



Relocation

The University of Virginia FEAP WorkLife services offer a variety of services to meet the relocation needs of newly hired or recruited faculty and staff and their family members.

These services include:

- Referral to real estate companies providing relocation services (check with your individual department regarding its' participation with various relocation services)
- Support to families in transition
- Childcare and school information materials
- Information on community and University services

Group Seminars

Brief seminars designed to help people manage and balance their lives are available to groups as requested on the following topics:

- Assertive, Not Aggressive
- Balancing Work and Home: The Ultimate Challenge
- Dealing with Difficult People
- Effective Communication
- Grief and Loss
- Humor and Stress in the Workplace
- Managing Stress to Balance Work and Life
- Parenting Teens
- Parenting Young Children
- Relationships and Communication
- Thriving Through the Midlife Years
- Time Management

Specific seminars can be developed upon request.

We will work with you to tailor information and solutions to your needs.

For these and any other issues that blend personal and work life:

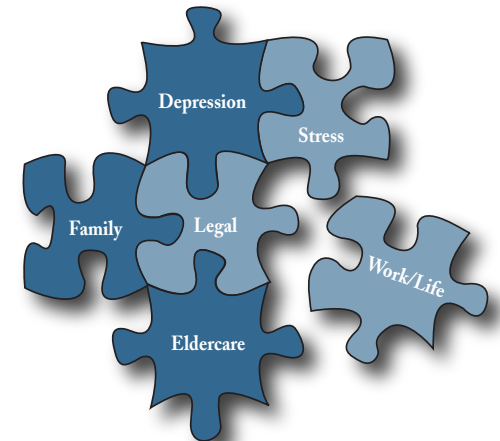
Call 434-243-2643 for an appointment.

FEAP WorkLife supports the University's mission through direct services and by developing collaborative partnerships within Charlottesville and the surrounding community to assist faculty and staff in navigating the competing demands of their work, personal and family lives.

We look forward to working with you!

WorkLife Services

Helping You Balance the Challenges of Your Work and Personal Life



HOW DO I CONTACT FEAP?

FEAP can be reached by calling:

telephone: 434-243-2643

toll free: 800-847-9355

<http://www.uvafeap.com>

FACULTY *and* EMPLOYEE ASSISTANCE PROGRAM

The University of Virginia
The University of Virginia Health System



WHAT IS A WORKLIFE PROGRAM?

The goal is to help faculty and staff gain information and develop strategies in order to be fully engaged and do their best in work and life.

To that end, the FEAP WorkLife services provide a diverse menu of resources, programs and services that offer assistance in managing the daily challenges of integrating work, family, and personal life.

Navigating Work & Life

Taking care of oneself is the first step toward healthy, productive living. It can be challenging to balance all the areas of life such as career, home life, relationships, children, community and volunteer commitments, money, and our physical and emotional health. When stressed and overwhelmed, even daily tasks can seem difficult and our body and mind start to suffer. Let us help.

Our services include:

- Individual consultation
- Information sharing
- Referral to appropriate community resources
- Departmental and small group presentations on work/life topics



Eldercare Services

- One-to-one consultation with a Geriatric Care Manager
- Assessment of your particular care giving situation; including the financial, social/emotional, community resources, or legal needs involved
- Problem solving, information and referral to appropriate community resources both locally and nationally
- Long term care planning
- Educational seminars on various Elder and care giving topics

Coaching

Executive Coaching for administrators, managers and faculty who want to further develop their leadership skills. Partner with an executive coach during or after a leadership course in order to enhance integration of new leadership skills.

Professional Coaching for motivated individuals who want to:

- Clarify and achieve desired results in their personal and/or professional life
- Increase productivity
- Create greater balance in their life
- Improve communication
- Make a positive change to enhance their life
- Educational Seminars to improve workgroup effectiveness, such as Meyers-Briggs Type Indicator (MBTI) Training and Effective Communication

Lawyer Referral Service

FEAP WorkLife partners with Legal Access to provide referrals on a variety of legal issues to local attorneys. Upon referral, the employee has a free initial consultation and reduced fees for certain services provided after the initial consultation. You must be referred through either the Faculty and Employee Assistance Program or WorkLife Services in order to access this valuable resource.

Call 434-243-2643 for further information.