RIVERSIDE COMMUNITY COLLEGE DISTRICT

MORENO VALLEY COLLEGE | NORCO COLLEGE | RIVERSIDE CITY COLLEGE

August 1, 2023

New Employee Assistance Program (EAP) Learning Events

Communicating Effectively in a Diverse World:

This dynamic presentation takes an insightful look at the challenges of interacting with different types of people (different cultures, generations, personality types, etc.) and offers several practical strategies for maintaining quality relationships with all.

Thursday, August 3, 2023 12 - 1 pm

To register: https://deeroaks.zoom.us/meeting/register/tZAtc-gggDMgHtw7c98yuATvZB-RKXh3Wxgg

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

Over the last few years, our world has been faced with a series of difficult and stressful circumstances that have left many of us feeing anxious. This timely session discusses several practical approaches to dealing with anxiety including managing our self-talk, expressing our emotions, and seeking appropriate support from others.

Tuesday, August 8, 2023 12 - 1 pm

To register: https://deeroaks.zoom.us/meeting/register/tZAtfu2uqD8sG9DM8CH13OAskw9pBIvxW1kA

Supervisor/ Manager How to Maintain to Mentally Healthy Workplace Environment:

This timely presentation provides an overview of the elements that make up a mentally healthy workplace environment including an inclusive culture, relationships, supportive leadership and employee wellbeing.

Thursday, August 10, 2023 12 - 1 pm

To register: https://deeroaks.zoom.us/meeting/register/tZwof-ipqjMrEtM56QaJQBhUw1fYFPRvYGXH

The Seven Habits of Highly Effective Employees:

Successful employees share many common traits such as integrity, a positive attitude, good interpersonal skills and a strong work ethic. This dynamic presentation provides an overview of these and other characteristics important to career success and outlines several strategies for integrating these traits into our own lives.

Wednesday, September 13, 2023 12 - 1 pm

To register: https://deeroaks.zoom.us/meeting/register/tZUkdOqpqDwpGdLF4FdzNTmEjNd7B0y78gsq

The Four Keys to Handling Pressure:

The challenges of 21st century life place constant personal and professional demands on individuals trying to succeed in the workplace. This practical seminar will empower employees to better manage their perceptions of what confronts them, develop healthier self-talk, avoid over-reacting to situations, and reduce self-defeating behaviors

Tuesday, September 19, 2023 9 - 10 am

To register: https://deeroaks.zoom.us/meeting/register/tZIsceCvqDspGNzRIWpBL5M3RIorI1KCracG

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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/tZcrceGprz0vHtJMdgLoN6jtIPnOWY-O4wnu

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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/tZ0qfumsrTgvGdQbvUA8IF-DNeJDaDMF1Pyx

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