

CSEAP Webinars - Spring 2020

April through May



COLORADO
State Employee Assistance
Program
CSEAP

For more information OR to register, visit our [Attend a CSEAP Webinar](#) (<https://www.colorado.gov/pacific/c-seap/attend-cseap-webinar>) web page or our home page calendar - <https://www.colorado.gov/c-seap>. Contact Joy Harger or Jeremiah Dahlen at 303-866-4314 with questions.

April 2020

Wednesday 4.22.2020 . 2:00pm - 3:15pm

Perinatal Mood and Anxiety Disorders (PMAD) at Work

Speaker will provide an overview of Perinatal Mood and Anxiety Disorders, strategies for coping, and information to assist the workplace in supporting parents in managing symptoms at work.

Friday 4.24.2020 . 11:00am - 12:00pm

Managing Stress and Anxiety During Uncertain Times

Join us for a presentation on stress and anxiety during uncertain times. While this webinar acknowledges the uncertainty of our current pandemic, this presentation does NOT provide an educational focus on COVID-19 or workplace response to COVID-19. This presentation will focus on managing your responses and reactions to stressful situations.

Monday 4.27.2020 . 10:00am - 11:30am

Managing the Social and Emotional Impact of Stay-at-Home Orders During Pandemic

This presentation will address stressors and changes that we've experienced due to pandemic. Learn about typical stress and emotional impact of this difficult time. We'll discuss strategies for managing stress and limitations associated with social distancing that has been required in order to maintain health and reduce risk.

Tuesday 4.28.2020 . 10:00am - 11:30am

Navigating Uncertain Financial Times

In partnership with [The Society for Financial Awareness \(SOFA\)](#), the Colorado State Employee Assistance Program is offering free financial education webinars to State employees. The current coronavirus and COVID-19 situation has created a tremendous amount of financial uncertainty on every level. This class covers the possible effects on personal finances and ideas on how to manage them, including: evaluating household expenses, available emergency loan options, how retirement savings are affected, government financial stimulus, and protecting yourself from financial scams.

Wednesday 4.29.2020 . 11:00am - 12:00pm

Managing Stress and Anxiety During Uncertain Times

Join us for a presentation on stress and anxiety during uncertain times. While this webinar acknowledges the uncertainty of our current pandemic, this presentation does NOT provide an educational focus on COVID-19 or workplace response to COVID-19. This presentation will focus on managing your responses and reactions to stressful situations.

Wednesday 4.29.2020 . 2:30pm - 4:00pm

Navigating Uncertain Financial Times

In partnership with [The Society for Financial Awareness \(SOFA\)](#), the Colorado State Employee Assistance Program is offering free financial education webinars to State employees. The current coronavirus and COVID-19 situation has created a tremendous amount of financial uncertainty on every level. This class covers the possible effects on personal finances and ideas on how to manage them, including: evaluating household expenses, available emergency loan options, how retirement savings are affected, government financial stimulus, and protecting yourself from financial scams.

CSEAP webinars may be cancelled when less than 10 employees have registered to attend.

SEE NEXT PAGE for ADDITIONAL WEBINAR INFORMATION.

May

Tuesday 5.5.2020 . 11:00am - 12:15pm

Managing the Social and Emotional Impact of Stay-at-Home Orders During Pandemic

This presentation will address stressors and changes that we've experienced due to pandemic. Learn about typical stress and emotional impact of this difficult time. We'll discuss strategies for managing stress and limitations associated with social distancing that has been required in order to maintain health and reduce risk.

NEW in 2020! Wednesday 5.6.2020 . 10:00am - 11:30am

Support for Peer Support Teams: Death of a Coworker

Offered quarterly, this and other webinars in the series will provide strategies and tips on providing support to workplace peers to agency Peer Support or Wellness Teams. This webinar will focus on the experience of losing a coworker in tightly knit work communities. In addition, we'll talk about providing support to a family member as appropriate for your workplace. We'll also discuss grief and grief resources available to your peer colleague, and secondary trauma that may impact you as a peer supporter.

NEW in 2020! Wednesday 5.13.2020 . 2:00pm - 3:30pm

Support for Peer Support Teams: Death of a Coworker

Offered quarterly, this and other webinars in the series will provide strategies and tips on providing support to workplace peers to agency Peer Support or Wellness Teams. This webinar will focus on the experience of losing a coworker in tightly knit work communities. In addition, we'll talk about providing support to a family member as appropriate for your workplace. We'll also discuss grief and grief resources available to your peer colleague, and secondary trauma that may impact you as a peer supporter.

Thursday 5.14.2020 . 2:30pm - 4:00pm

Workplace Respect and Professionalism

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

Wednesday 5.20.2020 . 9:00am - 10:15am

Workplace Threat Assessment and the PFFD Process

Participants will learn of strategies for assessing behavioral threats in the workplace and other behaviors of concern. CSEAP staff will provide an overview of the Psychological Fit for Duty (PFFD) assessment process and ways this program can assist employers.

Thursday 5.21.2020 . 9:00am - 10:30am

Leadership Response to Workplace Trauma

CSEAP 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.

Tuesday 5.26.2020 . 9:30am - 10:45am

Managing Reasonable Suspicion in the Workplace

Presenter(s) will provide a review of the State of Colorado Universal Policy addressing Substance Use Impacting the Workplace for supervisors, managers, and HR professionals. Learn best practice in response to suspected on-the-job substance use or use that impacts performance or the workplace.

CSEAP webinars may be cancelled when less than 10 employees have registered to attend.

For more information OR to register, visit our [Attend a CSEAP Webinar](https://www.colorado.gov/pacific/c-seap/attend-cseap-webinar) (<https://www.colorado.gov/pacific/c-seap/attend-cseap-webinar>) web page or our home page calendar - <https://www.colorado.gov/c-seap>. Contact Joy Harger or Jeremiah Dahlen at 303-866-4314 with questions.