



Your EAP is for *leaders.*

Leadership is demanding—your Employee Assistance Program (EAP) is here to support you.

USPS leaders balance operational priorities, employee performance, and the human side of management every day. The EAP is a confidential, no-cost resource designed specifically to support you in your leadership role, not just during crises, but as a proactive partner in building healthy, productive teams.

How EAP Supports Leadership Success:

The EAP offers trainings and presentations that help managers strengthen communication, reduce stress, respond effectively to challenges, and lead with confidence and clarity. These sessions can be delivered to leadership teams and workgroups and tailored to your needs. Available topics include:

- **An Overview of EAP Services:** Understand how EAP supports managers and employees.
- **Being a Mindful Leader:** Learn how mindfulness improves decision-making and leadership impact.
- **Creating & Maintaining Boundaries:** Navigate boundaries that protect time, energy, and effectiveness.
- **Circle of Control:** Focus on what you can influence to reduce stress and increase effectiveness.
- **Critical Incident Response:** Prepare to support employees and operations after disruptive events.
- **De-escalation Techniques:** Practical tools to safely manage difficult conversations and conflict.
- **Effective Communication:** Build clarity, trust, and accountability through purposeful communication.
- **Managing Change:** Support yourself and your team through organizational uncertainty and transition.
- **Mindful Communication:** Strengthen listening skills and reduce misunderstandings.
- **Stress and Work-Life Balance:** Address burnout risk and create sustainable work practices for your team.
- **Substance Use and the EAP:** Learn how to recognize concerns and make appropriate referrals.
- **Time Management:** Prioritize effectively and manage competing demands in a fast-paced environment.

Confidential. Professional. Supportive.

EAP services are confidential and designed to complement your role as a leader. Whether you are looking for leadership development, team support, or guidance during challenging situations, EAP is a resource you can rely on. Contact the EAP to schedule a training or learn more about available services.