

EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

September 2022

THE EMPLOYEE NEWSLETTER



[Read and Download](#)

THE SUPERVISOR NEWSLETTER



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DID YOU KNOW?

Your EAP Can Help you Save Money.

To help stretch your dollar, you and your family have access to a FREE online benefit. The Savings Center.

Advantages

- Shop quality name brands at discounts of 25 to 70 percent off regular retail prices.
- Save on a large selection of discount tickets.
- Discounts are redeemable online and via catalogs and select in-store merchants.

Simply log on to your work/life website and click on the Savings Center tab in the right-hand column. Use company name EAP and code Workplace Options US to register, and start saving today!

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 SEPTEMBER WEBINARS

How to Give Difficult Feedback to Employees

Successful leaders have the ability to skillfully discuss difficult or stressful topics with their employees. This important session provides several practical strategies for having these challenging conversations more effectively including building connections with employees, being more collaborative in our approach, and handling disagreement respectfully.

Tuesday, September 13, 2022
12:00pm – 1:00pm

Get the Meeting Link Here

Discovering Unconscious Biases

Unconscious biases cause people to make judgments and take mental shortcuts based on stereotypes about someone's race, gender, ethnicity, age, disability, or other factors without even realizing it.

Join this session to understand how unconscious bias is revealed, explore the impact that unconscious biases have on everyday interactions and understand the nuances of cross-cultural communications. This interactive session will also allow you to identify your own unconscious biases and learn how to build relationships by recognizing differences as strengths. Once these differences are identified, you'll be able to recognize the interpretations one gives them and discover more helpful interpretations.

Thursday, September 22, 2022
12:00pm – 1:00pm

Get the Meeting Link Here

Being Sensitive to Cross-Cultural Communication

It is more important than ever to be sensitive to the cultural backdrop and nuances of one another during a crisis or stressful situation. Join this session to understand the impact of culture on perceptions and develop the ability to communicate effectively. In this session, we'll discuss the impact of cultural perceptions, define high and low context cultures and learn about cross cultural communication etiquette. We'll also explore the sensitivity to cross cultural nuances and examine the relevance of culture and cross-cultural sensitivity in the handling of crisis.

Tuesday, September 27, 2022
12:00pm – 1:00pm

Get the Meeting Link Here

2022 Leadership Certificate Webinar Series

Join us for the third session of the Leadership Certificate Webinar Series –
How to Motivate a Multi-Generational Work Team.

Employees who grew up in different time periods can have different values, priorities, and communication styles. This important presentation will explore those differences and suggest strategies for effectively motivating employees from each generation.

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

Date: Monday, September 26th, 2022
Time: 2:00 – 3:00 EDT

REGISTER



DEER OAKS SEMINARS

SEPTEMBER ON DEMAND SEMINAR

Open Communication: Powerful Ways to Create It

Using open and effective communication skills can benefit you at work and at home. We can help you learn more about opening up in a healthy way.

Available on-demand starting September 20th at www.deeroakseap.com.

Human Resources

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