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### EAP Services

Deer Oaks offers integrated, built-to-suit Employee Assistance Program, Work/Life, Wellness and Student Assistance Program solutions for employer groups of all sizes.

### Work / Life Services



Today's workforce manages many duties in addition to work such as parenting, personal commitments, household responsibilities, and other tasks that make life demanding. To help ease daily living stresses, Deer Oaks offers an industry-leading suite of work/life services as part of its EAP solution.

### Organizational Training & Skills Development



Deer Oaks is committed to assisting its clients with their staff development goals through our comprehensive organizational training and skills development program.

# EMPLOYEE USERNAME & PASSWORD: UTDALLAS / UTDALLAS



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Please enter your *Username* and *Password* to  
access Work Life Services.

*Passwords are case sensitive*

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utdallas

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- [Emotional Wellness: Building Better Mental Health](#)
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- [Maximizing Your Day: Effective Time Management](#)
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Homepage

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## Resilience: The Power to Succeed

Every year, International Stress Awareness Day is held to raise awareness around managing stress. This exclusive training event is aimed at stress prevention and promoting the importance of wellbeing for individuals and organizations. This session will reveal the true impact of living a resilient lifestyle and the powerful link between resilience and success.

### Resilience: The Power to Succeed

Register for the session here:

- 6th Nov – 1pm–2pm Eastern Daylight Time (EDT), for the Americas:  
<https://register.gotowebinar.com/register/2604805020888771073>
- Click here to download the [International Stress Awareness Day flyer \(PDF\)](#), with tips on what you can do to promote this at your workplace (with our help!).
- [Click here to download the International Stress Awareness Day flyer \(PDF\)](#)
- [Click here to download a customizable version of the International Stress Awareness Day flyer \(Word\)](#), with an area to add your own organizational contact details.

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