

2019 EAP Workshops - Tampa

The Employee Assistance Program is offering free one (1) hour workshops to all employees through the end of this year. All workshops will be held in the Student Services (SVC) building, room SVC 2070 from 12-1 pm. Select sessions will be live-streamed.

An Orientation to Your Employee Assistance Program

February 14, 2019

The juggles of life are real! The EAP is here to help employees become aware of how they're doing and improve areas of their life. The EAP has a community of experts to support employees confidentially, plus perks and digital resources to help with work-life juggles and struggles. The program offers employees and their family a variety of resources, tools, and services to make life a little easier. In this training, employees will learn the details of their EAP benefits, how to use them, and different methods of access.

Create A Positive Outlook

February 28, 2019

Many people find it hard to maintain an optimistic attitude. Why is it important to create a positive outlook? Some studies show personality traits, like optimism and pessimism, can affect many areas of your health and well-being. Even if being positive doesn't come naturally it can be developed. In this training, participants will learn and practice skills to help create a positive outlook.

Goal Setting to Ignite Workplace Success

March 7, 2019

Goal setting is essential for workplace success. Not having goals can be equated to leaving on a trip without directions. Goals provide guidance and direction and promote planning, motivation, and inspiration. In this training, participants learn about types of goals, the importance of goal setting, creating attainable goals, managing obstacles, and tracking progress.

Techniques to Restore Well-Being & Improve Health

March 21, 2019 | [also available via Live Stream](#)

Life is full of circumstances that deplete us of energy and can leave us feeling unhealthy and discontented. It's important to find ways to regularly and purposefully restore our well-being. In this training, participants will learn restorative practices to improve well-being, including approaches to help them feel calm and connected, and how to integrate these techniques into their personal life and goals.

Enhance Your Relationships with Better Communication

April 4, 2019

Effective communication helps us better understand other people or situations, and it assists us to resolve disagreements. What we try to communicate to others, and what others try to communicate to us, frequently gets misunderstood. This miscommunication can cause conflict and frustration in our personal and professional relationships. In this training, you will learn basic techniques to improve your communication skills to enhance your relationships at work and home.

Becoming A Successful Team Player

April 18, 2019

Teamwork is an essential part of any successful team. Whether part of a workgroup; work individually yet interface with a larger group or work across teams, team players are an important part of your organization. In this highly interactive session, participants will learn what it means to be a team player, why it's important, and characteristics of a good team player. Participants will also receive tips on how to better work with a team in the office and virtually, and develop a short personal action plan to start improving these skills.

Parenting and the Power of Positive Discipline

May 2, 2019

The more effective you become at encouraging appropriate behavior, the less time and effort you'll have to spend correcting misbehavior—and who doesn't want that!?! This course will address several positive parenting techniques such as modeling, prevention and the use of natural and logical consequences.

Improving Your Personal and Work Life with Better Sleep

May 16, 2019 | [also available via Live Stream](#)

Not getting enough proper sleep can be harmful to health and well-being. Research shows a lack of quality sleep can interfere with the body's ability to heal. Also, sleep deprivation leads to decreased productivity and makes it harder to learn new tasks. Many people aren't even aware they are sleep deprived and believe they are functioning well. In this training, participants will learn why sleep is important; things that interfere with sleep and techniques to improve your sleep, including tips for shift workers.

Money Basics: Let's Build A Plan

June 6, 2019 | [also available via Live Stream](#)

There are four components to the Money Basics Plan. This class explains the importance of each section and how they work together to remove financial stress from your life.

- Control spending
- Prioritize saving
- Manage debt
- Maintain excellent credit

Maximizing Your Attention

June 20, 2019

It can be hard to maintain our attention and focus when we have so many things on our minds. Most of us spend the day distracted by our thoughts regarding things that happened in the past or things we have to do in the future. The inability to be "present" in the moment can affect our ability to do our job well. In this training, you will learn how to define a distraction, the importance of attention, techniques for maximizing your attention and how to put aside personal/family issues.

Work-Life Satisfaction

July 25, 2019 | [also available via Live Stream](#)

For years, many of us have chased the dream of having a perfect balance between our professional and personal lives. This training takes the emphasis off the unrealistic idea of balance and places it on finding satisfaction. You will be given information on how to create the most satisfying personal and professional life.

Strategies for Resolving Workplace Conflict

August 8, 2019

Conflict is normal, a natural part of relationships and is inevitable. This can be especially true in today's diverse workplace. Yet unaddressed and unresolved conflict can be damaging to workplaces. In this training, employees will gain an understanding of why conflict happens and their response to it. They will also learn and apply strategies for effectively approaching and resolving their workplace conflicts.

Keeping the Mind Young

August 22, 2019

Many people think as they age they automatically lose their mental edge. It doesn't have to be that way. Learn techniques to improve your memory and stay sharp at any age. Also, find out if you are doing the right things to keep your brain healthy.

Mental Health and Suicide Prevention Awareness

September 5, 2019 | [also available via Live Stream](#)

Despite the high prevalence of mental illness and deaths by suicide, about two-thirds of people with mental illness never seek professional care. Yet, most who receive care improve and many recover completely! Attend this training to learn mental illness and suicide facts and warning signs, how to help yourself and others with mental health concerns, and valuable resources for promoting mental health.

Helping Employees Navigate Change (*For supervisors only*)

September 19, 2019

How do you respond to change? How do you think your employees respond to change? Attend this training to learn more about the factors affecting change and how to deal with resistance to change. You will also have an opportunity to discuss and apply what you've learned to changes you may currently be experiencing.

Cultural Competency in the Workplace

October 10, 2019

Work environments are increasingly diverse in age, gender, ethnicity, etc. A key component of a healthy and thriving team is the ability to navigate through these differences successfully. In this training, you will gain a deeper understanding of your individual diversity and that of others around you. You will learn what it means to be culturally competent and why this is so important in today's ever-changing world. Finally, you will gain practical insights and strategies for acquiring skills of cultural competence that are applicable both within and outside of work.

Tackling Life's Challenges with Resilience and Grit

October 24, 2019

What gives some people the ability to recover from hardship and reach their long-term goals, while others struggle? The answer might be resilience and grit. In this training, participants will learn the meaning of resilience and grit, characteristics of people with these traits, benefits to building these skills, and ways to improve your resilience and grit.

Maximizing Your Day: Basics of Effective Time Management

November 7, 2019 | [also available via Live Stream](#)

Today's world requires employees to do more, better, faster, and with less. If employees don't grasp the basics of effective time management, it can be challenging for them to understand what they are doing wrong and how to improve. In this training, participants will learn what it means to manage their time, advantages of time management, and techniques to help them better manage their day.

Five Fast Fixes to Reduce Stress

December 5, 2019

Stress is an inevitable part of life. It comes in many forms, such as trying to figure out how to pay unexpected bills or managing increased demands at work. We can't stop all stressful events from happening, but we can learn to manage them in a way that keeps our stress level under control. This training teaches five simple tips to help manage everyday stressors faced at work or home.