



# e-Learning Courses

## What Are e-Learning Courses?

Deer Oaks offers online e-learning courses as part of your Employee Assistance Program (EAP). These courses combine valuable training with the ease and flexibility of learning online. They provide training for success both on and off the job by giving you practical tips on managing your workplace and your world.

Each course may be completed in 15-20 minutes and is comprised of a visual presentation, brief online quizzes, and a printable certificate of completion.

## Get in Touch with Your EAP

(866) 327-2400  
[www.txhhsseap.com](http://www.txhhsseap.com)  
[eap@deeroaks.com](mailto:eap@deeroaks.com)



## AVAILABLE COURSES

Accessible 24/7

- Accountability
- Appreciating Personality Differences
- Business Etiquette and Professionalism
- Caring For Aging Relatives
- Cultural Diversity in the Workplace
- Drug-Free Workplace Compliance
- Eating Your Way to Wellness
- Effective Communication
- Emotional Intelligence for Success
- Estate Planning: Five Essential Documents
- Maximizing Your Day: Effective Time Management
- Nobody Likes a Bully: Bullying in the Workplace
- Recognizing a Troubled Employee
- Say What You Mean the Right Way: Healthy Forms of Communication
- Self-Care: Remaining Resilient
- Sexual Harassment Prevention in the Workplace
- The Art of Conflict Resolution