



CONTACT YOUR EAP

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Deer Oaks 2020 Supervisor Excellence Webinar Series: Advanced Communication Skills

A series of important topics designed to provide managers and supervisors with enhanced skills that can help them to improve the morale, motivation, and productivity of their employees. This series is available to all supervisors, managers, and other interested employees and does not count toward your organization's training hour bank.

Advanced Communication Skills that Improve Employee Motivation

This practical session will cover several advanced interpersonal skills that can help managers to strengthen relationships with employees in order to improve their motivation. The skills to be covered include identifying the needs of individual employees, empathic listening, strategies to use in coaching conversations, and ways to provide effective employee recognition.

February 3rd, 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/794103984746779139>

Successful Approaches to Difficult Employee Conversations

In today's stressful world, managers find themselves having many rushed, ineffective conversations that compromise the quality of their relationships with their employees. This timely presentation covers choosing the best times to engage in difficult discussions, the right mindsets to embrace in preparation, and communication techniques that ensure better outcomes.

May 4th, 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/444956266369821443>

Maintaining Effective Communication Channels

This important session will discuss several practical approaches to maintaining consistent two-way communication with your team – as a group and with each individual employee.

August 3rd, 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/5196350630268998915>

Advanced Coaching Skills for Leaders

Research shows that employees are more motivated 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.

November 2nd, 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/8703449675246617347>



2020 Stress Management Webinar Series

ABOUT THE SERIES: A quarterly series designed to provide employees with the knowledge and skills necessary to cope more effectively with stress so they can live healthier and more productive lives.

ACCESS: Employees may use the below links to register for the live Webinar sessions. They will also have unlimited access to each session recording.

OVERCOMING BURNOUT

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

When: February 10th, 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/7464339653288674818>

STRESS & ITS IMPACT ON YOUR HEALTH

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.

When: May 11th, 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/7727163614258146049>

HOW TO LIVE A MENTALLY HEALTHY LIFE IN THE 21ST CENTURY

This important session will cover some of the core strategies that can help individuals to live lives that are mentally healthy, enjoyable, and productive. The practical strategies to be discussed include how to maintain a positive attitude, enhance emotional intelligence, and maximize personal resilience.

When: August 10th, 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/6542723509329503233>

MANAGING THE STRESS OF CHANGE

Our constantly changing world creates stress and difficulty for most of us. This important session will provide several techniques designed to help individuals more effectively cope with, and adjust to, the changes in their lives. In addition, the presentation will cover strategies for increasing overall resilience.

When: November 9th, 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/6529815242819442689>

DEER OAKS EAP SERVICES

2020 LEADERSHIP CERTIFICATE

WEBINAR SERIES



ABOUT THE SERIES

A series of important topics designed to provide supervisors, managers, and other interested employees with enhanced skills to improve workplace morale, employee motivation, and staff productivity.

ACCESS

Employees may use the links below to register for the live sessions and will also have unlimited access to each session recording. Supervisors/managers that attend all four sessions either live or via online recording will receive the Deer Oaks 2020 Leadership Certificate.



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HOW TO BUILD A STRONG TEAM

This important presentation is designed to provide managers and supervisors with practical strategies for building a strong team environment for their staff. The session will discuss the barriers to creating a positive team environment, the basics of working effectively with different personalities, generations, etc., and several communication approaches that are important for strengthening relationships among team members.

When: January 27th, 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/849889906201606658>

HOW TO BECOME A MORE EFFECTIVE MANAGER

This important session provides a comprehensive overview of the management and leadership skills necessary to be a manager that can effectively motivate and engage a work team. The skills that will be covered in this class include employee relationship development, teambuilding, coaching, performance management, and conflict resolution.

When: April 27th, 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/6779882669751069954>

PRESENTATION SKILLS FOR SUPERVISORS

This practical presentation is designed to provide an overview of the basic elements necessary to give effective presentations. The topics to be covered include developing your message, interacting effectively with your audience, and how to prepare for delivering your message.

When: July 27th, 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/634383428134334210>

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.

When: October 26th, 1:00 – 2:00 PM CT

Register: <https://attendee.gotowebinar.com/register/1417606242530798594>