Employee Assistance Program Newsletter
Clemson University’s Office of Human Resources

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A new look for our newsletter!
Clemson Office of Human Resources is happy to announce our newly designed Employee Assistance Monthly Newsletter! This newsletter will continue to provide specialized information about our Employee Assistance Program, but with a fresh look! We hope you will find the new look helpful as you take advantage of the many resources available through our Employee Assistance Program!

To access Deer Oaks EAP services, click here.

Did you know?
Clemson University provides an employee assistance program to University faculty and staff and their dependents/household members though Deer Oaks EAP, an outside resource for programs that address work and life issues and help individuals live happier, healthier, more balanced lives. A variety of health and wellness, counseling, referral and consultation services are available. Services are completely confidential, and there is no cost for most services.

Disrupting Negative Thoughts
It’s not negative thoughts themselves that are the issue; rather, it’s when we believe those negative thoughts. Learn how to gain control over negative thoughts and turn them into positive ones.
Available here on demand March 21st
(Listed as an “Online Seminar” on Clemson member login page. Click here for access instructions.)

How to Motivate Your Employees
Motivated employees are engaged and productive. This important session discusses research on employee motivation, identifies the three primary needs that employees seek to meet at work, and discusses management approaches to help create and maintain a motivated team.

Three available sessions:
Friday, April 21st, 2 – 3 p.m. | Click HERE to register
Monday, April 24th, 2 – 3 p.m. | Click HERE to register
Friday, April 28th, 2 – 3 p.m. | Click HERE to register
Note: A recorded version of the webinar will be available after the final webinar is completed. Please contact Ask-HR for more information.

March 2017 Deer Oaks Employee Newsletter Click to View
March 2017 Deer Oaks Supervisor Newsletter Click to View

WHAT’S IN IT?
- Changing Negative Thoughts About Yourself to Positive Ones
- Laughing is Good For You and Your Child
- Top 10 Tax Time Tips

WHAT’S IN IT?
- Leadership Certificate Program Session
- Do You Avoid Dealing with Difficult Employee Issues?
- Ask Your EAP!

Contact us!
If you have questions, comments or concerns, please contact the Office of Human Resources at Ask-HR or (864) 656-2000, or contact Deer Oaks EAP anytime by calling (866) 327-2400.