

2019 C-SEAP Webinars

January through March



For more information OR to **register**, visit our [Webinars and Workplace Presentations](https://www.colorado.gov/pacific/c-seap/webinars-and-workplace-presentations) page - <https://www.colorado.gov/pacific/c-seap/webinars-and-workplace-presentations> or our C-SEAP home page calendar - <https://www.colorado.gov/c-seap>

Wed, **Jan 9, 2019 10:00 AM - 11:00 AM** MDT

Introduction to C-SEAP for All Employees

Learn about counseling, consultation, coaching, mediation and training services available free-of-charge to all state employees. Participants will have the opportunity to ask questions of C-SEAP staff regarding available services. See registration information printed at top and bottom of this document.

Thurs, **Jan 17, 2019 2:30 PM - 3:30 PM** MDT

Cubicle Etiquette

While working in cubicle work environments can present frustrations, this presentation will offer tips and strategies to employees in support of their efforts to reduce potential tensions associated with open-concept office environments. See registration information printed at top and bottom of this document.

Tues, **Jan 29, 2019 10:00 AM - 11:30 AM** MDT

Introduction to Emotional Intelligence and EI Coaching

Learn how Goleman defines the four quadrants of Emotional Intelligence - Self-Awareness, Self-Management, Social Awareness, and Relationship Management. In addition, an overview of the CSEAP Emotional Intelligence Coaching Program will be provided. See registration information printed at top and bottom of this document.

Wed, **Feb 13, 2019 10:00 AM - 11:15 AM** MDT

Introduction to C-SEAP for Supervisors

Learn about EAP services available to your employees. In addition, presenters will talk about use of EAP consultation in situations of concern involving team dynamics or conflict, reasonable suspicion, threats, or well-being of an employee. Tips and strategies for managers and supervisors will be provided. See registration information printed at top and bottom of this document.

Thurs, **Feb 21, 2019 10:00 AM - 11:15 AM** MDT

Leadership Response to Workplace Trauma

C-SEAP staff will present information on supportive responses that can be implemented by department and team leaders in situations of death, significant injury, and other traumas that impact the workplace. We'll discuss the resilience that we are all wired with in these situations, what to say or how to respond when you're concerned about an employee, and basic approaches in response to the psychological needs of employees when unexpected events impact work. See registration information printed at top and bottom of this document.

Tues, **Feb 26, 2019, 10:00 AM - 11:15 AM** MDT *Rescheduled from 12/4/2018

Are you co-parenting a child or children with a previous partner or considering blending two established families through commitment or marriage? C-SEAP presenter(s) will provide suggestions and strategies based on best practice and clinical observations and insights. Learn strategies for establishing supportive co-parenting boundaries, creating an inclusive family environment, supporting kids having difficulties coping with co-parenting or blending arrangements. See registration information printed at top and bottom of this document.

Wed, **Feb 27, 2019 2:00 PM - 3:15 PM** MDT

When Loss or Grief Impacts the Workplace

This presentation includes practical information on trauma, loss, and grief and related effect on individuals and the work setting. Speakers will offer strategies for responding to grief or loss in self or as recognized in others. See registration information printed at top and bottom of this document.

Thurs, **March 7, 2019 2:30 PM - 3:30 PM** MDT

Introduction to C-SEAP for All Employees

Learn about counseling, consultation, coaching, mediation and training services available free-of-charge to all state employees. Participants will have the opportunity to ask questions of C-SEAP staff regarding available services. See registration information printed at top and bottom of this document.

Wed, **March 20 & Wed, March 27, 2019 10:00 AM to 11:15 AM** MDT

Understanding Conflict Modes - For Mgrs, Supvs, HR, other org leaders

What's your default conflict style? The conflict styles of team members can influence how individuals and the team interact during times of workplace conflict and change. Managers, supervisors, HR professionals, and other leaders will learn strategies for managing conflict and improving workplace communication and will also learn how to access conflict mode assessments and facilitated conflict or change dialogue through the services of CSEAP.

Participation requires attendance on both dates listed above - this is a 2-session webinar series. CSEAP can only accept 20 registrations for this webinar. Please limit registration to only 1 leader (manager, supervisor, HR, other leader) per organization; Contact C-SEAP to offer this training exclusively to your organization. See registration information printed at top and bottom of this document.

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