

September 2020: EAP SESSIONS – sponsored by Magellan

The Employee Assistance Program is offering **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 it's clients, more information on these resources can be found below.

Live Webinars available for USF employees:

Thursday, 9/10/20 | 12 – 1pm | Create a Positive Outlook | 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.

Thursday, 9/17/20 | 12 – 1pm | Tackling Life's Challenges with Resilience and Grit | 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.

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

*The URL for the website to connect to the webinar will be posted prior to the date of the session.



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, September 9, 2pm -3pm | The Opioid Crisis: How We Got Here, Where We Are Headed, What We Can Do | Employees - Recovery and substance use awareness

Wednesday, September 23, 2pm -3pm | Mental Health, Substance Use and Suicide Prevention Awareness for Leaders | Managers - Stop the stigma

For more information and to register for these webinars, please [click here](#) to go the Magellan News website.

If you have any questions about these sessions, feel free to contact benefits@usf.edu.