to help you reduce stress and improve your wellbeing.

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

Human Resources

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