

From: [Gonzalez, Lori \(SCC\)](#)
To: [SCC DL All Staff](#)
Subject: Events and Webinars hosted by the Employee Assistance Program
Date: Friday, September 6, 2024 8:10:09 AM
Attachments: [image001.png](#)

Hello everyone – As September begins, our [Washington State Employee Assistance Program \(EAP\)](#) is offering the following resources to support you and your family:

EAP Events and Webinars

This month, the Washington State EAP is excited to share our expanded roster of *live* [events and webinars](#). We hope that you will be able to join us for the following events:

- Join us **every Wednesday at noon** in September as we continue with our **Wellness Wednesdays series!** Each month will have a themed topic and all sessions will relate to that topic. In September, our series continues with...
- **Resilience in Action: Strategies for Overcoming Challenges and Managing Stress**
In today's fast-paced and ever-changing work environment, resilience and effective stress management are essential for maintaining well-being, productivity, and motivation. Our September series of micro-trainings is designed to empower you with the tools and strategies needed to build resilience, overcome adversity, and manage stress effectively. From understanding the foundations of resilience to applying practical techniques in both personal and professional settings, each session offers actionable insights to help you thrive amidst challenges. Join us this month to enhance your resilience, reduce stress, and cultivate a mindset that turns obstacles into opportunities for growth and success. **Interested in joining? Register [HERE](#).**
- **September 4, 2024: What Is Resilience?**
Begin your journey to understanding resilience with this foundational session. Learn what resilience truly means and why it's crucial in both personal and professional contexts. This session will cover the characteristics of resilient individuals, the importance of resilience in facing life's challenges, and how you can start building your own resilience. Discover the power of a resilient mindset and how it can lead to increased well-being and success.
- **September 11, 2024: How to Face Adversity with Resilience**
Adversity is a part of life, but how you respond makes all the difference. In this session, explore practical strategies for facing adversity with resilience. Learn how to stay grounded in the face of challenges, maintain a positive outlook, and adapt to change effectively. This training will provide tools to help you bounce back stronger from setbacks, keeping you on track toward your goals despite obstacles.

- **September 18, 2024: How to Overcome Obstacles at Work with Resilience**
Workplace challenges are inevitable, but resilience can help you navigate them successfully. This session focuses on overcoming obstacles at work with resilience, whether they involve difficult tasks, conflicts with colleagues, or adapting to organizational changes. Gain insights into maintaining your composure, staying solution-focused, and turning challenges into opportunities for growth. Learn techniques to strengthen your resilience in the workplace and maintain your professional momentum.
- **September 25, 2024: Strategies for Coping with Stress**
Stress is a common experience, but effective coping strategies can make all the difference. In this session, we'll explore a range of strategies for managing stress and preventing burnout. From mindfulness practices to time management techniques, learn how to build a stress-resilient lifestyle. Discover how to identify stress triggers, develop healthy habits, and maintain balance in your personal and professional life.

Interested in joining us? Register [HERE](#)

- **[EAP Orientation to the Employee Assistance Program](#)**
Learn about all the EAP offers through a live 30-minute EAP Orientation webinar.
Monday, September 9, 2024, 10:00 am – 10:30 am.

Can't attend the live September webinars? Check out [future dates](#). In addition, EAP offers [on demand webinars on a variety of subjects, including EAP Orientation, depression and anxiety relating to stress, nurturing success for Black employees in and out of the workplace, resources for older adults and their family caregivers, emotional intelligence, and more.](#)

Lori Gonzalez | Pronouns: she/her
Executive Assistant | Administrative Services Manager | HR Liaison
Washington State Conservation Commission
Office: 360-407-7417 | Cell: 360-791-0226
Office hours: 8:00 a.m. – 4:30 p.m. | visit our website to learn more about the [SCC](#)



[Follow us on Facebook!](#)

Well Being Notice: *Receiving this email outside of normal working hours? Managing work and life is unique for everyone. I have sent this email at a time that works for me. Please respond at a time that works for you.*

Email communications with state employees are public records and may be subject to disclosure, pursuant to Ch. 42.56 RCW.

