

# EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

**August 2022**

## THE EMPLOYEE NEWSLETTER



*Read and Download*

## THE SUPERVISOR NEWSLETTER



*Read and Download*

### DID YOU KNOW?

#### **You Can Receive EAP Counseling In-Person, Over the Phone or Through Video**

We are all busy and taking time for ourselves often gets placed on the back burner. That is why your EAP offers video and structured telephonic counseling in addition to traditional in-person counseling. These telephonic and video counseling sessions can be scheduled at times that are convenient for you. Call from the privacy of your home or office and one of our helpful counselors will help you address issues that are making it difficult to manage at work or at home.

#### **Advantages**

- No drive time – saves money on gas
- No time spent in a waiting room
- Participate in a counseling session from the comfort of your home, office, or even your car
- The quality of counseling is the same as face-to-face counseling according to the American Psychological Association

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 AUGUST WEBINARS

### ***Bullying and Harassment: Zero Tolerance***

Workplace bullying and harassment are serious issues that can have a massive impact on an individual's emotional and physical health, employee morale and performance, and a business's reputation. Consequently, it is vital that employers and those in positions of responsibility understand the difference between bullying and harassment, can recognize relevant behaviors, will put in place preventative measures, and ensure there are efficient procedures for dealing with complaints and protecting victims.

**Tuesday, August 9, 2022**  
12:00pm – 1:00pm

**Get the Meeting Link Here**

### ***Sustaining a Respectful Work Environment: A Session for Leaders***

A respectful work environment is a fundamental requirement for people to perform to their potential. Managers play a significant role in setting the tone for this inclusivity and respect. Learn strategies to promote and inclusive work environment, tackle inappropriate behavior assertively, and deescalate potential and present conflict towards building team cohesion.

**Tuesday, August 16, 2022**  
12:00pm – 1:00pm

**Get the Meeting Link Here**

### ***Sustaining a Respectful Work Environment: A Session for Employees***

We all come to work with the expectation that we are going to be treated appropriately – be shown respect, have our ideas and opinions listened to, be provided with the information we need to do our jobs and feel safe. This training session will empower attendees with the awareness and knowledge to cooperate and communicate with respect, embrace differences, address concerns in a constructive way, and help contribute towards a collective vision built on a collaborative, respectful and harmonious work culture.

**Thursday, August 18, 2022**  
12:00pm – 1:00pm

**Get the Meeting Link Here**

### ***Fostering a Sense of Belonging***

The need for affiliation and belonging is an essential human emotional need. When people have a sense of belonging, they feel included, leading to more meaning in life. Therefore, belonging and attachment to co-workers is an important factor in considering leaving or staying in their current position. Employees who have a sense of belonging and inclusion in the workplace are 3.5 times more likely to contribute their full potential. Learn strategies to cultivate a sense of belonging for oneself and understand what organizations can do to foster a culture of belonging.

**Tuesday, August 30, 2022**  
12:00pm – 1:00pm

**Get the Meeting Link Here**

## ***2022 Supervisor Excellence Webinar Series***

Join us for the third session of the Supervisor Excellence Webinar Series – ***Strengthening the Team.***

This important presentation is designed to provide managers and supervisors with practical strategies for building a strong team environment for their staff. The session will discuss the barriers to creating a positive team environment, the basics of working effectively with different personalities, generations, etc., and several communication approaches that are important for strengthening relationships among team members.

Register for this session and all the remaining session of this quarterly webinar series.

**Date:** Monday, August 29th, 2022  
**Time:** 2:00 – 3:00 EDT

**REGISTER**



## **DEER OAKS SEMINARS**

### **AUGUST ON DEMAND SEMINAR**

#### ***Self-Care: Better Care of Yourself***

Being aware of self-care. Identify the ways to implement self-care as a part of your schedule and learn the art of slowing down.

Available on-demand starting August 16th  
at [www.deeroakseap.com](http://www.deeroakseap.com).

### **Human Resources**

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9 Walters Ave.  
STORRS, CT 06269-5075  
Phone: 860.486.3034  
[hr@uconn.edu](mailto:hr@uconn.edu)  
[hr.uconn.edu](http://hr.uconn.edu)

### **Deer Oaks EAP Services**

Helpline: 888-993-7650  
Web: [www.deeroakseap.com](http://www.deeroakseap.com)  
Email: [eap@deeroaks.com](mailto:eap@deeroaks.com)

### **Need the UConn Deer Oaks EAP website username and password?**

Go here:  
[hr.uconn.edu/uconn-eap-deer-oaks/](http://hr.uconn.edu/uconn-eap-deer-oaks/)

### **Stay Connected**

