



DEER OAKS EAP SERVICES PRESENTS:

A Pandemic Support Webinar Series: Transitioning to the New Normal

This Webinar series is designed to help organizations and their employees to better cope with – and adjust to – the stress and changes brought about by the COVID-19 pandemic.

1 How to Cope with Change and Uncertainty

As the pandemic continues, many individuals are facing significant stress, changing circumstances, and uncertainty. This important session will discuss several practical strategies for managing stress, adjusting to change, and coping with a future that may seem unclear.



Date/Time: January 25, 2021, 1:00-2:00 PM CT

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2 How to Maximize Productivity and Job Satisfaction While Working Remotely

This timely session will review the benefits and challenges of working from home, and provide several tips and strategies that can help remote workers to maximize productivity and job satisfaction. Areas to be discussed include identifying the best workspace, planning/structuring your day, self-discipline, managing distractions, and meeting your personal/social needs.

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Date/Time: April 5, 2021, 1:00-2:00 PM CT

3 How to Deal with Anxiety in the Midst of Stressful Circumstances

This past year, our world has been faced with a series of difficult and stressful circumstances that have left many of us feeling anxious. This timely session will discuss several practical approaches to dealing with anxiety including managing our self-talk, expressing our emotions, and seeking appropriate support from others.



Date/Time: July 12, 2021, 1:00-2:00 PM CT

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4 Preventing & Overcoming Burnout

The World Health Organization defines burnout as a syndrome of “chronic workplace stress that hasn’t been successfully managed.” During these current stressful times, many employees are at an even higher risk of burnout. This important session will discuss several strategies for more effectively managing stress and keeping our lives in balance to reduce the risk of burnout.

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Date/Time: October 11, 2021, 1:00-2:00 PM CT

A recording of each session will be available following the live session.

CONTACT YOUR EAP 24/7/365:

Toll-Free Helpline: (888) 993-7650

Website: www.txdfpseap.com

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2021 SUPERVISOR EXCELLENCE WEBINAR SERIES

Supporting Your Team During Difficult Times

How to Effectively Supervise a Remote Work Team

Supervisors who are responsible for managing remote workers face several unique challenges. This important session will review the core management and leadership skills necessary to ensure that remote employees are engaged and productive. Areas to be discussed include methods for keeping remote workers connected, the importance of establishing a communications rhythm, and strategies for effectively coaching and managing remote worker performance.

Date/Time: February 22, 2021 1:00-2:00 PM CT

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How to Help Your Staff Cope with Change and Uncertainty

As the pandemic continues, many individuals are facing significant stress, changing circumstances, and uncertainty. This important session will provide supervisors and managers with several practical strategies for helping their employees to better manage stress, adjust to changes, and cope with an uncertain future.

Date/Time: May 10, 2021 1:00-2:00 PM CT

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Helping Your Team Find Work-Life Balance During Stressful Times

During these difficult times, many employees are experiencing higher levels of stress. This important session will provide supervisors, managers, and HR professionals with practical strategies to help them encourage their employees to live more balanced lifestyles so they can remain healthy and productive.

Date/Time: August 2, 2021 1:00-2:00 PM CT

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Building a Culture of Respect; The Keys to Creating a Collaborative & Engaged Work Team

This important session focuses on building awareness in managers of the attitudes, emotions, and behaviors that create barriers to a respectful and engaging workplace culture. The presentation will also provide self-management and interpersonal skills training that will lead to more openness, effective communication, greater collaboration, and better resolution of differences at the office.

Date/Time: November 1, 2021 1:00-2:00 PM CT

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Web: www.txdfpseap.com



2021 STRESS MANAGEMENT WEBINAR SERIES

How to Become More Resilient During Difficult Times

During these unprecedented times, employees have been faced with many stressful challenges. Increasing our resilience can be a key strategy to successfully coping with and managing the stress and pressure we face. This timely session will discuss several approaches that can help individuals to increase their resilience and maintain their health and effectiveness day to day.

Date/Time: March 22, 2021 1:00-2:00 PM CT

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How to Handle Extremely Stressful Circumstances

This important session will discuss several strategies for handling the extremely stressful circumstances (trauma, loss, significant changes, etc.) that we experience at times in our personal or professional lives. These strategies include managing our thinking and emotions, increasing our resilience, and making necessary adjustments.

Date/Time: June 14, 2021 1:00-2:00 PM CT

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Managing the Stress of Time and Competing Priorities

This presentation is designed to help individuals recognize how personal organization and use of time contribute to stress levels. The presentation will offer a practical approach to prioritizing efforts and maintaining focus on the most important activities in our lives to reduce stress and increase our effectiveness.

Date/Time: September 13, 2021 1:00-2:00 PM CT

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Managing the Stress of the Holidays

The holidays are a joyous time for many, but can come with additional activities and responsibilities that can be quite stressful. This practical presentation will provide several helpful tips and strategies for managing our stress and keeping our lives in balance during this important season.

Date/Time: December 6, 2021 1:00-2:00 PM CT

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2021 LEADERSHIP CERTIFICATE WEBINAR SERIES



Employees may register for each of the live sessions and have unlimited access to the session recordings. Supervisors/managers and other interested employees that attend all four sessions either live or via online recording will receive the Deer Oaks 2021 Leadership Certificate.

Session #1: How to Effectively Delegate Tasks & Responsibilities

The ability to delegate is a key skill for every leader. This important session will discuss the process of delegating and how to do it in a way that is motivating to employees, while producing good results.

Date/Time: March 29, 2021 1:00-2:00 PM CT

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Session #2: How to Motivate, Engage, and Retain Your Staff

This important session will focus on providing supervisors and managers with several practical strategies to help them to more effectively connect with, motivate, and engage their teams. The strategies/skills to be discussed include building great relationships with employees, providing consistent recognition/appreciation, and assessing the satisfaction and engagement levels of your team.

Date/Time: June 28, 2021 1:00-2:00 PM CT

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Session # 3: Successful Approaches to Difficult Employee Conversations

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

Date/Time: September 20, 2021 1:00-2:00 PM CT

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Session # 4: Moving from Manager to Leader

This important presentation will discuss the key differences between being a manager and a leader, and provide several strategies for becoming more of a leader on a day-to-day basis. Covered topics include core leadership goals, the mindset of effective leaders, the importance of using a collaborative approach, and methods for motivating your team.

Date/Time: November 29, 2021 1:00-2:00 PM CT

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