

EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

JULY 2023

Employee Enhancement Newsletter



[Read and Download](#)

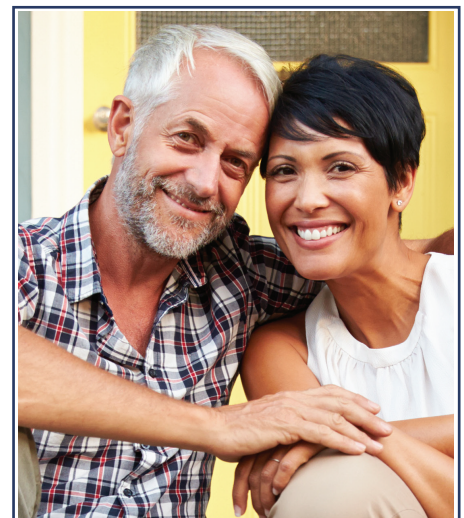
DID YOU KNOW?

Your Employee Assistance Program (EAP) Can Help You Strengthen Your Relationships.

Good relationships don't necessarily just happen. Developing and maintaining healthy partnerships with your spouse, family, friends and colleagues takes time, effort and understanding. From improving communication skills, learning to give and take, and respecting one another to making time for yourself, problem-solving, having fun together, and more.

Available Features

- In-the-moment telephonic support
- Individual, marital and family counseling (children over age 8)
- Work/life consultation with referrals for babysitters, date nights, weekend getaways, support groups, and parenting education
- Information on pre-marital and marital counseling
- Articles and tip sheets about healthy communication, dating, marriage success and long-distance relationships



**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 JULY WEBINARS

Emotional Management in Relationships: How to Respond Instead of React

This important session provides an overview of the emotional self-management skills necessary to have effective interactions with others. We'll discuss ways to identify our feelings, be sensitive to the feelings of others, and manage our emotions so that we don't overreact during conversations.

Thursday, July 13, 2023

12:00pm – 1:00pm

[Register for Session](#)

Four Steps to Resolving Conflict and Restoring Relationships

This session takes a practical approach to identifying the needs of each person, gaining understanding of the other person's position and goals, assessing the potential for compromise, and how to agree to disagree. In addition, we'll review key interpersonal communication approaches and skills crucial to maintaining, and, if necessary, restoring the relationship to ensure good teamwork in the future.

Thursday, July 20, 2023

12:00pm – 1:00pm

[Register for Session](#)

Helping Children Learn Mindfulness

A child's brain is still developing, like a house under construction. Sometimes they are able to calm themselves, stay still, control their impulses, concentrate or wait. But the parts of the brain that are in charge of these functions are still maturing. They need their families, teachers, or other adults to guide them during their development. A tool that can help them during their development is mindfulness. Join this session to learn about the benefits of practicing mindfulness with your children.

Tuesday, July 25, 2023

12:00pm – 1:00pm

[Register for Session](#)

2023 Supervisor Excellence Webinar Series

Emotional Intelligence for Supervisors

Our emotions can bring us joy and happiness, but also pain and frustration if we don't manage them well. This important presentation discusses the steps necessary for supervisors to build and maintain a balanced emotional life at work to improve relationships with employees, and achieve greater levels of success as a leader.

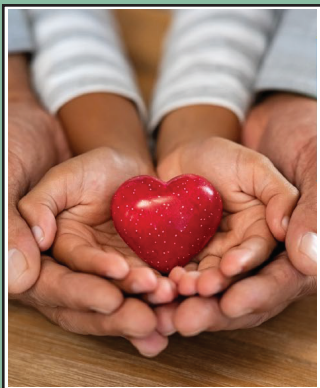
Monday, July 10, 2023

2:00pm – 3:00pm

[Register for Session](#)



DEER OAKS SEMINARS



JULY ON DEMAND SEMINAR

Overcoming Parental Guilt

When faced with challenges, it's common that we as parents may question if we are doing a good enough job. In this session, we will learn how to overcome parental guilt and continue to do your best.

Available on-demand starting July 18th.
at www.deeroakseap.com.

Human Resources

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