



## October 2020: EAP SESSIONS – sponsored by Magellan

The Employee Assistance Program offers **free** one (1) hour workshops to employees. All workshops will be held **ONLINE**. Additionally, Magellan offers content specific webinars and resources available to all of its clients; more information on these resources can be found below.

---

### Live Webinars available for USF employees:

#### Tuesday, October 6th | 12-1pm | How to Build Resilience and Adaptive Skills during COVID-19

The COVID-19 pandemic has brought uncertainty, rapid change, worry and stress to our world. Attend this webinar to learn insights on reasons people are feeling stress and panic.

- **Session URL:** <http://magellanhealth.adobeconnect.com/rqn82wawwnq5/>
- Link to [Handout](#)

#### Thursday, October 8th | 12-1pm | Improving Your Personal and Work-Life with Better Sleep

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.

- **Session URL:** <http://magellanhealth.adobeconnect.com/rqn82wawwnq5/>
- Link to [Handout](#)

#### Thursday, October 29th | 12-1pm | Positively Maneuvering Change in the Workplace

Change is evitable and essential to functioning and growing in today's world. Our response to change is personal and varied based in part by past experiences and personality traits. In this training, participants will learn how different change types and sizes impact the change experience, the role of resistance in change, the importance and value of change, managing emotions in a changing environment and the power of resiliency and self-care in navigating change.

- **Session URL:** <http://magellanhealth.adobeconnect.com/rqn82wawwnq5/>



To learn more about these workshop sessions, please [click here](#) for the descriptions and the links (scan the QR code) to participate.



Did you know that if you miss a session, you may be able to watch a recording? The links for USF sponsored sessions are found [here](#) and [MagellanAscend](#) has many videos and webinars available on-demand.

---

### Live Webinars from Magellan

**Wednesday, October 14, 2pm -3pm | How to Thrive This Holiday Season | You can cope better with the holidays** For more information and to register, please [click here](#) to go the Magellan News website.

---

If you have any questions about these sessions, feel free to contact [benefits@usf.edu](mailto:benefits@usf.edu).