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

RSVP to desireecadle@usf.edu no later than 9am the day of the scheduled training as space is limited.

If you would like to participate, please respond via email indicating which of the following session(s) you would like to attend:

**October**

**10/7 12-1pm Friday**

Title: Transform Your Thoughts for Weight Loss Success (1 hour)
Description: If you have ever struggled to lose weight, you’re not alone! There are many obstacles which can stand in your way. This training will help you to conquer one of your biggest obstacles – your thoughts. You will identify sabotaging thought patterns that squelch your motivation. In addition, you will learn ways to transform those thoughts to create your own weight-loss success.

**10/13 12-1pm Thursday**

Title: Managing Workplace Stress (1 hour)
Description: Stress is a normal part of life. Some stress can help increase productivity and push employees to reach their goals. However, excessive stress can interfere with productivity and cause physical and emotional problems. When pressures and demands at work increase, employees need a way to manage the stress. In this training, employees will learn the signs and symptoms of excessive workplace stress and ways to manage workplace stressors. Participants will learn how to plan effectively for their day; ways to break negative habits that could be increasing their stress levels, and quick tips to diffuse stress.
November

11/3 12-1pm Thursday

Title: Take Control of Your Wellness for Total Health (1 hour) – 2nd Independent Session
Description: The training uses a positive, strengths-based approach to help individuals determine their health and wellness goals; identify the motivation for their health and wellness goals, anticipate obstacles and prepare for setbacks and create a personal wellness plan.

11/17 12-1pm Thursday

Title: Achieve Professional Success through Emotional Intelligence (1 hour)
Description: Success in the workplace is achieved not only as a result of our skills and knowledge but also our ability to interact and work effectively with others. Participants will discuss Dr. Daniel Goleman’s “Working with Emotional Intelligence” in which he describes emotional intelligence as the combination of five core qualities: self-awareness, self-regulation, motivation, empathy and social skills.

December

12/8 12-1pm Thursday

Title: The Art of Mindfulness (1 hour)
Description: In this hectic, overstretched world we live in, most of us are doing two or three tasks at any given time throughout the day. In the midst of completing necessary tasks, you may find yourself losing touch with the here and now—missing out on what’s happening in the present moment and how you’re feeling. In this training, you will learn the difference between mindlessness and mindfulness. You will also learn the importance and benefits of being mindful. Additionally, you will have an opportunity to practice mindfulness meditation techniques.

12/15 12-1pm Thursday

Title: Keeping the Mind Young (1 hour)
Description: Many people think that 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.

If you have any questions about these sessions, feel free to contact Desirée Cadle at 974-5705 or desireecadle@usf.edu.