YOU CAN RECEIVE EAP COUNSELING IN-PERSON, OVER THE PHONE OR THROUGH VIDEO.

You’ve taken the first step. You’ve called your Employee Assistance Program (EAP) and are looking forward to starting counseling, but are unsure about the time commitment involved with meeting a counselor in-person.

We are all busy and taking time for ourselves often gets placed on the back burner. That is why your EAP offers video and structured telephonic counseling in addition to traditional in-person counseling. These telephonic and video counseling sessions can be scheduled at times that are convenient for you. Call from the privacy of your home or office and one of our helpful counselors will help you address issues that are making it difficult to manage at work or at home.

ADVANTAGES
- No drive time-- saves money on gas
- No time spent in a waiting room
- Participate in a counseling session from the comfort of your home, office, or even your car
- The quality of counseling is the same as face-to-face counseling according to the American Psychological Association

 CONTACT YOUR EAP TODAY:
(855) 492-3633
www.deeroakseap.com
eap@deeroaks.com
YOUR EMPLOYEE ASSISTANCE PROGRAM

WHATEVER YOU NEED, WE ARE HERE TO HELP.

2019

Promotional Calendar

<table>
<thead>
<tr>
<th>THEME</th>
<th>ONLINE SEMINAR</th>
<th>DESCRIPTION</th>
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<tbody>
<tr>
<td>JAN Workplace Relationships</td>
<td>Building Positive Relationships at Work Available on Demand Starting Jan 15th</td>
<td>Examine patterns in our workplace relationships and how we can alter our approach to make them positive.</td>
</tr>
<tr>
<td>FEB Recognizing a Need for Support</td>
<td>Mental Health First Aid Available on Demand Starting Feb 19th</td>
<td>Recognize the signs of someone who might be facing emotional concerns, and learn best practices for offering support.</td>
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<tr>
<td>MAR Respecting Each Other</td>
<td>Interpersonal Communication: Social Skills for Success Available on Demand Starting Mar 19th</td>
<td>Explore verbal and nonverbal communication to better understand how interpersonal communication may be interpreted by others.</td>
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<tr>
<td>APR Resilience</td>
<td>Understanding Resilience Available on Demand Starting Apr 16th</td>
<td>Delve into techniques for becoming more resilient, and understand that the first step is acknowledging one’s own feelings.</td>
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<tr>
<td>MAY Prioritizing Wellbeing</td>
<td>Healthy Mind Toolkit Available on Demand Starting May 21st</td>
<td>Learn practices for restful sleep, balanced nutrition, healthy relationships, regular mindfulness practice, and more, as practical tools in your “healthy mind toolkit.”</td>
</tr>
<tr>
<td>JUN Mindfulness and Focus</td>
<td>Mindfulness Matters Available on Demand Starting Jun 18th</td>
<td>Explore basic mindfulness principles and learn some techniques that you can put to immediate use.</td>
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<tr>
<td>JUL Managing Pressure and Balancing Priorities</td>
<td>Making a Life While Making a Living: Work-Life Balance Available on Demand Starting Jul 16th</td>
<td>Identify strategies to be more effective and more satisfied with both home and work lives.</td>
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<tr>
<td>AUG Tools for Financial Wellbeing</td>
<td>Effective Budgeting Available on Demand Starting Aug 20th</td>
<td>Develop better skills for tracking spending, reducing debt, and developing a personal plan for financial success.</td>
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<tr>
<td>SEP Making the Best Use of Your Time</td>
<td>Maximizing Your Day: Effective Time Management Available on Demand Starting Sep 17th</td>
<td>Better understand basic time management principles and what characteristics make effective time managers.</td>
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<tr>
<td>OCT Positive Emotional Health</td>
<td>Emotional Wellness: Building Better Mental Health Available on Demand Starting Oct 15th</td>
<td>Gain coping strategies for dealing with adversity in a constructive way, and develop structured mechanisms for building better mental health.</td>
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<tr>
<td>NOV Support for Caregivers</td>
<td>The Sandwich Generation: Meeting the Challenges of Multigenerational Caregiving Available on Demand Starting Nov 19th</td>
<td>Identify common family dynamics, gain insight on knowing when it’s time for additional caregiving support resources, and explore self-care techniques.</td>
</tr>
<tr>
<td>DEC Creating Stronger Relationships</td>
<td>Examining Relationships: Healthy vs. Unhealthy Available on Demand Starting Dec 17th</td>
<td>Examine different types of relationships – from family and friendship, to romantic and professional – while learning to recognize healthy and unhealthy relationships.</td>
</tr>
</tbody>
</table>

Available any time, any day, your Employee Assistance Program (EAP) is a free, confidential benefit to help you balance your work, family, and personal life. For professional assistance, just call or log on.

TOLL-FREE: 855-492-3633
WEBSITE: www.deeroakseap.com
EMAIL: eap@deeroaks.com

CUNY Work/Life
PRESENTED BY DEER OAKS
Creating a Culture of Improved Employee Engagement
This dynamic presentation will provide several practical strategies that supervisors can utilize in their day-to-day management approach to improve employee engagement and motivation. The session will discuss methods for identifying the needs and interests of staff and techniques for getting them to buy into and work towards the accomplishment of organizational goals.

Friday, March 1st 1:00 – 2:00 PM CT   Register: https://attendee.gotowebinar.com/register/7291651448822880771
Monday, March 4th 1:00 – 2:00 PM CT  Register: https://attendee.gotowebinar.com/register/2540442902388928259

How to Effectively Onboard and Engage Your Employees
Creating high-quality onboarding experiences for new employees is a key to building an engaged work team. This practical presentation will discuss several strategies for effectively onboarding, engaging, and retaining your employees.

Friday, June 7th 1:00 – 2:00 PM CT   Register: https://attendee.gotowebinar.com/register/7622657225343204099
Monday, June 10th 1:00 – 2:00 PM CT  Register: https://attendee.gotowebinar.com/register/9080421627285853187

How to Become an Effective Coach; A Key to Employee Engagement
Research shows that employees are more engaged and productive when their supervisor utilizes a collaborative coaching approach during their day-to-day interactions. This practical presentation will review the communication skills necessary to have effective coaching interactions and discuss using a collaborative coaching approach in key situations including assigning work, managing performance, solving problems, etc.

Friday, September 6th 1:00 – 2:00 PM CT   Register: https://attendee.gotowebinar.com/register/3743939742850391811
Monday, September 9th 1:00 – 2:00 PM CT  Register: https://attendee.gotowebinar.com/register/8660409284985717763

How to Motivate Your Employees to Be Engaged in Their Work
Motivated employees are engaged and productive. This important session discusses research on employee motivation, identifies the three primary needs that employees seek to meet at work, and discusses management approaches to help create and maintain a motivated and engaged team.

Friday, December 6th 1:00 – 2:00 PM CT   Register: https://attendee.gotowebinar.com/register/4945543224289664771
Monday, December 9th 1:00 – 2:00 PM CT  Register: https://attendee.gotowebinar.com/register/774233603019167491