ComPsych® Webinar Series

Mental Health Awareness for Leaders
Managing individuals who may be struggling with stress, anxiety, depression and other mental health concerns can be a difficult balancing act. Your role is to manage performance and to bring out the best in your workforce, but accomplishing this often requires you to express concern and support when employees struggle emotionally. Managers often feel uncomfortable in this aspect of their role and may lack the important skills of “emotional management.” This course covers ways employees may present their distress and offers insights and strategies on forging supportive empathic alliances within the role of manager.

The session also identifies common mistakes managers make in responding to employees in distress and explains communication skills that express support and convey positive expectancy. Participants are also given information on how to refer employees to the Employee Assistance Program.

Date and Time
• Wednesday, April 14, Noon - 1 p.m. MST

Effective Communication
Why is interpersonal communication important? Personal success depends on our ability to communicate. Effective human relations depend on our communication skills. Overall, interpersonal communication skills are necessary for understanding and for action. This session explores interpersonal skills and techniques necessary for successful interactions.

Date and Time
• Wednesday, April 21, Noon - 1 p.m. MST

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