

Life-Work Connections/EAP Supervisor Series

Register for one or more of the EAP Supervisor Training Sessions*
through MyPath (mypath.rochester.edu)



Using EAP in Supervision

September 17, 2020 • 12-1 PM • Virtual

- Overview of Employee Assistance Program.
- Explore myths about why supervisors do not refer employees to EAP.
- Improve your ability to recognize employees having personal problems that are adversely affecting performance.



Recognizing Stress, Depression, and Anxiety in the Workplace

October 15, 2020 • 12-1 PM • Virtual

- Learn about the prevalence of stress, depression, and anxiety in the workplace.
- Gain tools to assist you in recognizing signs of stress, depression, and anxiety among your employees.
- Learn what you can do as a supervisor to help a struggling employee.



Work-Life Balance Starts with you, the Leader

October 29, 2020 • 12-1 PM • Virtual

- Assess your own work-life balance.
- Consider factors that contribute to your current balance/imbalance.
- Create your own action plan for improving your work-life balance.



The Ultimate Overview of Leave Administration

November 12, 2020 • 12-1:30 PM • Virtual

- Expand your knowledge of plans such as the Family Medical Leave Act (FMLA), Paid Family Leave, Workers' Compensation, and Short and Long-Term Disability.
- Understand the eligibility requirements, employee responsibilities, and department responsibilities for each plan.
- Have specific questions? Presenter will take them throughout the presentation.



Workplace Conflict: A Supervisor's Guide

December 10, 2020 • 12-1 PM • Virtual

- Assess your conflict management style.
- Consider your role as supervisor in resolving conflicts.
- Explore the value of defining the problem before intervening.

*All trainings will include an ASL interpreter on screen.