



ARE OTHER'S JUDGING ME?

Can the EAP help me stop worrying about whether others are judging me as a new supervisor? I don't want to go through a big therapy process. I just want to engage with my team, be more relaxed, and stop being so anxious. I know I need to stop worrying about my team members judging me.

"Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, it's amazing what they can accomplish."

~ Sam Walton

Leadership Orientation Training - Session B

Watch for up coming classes.

CONTACT US TODAY:

Please contact our office by calling 800-779-6125 or e-mailing (info@connectionseap.com) for more information or register online:

www.connectionseap.com

You are commended for facing real stressors related to moving into a leadership role. Connections Inc. EAP is a source where you can obtain assistance for the stressors of this new 'game.' A good therapist can work with you as a coach to develop a plan to practice, monitor, and gauge progress in becoming a more relaxed leader. Your struggle really is quite common for new leaders.

Social and engagement skills, positive self-talk, a genuine

'other' focus replacing the obsessive 'self' focus, and more strategies are all helpful to replace worries about what your team members may be thinking. Supportive coaching will allow you to stop thinking about making an impression and instead concentrate on engaging effectively. After your EAP encounter, you may become aware of and want to explore other challenges related to your immediate goals for further developing your leadership skills.

Written by: Andy Visser

ATTENTION: SUPERVISORS, MANAGERS, ADMINISTRATORS:

Session A: "Leadership Orientation to the EAP", is always available on the website. Please check your wallet cards or contact your HR department for your username and password.

Website Information – Webinars are available in the Work/Life Services site. Log in on Connections website go to Employee or Leadership Resources tab to access webinars, continue to scroll down on the Work/Life Services opening page. (All webinars are archived for later viewing.)

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