

2023 Supervisor Excellence Webinar Series

How to Maintain a Mentally Healthy Workplace Environment

This timely presentation provides an overview of the elements that comprise a mentally healthy workplace environment including an inclusive culture, respectful relationships, supportive leadership, and employee well-being.

When: January 23, 2023 1:00 PM CST

[REGISTER FOR THIS SESSION HERE](#)

Advanced Communication Skills that Improve Employee Motivation

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

When: April 10, 2023 1:00 PM CST

[REGISTER FOR THIS SESSION HERE](#)

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: July 10, 2023 1:00 PM CDT

[REGISTER FOR THIS SESSION HERE](#)

Presentation Skills for Supervisors

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

When: October 16, 2023 1:00 PM CDT

[REGISTER FOR THIS SESSION HERE](#)

Miss a session?

[CLICK HERE](#) to access the session recordings



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DEER OAKS EAP SERVICES

Stress Management Webinar Series

Deer Oaks EAP Services, your Employee Assistance Program (EAP), presents this quarterly webinar 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.



How to More Effectively Respond to Stressful Situations

During these difficult times, stress levels have been higher than ever for many of us. This practical session provides several suggestions for managing our reaction to stressful situations, including being more intentional about stress management, increasing our emotional intelligence, and more effectively utilizing our personal and professional support system.

When: March 27, 2023 1:00 PM CDT
[REGISTER](#)



Managing the Stress of Change

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

When: September 18, 2023 1:00 PM CDT
[REGISTER](#)



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.

When: June 19, 2023 1:00 PM CDT
[REGISTER](#)



How to Better Manage Stress at Work

The demands of the 21st century workplace create stress for most of us. This practical session teaches individuals to better manage stress by reframing their perceptions of workplace challenges, developing healthier self-talk, avoiding over-reacting to situations, and reducing self-defeating behaviors.

When: October 30, 2023 1:00 PM CDT
[REGISTER](#)

CONTACT US

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2023 Leadership Certificate Webinar Series



This Webinar series covers important topics designed to provide supervisors, managers, and other interested employees with enhanced skills to improve workplace morale, employee motivation, and staff productivity. Use the links below to register for the live sessions. You 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 2023 Leadership Certificate.

How to Effectively Supervise a Hybrid Work Team

This important session reviews the core management and leadership skills necessary to ensure that hybrid employees are engaged and productive. Covered topics include methods for keeping hybrid workers more connected, suggestions for establishing a consistent communications rhythm, and strategies for coaching and managing hybrid worker performance.

When: February 13, 2023 1:00 PM CST

[REGISTER](#)

How to Become a More Effective Manager

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

When: May 15, 2023 1:00 PM CDT

[REGISTER](#)

How to Give Difficult Feedback to Your Employees

Successful leaders have the ability to skillfully discuss difficult or stressful topics with their employees. This important presentation provides several practical strategies for having these challenging conversations more effectively including building connections with employees, being more collaborative in our approach, and handling disagreement respectfully.

When: August 21, 2023 1:00 PM CDT

[REGISTER](#)

Managing the Stress of Time & Competing Priorities

This seminar is designed to help supervisors and managers recognize how personal organization and use of time contribute to stress levels. In addition, the presentation offers a practical approach to prioritizing efforts and maintaining focus on the most important activities in our work and lives to reduce stress and increase our effectiveness.

When: November 6, 2023 1:00 PM CST

[REGISTER](#)