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EAO Supervisor Newsletter- January Issue

In this issue of the Employee Assistance Office's Supervisor Newsletter, we are proud to introduce a new addition to our office. Jamesetta Fousek, EAO Consultant, shares her past experience and new opportunities at the EAO.



Jamesetta Fousek, EAO Consultant

What experiences have led you to your new role as an EAO Consultant?

I have been in higher education for the past 25 years supporting and guiding students with a variety of barriers to accessing resources, confronting/discussing concerns, and answering questions on how to overcome identified barriers. In looking at the whole person and being genuine in my approach, I am able to get to the root cause(s) and offer support in connecting with institutional resources as well as community resources. As an EAO Consultant, I will be able to assist in developing and guiding employees and supervisors by using the skills I've fine-tuned over the years.

What excites you most about working at the University of Wisconsin? The EAO in particular?

The University of Wisconsin is an innovating institution that is often in the forefront of developing new and interesting opportunities that have an immense impact on many communities. Being part of the energy and pride in the University's accomplishments is exciting! Providing (confidential) support to the many different areas of the UW-Madison is something that I greatly value. The EAO is well-respected and I am beyond thrilled to be part of this outstanding team of experts.

What's one thing supervisors should know about the EAO?

The EAO offers support not only for individual employees, but for supervisors as well! Our services and knowledge base are vast – we're able to point you in the right direction if you're not in the appropriate place. EAO visits can occur as preventative measures, too! If you are not exactly sure of how we can assist you, just ask us!

Our affiliate partner, LifeMatters, offers promotions, newsletters, webinars and more! Go to mylifematters.com and sign in with Bucky2.

Next month's promotional content includes **Bouncing Back and Bouncing Forward – Resilience Practices for Those Who Grow Through Hardship:**

Does that which doesn't kill me make me stronger? Sometimes. Organizations and the people within them demonstrate widely disparate outcomes in the aftermath of tragedies. Some are permanently impaired and remain victims of the hardship while others develop resilience skills and use practices that lead to successful bouncing back or even bouncing forward. Borrowing from studies on trauma, grief, resilience, and post-traumatic growth, this presentation will identify the characteristics and practices of people and organizations who emerge from hardship with growth and strength.

Date: Monday, February 21, 2022

Time: 12:00 pm, Central Standard Time (Chicago, GMT-06:00)

Link to Session: <https://prohealthcare.webex.com/prohealthcare/k2/j.php?MTID=tece4eb9feb50b74f70796b875cdcb3bf>

Session number: 2661 245 4372

Session password: 5Nsd7RjCST2

Access this information and more at www.mylifematters.com

password: bucky2

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Any questions or concerns?

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