



## 2018 C-SEAP Webinars - *October through December*

For more information OR to **register**, visit our Webinars and Organizational Training page - <https://www.colorado.gov/pacific/c-seap/webinars-and-workplace-training> or our C-SEAP home page calendar - <https://www.colorado.gov/c-seap>

Tue, **Oct 2, 2018 10:00 AM - 11:00 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.

Tue, **Oct 16, 2018 2:00 PM - 3:15 PM** MDT . ***Domestic Violence Impacting the Workplace***

C-SEAP staff will review the state employee Universal Policy addressing Workplace Violence including Domestic Violence Affecting the Workplace. In addition, participants will receive information highlighting features of abusive relationships.

Wed, **Oct 24, 2018 10:00 AM - 11:30 AM** MDT . ***Workplace Respect and Professionalism***

Identify how professionalism and communication style can influence how you set, maintain, and respect workplace boundaries. C-SEAP staff will present accepted standards of professionalism and how to maintain a respectful workplace.

Wed, **Nov 2, 2018 10:00 AM - 11:15 AM** MST . ***Stress, Wellness, & Resiliency***

Learn about the compounding impact of stress including general information about anxiety and depression. In addition, C-SEAP staff will present strategies for stress management and developing resiliency to participants.

Wed, **Nov 7, 2018 10:00 AM - 11:00 AM** MST . ***Intro to CSEAP 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.

Wed, **Nov 14, 2018 10:00 AM - 11:30 AM** MST . ***What's Your Leadership Style?***

Applying information from current writings and research, C-SEAP presenter(s) will provide an overview of various leadership styles with a focus on capitalizing on strengths and identifying your areas of leadership challenge.

Tue, **Dec 4, 2018 2:00 PM - 3:15 PM** MST . ***Strategies for Blending Families and Co-Parenting***

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. Information to be presented includes establishing supportive co-parenting boundaries, creating an inclusive family environment, strategies for supporting kids who are having difficulty coping with co-parenting or blending arrangements.

Wed, **Dec 12, 2018 10:00 AM - 11:00 AM** MST . ***Introduction to SEMP***

Learn about the State Employee Mediation Program including how to request mediation and an overview of the mediation process. In addition, presenter(s) will provide information about additional C-SEAP services.

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