



EAP Virtual Group Coaching Sessions

Deer Oaks EAP Services, your Employee Assistance Program (EAP), now offers **Virtual Group Coaching Sessions**.

These 60-minute sessions are available to assist employees through mediated roundtable discussions via Zoom. The intent of these virtual sessions is to provide a safe space for employees and/or supervisors to discuss as a group challenges or stressors they may be facing during these difficult times.

Our Director of Training will lead the discussion and provide helpful tools and tips during the session.

Below are some sample topics that may be addressed in virtual coaching sessions:

- Handling difficult conversations
- Teambuilding
- Transitioning through change
- Increasing resilience
- Dealing with the stress of uncertainty

Contact Your EAP Account Manager Today to Schedule a Virtual Group Coaching Session for Your Employees.

Virtual Group Coaching is included within your organization's annual training bank or may be purchased for a separate hourly fee.