

August 1, 2023**New Employee Assistance Program (EAP) Learning Events (Continued)****Supervisor/Manager 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.

Friday, September 22, 2023 12 - 1 pm**To register:** <https://deeroaks.zoom.us/meeting/register/tZYrdu6qrj0rGtNQCoHpVjnb6qywkHrxOv6A>**Managing Negative Emotions:**

How to Respond Instead of React: This important session is designed to help individuals better understand and manage their emotions so that they are less likely to overreact while making decisions and/or interacting with others.

Thursday, October 12, 2023 9 - 10 am**To register:** <https://deeroaks.zoom.us/meeting/register/tZAod-6vqDgsHtwqJeYo7UOjlcPh5UHCgHpy>**Preventing & Overcoming Burnout:**

This important workshop takes a practical look at the causes of burnout and provides several life management strategies that can help individuals to improve their health, regain motivation, and increase life satisfaction. Strategies include building resilience, time and stress management, and identifying and pursuing our life's purpose.

Tuesday, October 17, 2023 12 – 1 pm**To register:** <https://deeroaks.zoom.us/meeting/register/tZ0qce-spj4sHtOXSPwvoeC9qwz5-ToIMoDg>**Stress and Its Impact on Your Health:**

This seminar takes a practical look at the effect stress has on individuals mentally and physically, along with helpful strategies for listening to internal alarm systems and proactively implementing stress management techniques that can improve health, productivity and life satisfaction.

Thursday, November 2, 2023 9 – 10 am**To register:** <https://deeroaks.zoom.us/meeting/register/tZcrceGprz0vHtJMdgLoN6jtlPnOWY-O4wnu>

August 1, 2023**New Employee Assistance Program (EAP) Learning Events (Continued)****Emotional Intelligence at Work:**

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 to building and maintaining a balanced emotional life at work to achieve greater levels of success.

Wednesday, November 15, 2023 12 - 1 pm**To register:** <https://deeroaks.zoom.us/meeting/register/tZEqc-ysrD8pHdLVAsB5XbEPn2gdvz4qGsRN>**How to Live a Mentally Healthy Life in the 21st Century:**

This important session covers some of the core strategies that can help individuals to live lives that mentally healthy, enjoyable, and productive. These strategies include how to maintain a positive attitude, enhance emotional intelligence and maximize personal resilience.

Thursday, December 7, 2023 9 - 10 am**To register:** <https://deeroaks.zoom.us/meeting/register/tZ0qfumsrTgyGdQbvUA8IF-DNeJDaDMF1Pyx>