

# Optum EAP – Summer Series

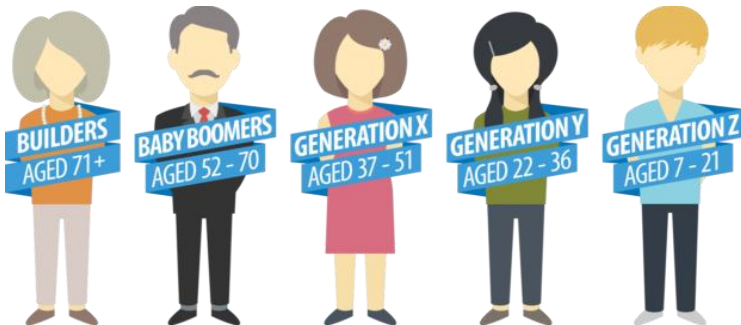
## Generations At Work

The dynamics of today's work force are changing rapidly. The old rules and structures are disappointing or being redefined. It's possible for workplaces to have four different generations on the same work team sharing the same space.

Each generation brings its own values, rules and styles, which sometimes can leave conflict and unproductive competition in its wake. This program can help participants understand generational differences and offer tips for creating a harmonious workplace.

### Program Highlights:

- Understand how each generation approaches work differently
- Explore the values that drive each generation
- Determine strengths of each generation
- Develop techniques for creating harmonious work team



## Creating Positive Work Environments

So much of our time is spent in the workplace these days and it's critical to ensure that this place stays positive. Not an easy task with deadlines, stresses and other challenges.

When employees feel valued, respected and genuinely happy in their role, they tend to stay motivated and work as a team. Each employee has an impact on how the work environment will be.

### Program Highlights:

- Positive communication
- Setting expectations and needs
- Creative ideas for recognition and rewards
- Building team work
- Finding meaning in your work
- Accepting responsibility
- Humor in the workplace
- Staying the course



# Optum EAP - Summer Series

We are offering several courses this summer.

These programs will be conducted by a member of a training professional from the Optum EAP network.

RSVP to one or more of our sessions.

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Sessions are scheduled from  
**12:00 p.m. to 1:00 p.m**  
at the locations listed below:

COURSE	Grossmont/District Services	Cuyamaca College
	District Annex Conference Room	Student Center Room I-104
Generations at Work	Tuesday, July 10, 2018	Thursday, July 12, 2018
Creating Positive Work Environments	Tuesday, July 17, 2018	Thursday, July 19, 2018

Please RSVP to  
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or [jenny.aquino@gcccd.edu](mailto:jenny.aquino@gcccd.edu)