

EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

APRIL 2023

Employee Enhancement Newsletter



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Supervisor Enhancement Newsletter



[Read and Download](#)

DID YOU
KNOW?

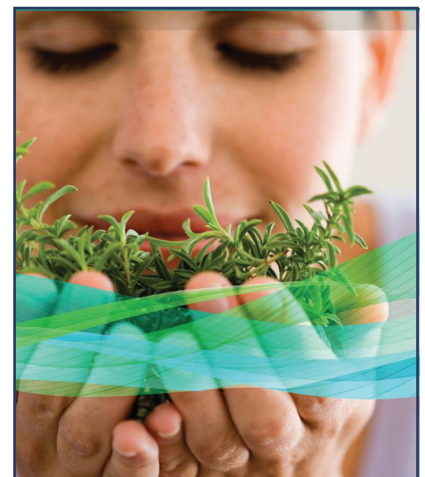
Your Employee Assistance Program (EAP) Offers Resources for Total Well-being.

Aware: Mindfulness-Based Stress Reduction

The Aware mindfulness-based stress reduction (MBSR) program helps you learn to meaningfully engage in the present moment. It offers a research-based approach to stress management, which is derived from some of the world's leading experts in the field. A specifically trained Aware specialist will guide you through a step-by-step process to learn the skills you need to reduce stress, emphasize the present, establish greater mind-body balance and increase overall well-being.

FEATURES:

- Six telephonic sessions with an Aware specialist
- An individualized practice plan
- Opportunity to experience and learn mindfulness exercises
- Electronic resources



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 WEBINARS

Giving and Receiving Feedback: For Managers

Annual reviews and evaluations are an opportunity for employees to reflect on their individual performance through the year and celebrate what they accomplished while also identifying areas for improvement.

For managers, it is an opportunity to reward past performance and identify areas for growth so that their employees can be supported in achieving their potential.

Although it is an opportunity for both sides to improve, often it is a conversation that is dreaded — not only by employees, but by managers as well.

Thursday, April 6, 2023
12:00pm – 1:00pm

[Register for Session](#)

Advances Strategies for Managing Time, Stress & Relationships

This important session is designed to help individuals to enhance both their personal and interpersonal success in the workplace.

Topics to be discussed include the keys to planning and prioritizing time, effective methods for coping with and managing stress, and several core communication skills that help to strengthen relationships, work collaboratively with diverse clients and coworkers, and better handle difficult conversations and conflict.

Thursday, April 13, 2023
12:00pm – 1:00pm

[Register for Session](#)

Battling Burnout

Burnout is an occupational phenomenon that can lead people to experience emotional exhaustion, depersonalization, and reduced personal accomplishment. Yet, as it occurs over a progressive period, it is not always easy to notice the signs of excessive pressure building up. With an alarming number of workers across the world reporting increasing levels of burnout, it is more important than ever to recognize the early warning signs, risk factors, and learn how to implement anti-burnout strategies.

Tuesday, April 25, 2023
12:00pm – 1:00pm

[Register for Session](#)

2023 Supervisor Excellence Webinar Series

Advanced Communication Skills That Improve Employee Motivation

This practical session covers several advanced interpersonal skills that can help managers to strengthen relationships with employees to improve their motivation. Skills to be discussed include identifying the needs of individual employees, empathic listening, strategies to use in coaching conversations, and ways to provide effective employee recognition.

April 10, 2023- 2:00pm

[REGISTER FOR THIS SESSION HERE](#)

Miss a session? Access the session recordings [here](#).



DEER OAKS SEMINARS

APRIL ON DEMAND SEMINAR

Guiding Your Family to Greener Living

Are you interested in exploring how to live a sustainable life?
We can help you connect intentions with actions for better mental well-being.

Available on-demand starting April 18
at www.deeroakseap.com.



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