

EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

AUGUST 2023

Employee Enhancement Newsletter



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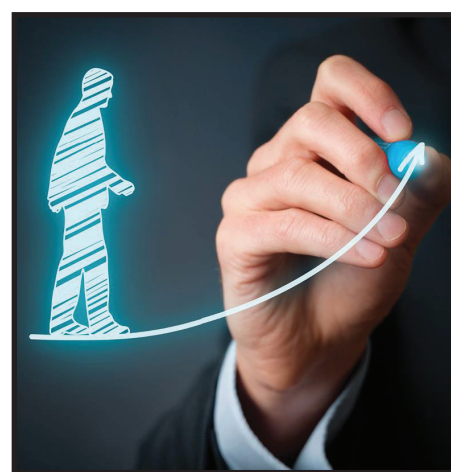
DID YOU KNOW?

Your Employee Assistance Program (EAP) Offers Life Coaching.

The path to personal and professional success is not always clear. This is where a Life Coach can help. With regular telephone sessions, you and your coach collaborate in a thought-provoking, creative process to navigate life transitions and maximize your personal and professional potential.

Features Include:

- An initial 45- to 60- minute session to establish vision, goals and the creation of an action plan
- Up to five 30- minute follow-up sessions to make sure you are on track to achieve your goals
- Follow-up calls scheduled at a time that is convenient to you
- Ongoing supportive email communication for sharing of resources and progress check-ins



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

How to Maintain a Mentally Healthy Workplace Environment

In honor of National Civility Month, this timely presentation provides an overview of the elements that make up a mentally healthy workplace environment. Join the session to learn how to maintain a mentally healthy workplace environment including an inclusive culture, respectful relationships, supportive leadership, and employee wellbeing.

Thursday, August 3, 2023
12:00pm – 1:00pm
[Register to View Recorded Session](#)

Building a Culture of Respect

This session focuses on building awareness in staff of the attitudes, emotions and behaviors that create barriers to a respectful workplace culture. Building a Culture of Respect webinar is a self-management and interpersonal skills training that will lead to more openness, effective communication, greater collaboration, and better management of differences at the office.

Thursday, August 10, 2023
12:00pm – 1:00pm
[Register for Session](#)

Mindfulness for Compassion

Compassion is a feeling that manifests itself when you understand another person's suffering. It is more intense than empathy because compassion also entails the desire to alleviate, reduce and eliminate their suffering. Understand how cultivating compassion helps us to be happier, to accept that we aren't perfect and to increase positive feelings like kindness, love, affection, etc. The session will help you reflect on how compassionate you are to yourself, understand what compassion is and how to develop it, and use mindfulness to increase compassion.

Thursday, August 24, 2023
12:00pm – 12:30pm
[Register for Session](#)

DEER OAKS SEMINARS



AUGUST ON DEMAND SEMINAR

Digging Deep

Managing or changing your financial habits can be difficult. In this session, we will explore how to have smart financial management and learn practical steps on getting out of financial ruts.

Available on-demand starting August 15th. at www.deeroakseap.com.

