



SPRING 2026

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EMPLOYEE SUCCESS CENTER

Looking to strengthen collaboration, boost performance or enhance communication within your team?

The Employee Success Center Team is here to help!

Now's the perfect time to explore how our experts can tailor workshops to meet your team's unique development goals.

BRING A COLLEAGUE

LET'S GROW
TOGETHER!



What We Offer

- ✓ CUSTOMIZED WORKSHOPS
- ✓ CHANGE MANAGEMENT
- ✓ TEAM BUILDING
- ✓ INDIVIDUAL DEVELOPMENT PLANS

[Browse Our Spring Classes](#)



[Visit Our Site Here](#)



EmployeeSuccessCenter@utsa.edu

Visit the [Leveled Leadership Courses](#) for more classes!



Professional Development

In-Person and Virtual Leveled Leadership Classes

Leading others is a rewarding responsibility. UT San Antonio's **Employee Success Center** offers an array of leadership training opportunities to enhance your knowledge and skills. Each course is designed to target professional growth in key skill areas.

From Goals to Growth: Navigating Employee Performance

Newly Refreshed

- May 19 (Virtual)

Change Management - Navigating Resistance

- April 14 (In-Person)

Newly Refreshed

Change Management

- March 24 (In-Person)

Building Teams

- April 23 (In-Person)

Managing Hybrid and Remote Teams

- February 3 (Virtual)

Leading a Multi-Generational Team

- June 23 (In-Person)

Supervising Others

- March 17 (Virtual)
- June 16 (In-Person)

Creating and Leading Community of Trust

- June 3 (In-Person)

Emotional Intelligence for Leaders

- February 18 (Virtual)
- May 14 (In-Person)

Newly Refreshed

Elevating Your Leadership Communication

- March 31 (In-Person)

Navigating Change in the Workplace

- March 3 (Virtual)
- June 5 (Virtual)

Newly Refreshed

Creating Your Individual Development Plan

- April 7 (In-Person)
- May 26

Strategies for Employee Growth and Performance

- May 7 (In-Person)

Strategic Planning

- June 9 (In-Person)

Strategic Thinking

- May 21 (In-Person)

Difficult Conversations

- March 4 (Virtual)
- June 17 (In-Person)

Newly Refreshed

Professional Boundaries

- April 28 (In-Person)

Delivering Constructive Feedback

- March 23 (Virtual)

Leadership
Toolkit

Online Learning & Resources

[Time Management for Managers](#) (MyTraining)

[Change Management Foundations](#) (LinkedIn Learning)



Bite - Sized Learning for Leaders

Monthly Leadership Huddles

Join other UT San Antonio leaders to learn and interact during these 1 hour, bite-sized learning opportunities based on trending topics for all levels of leadership.

- March 25 Managing Stress and Burnout
 April 29 Hiring Manager Training: Recruitment Process Overview
 May 27 Managing Change

Bird Bytes

SMALL BITES, BIG IMPACT

During these **15-minute monthly micro-learning sessions** for leaders, you will learn tools and strategies that can be quickly implemented to create a positive working environment.

- March 9 Recognition
 April 13 Supporting Employee Growth
 May 11 Leadership Wellbeing

UT San Antonio Book Club!

Required Sessions to Attend

- March 18 Kickoff Meeting *In-Person*
- April 14 Mid-Point Meeting *Virtual*
- May 13 Closing Meeting *In-Person*

Optional Sessions

- March 31 Virtual Lunch & Chat Check In
- April 29 Virtual Lunch & Chat Check In

Start With Why

by Simon Sinek

Register
Now!



Leadership Huddles are recorded and accessible through [MyTraining](#).

Below is a list of previous topics covered.

- Effective Employee 1:1 Meetings
- Difficult Conversations
- From Colleague to Supervisor
- Leading Through Change
- Employee Recognition
- Leading a Hybrid or Remote Team
- Employee Engagement/ Individual Development Plans
- Meet People Excellence
- Inspiring Professional Growth
- Supervising Student Employees
- Stay Interviews
- Leading for Wellbeing
- Leading with Empathy
- Employee Relations
- Facilitating Effective and Productive Team Meetings



Performance Management

Important Dates FY26

February 1 - March 31

August 29

September 1 - 30

October 1 -31

Mid Year Check-in and Open Evaluation(s)

Finalize and **SAVE** Manager Evaluation(s)

Evaluation Review Period (Calibration)

Employee One-on-One Review Meeting

Performance Evaluation Training

The Mid-Year Check-In is an opportunity to review goal progress, provide timely feedback, and recognize achievements. This training offers an overview of the process and guidance on navigating the ePerformance system in PeopleSoft.

It's ideal for both newcomers and those seeking a refresher on completing the Mid-Year Check-In.

Performance Management Mid- Year Check-in Training (Virtual)

- March 18



EAP Resources

Employee Assistance Program

On-Campus Counseling Services

On-Campus Counseling services will be provided across Main and Downtown campuses for all UT San Antonio Faculty and Staff. Sessions are confidential and are intended for short-term support. We ask that you schedule thoughtfully and cancel at least 48 hours in advance if the need arises.



AllOne Health Webinars

AllOne Health (formerly Deer Oaks) partners with UT San Antonio as an Employee Assistance Program (EAP) provider as well as a resource for skill development through online training.



March 9	<u>How to Thrive in a Multi-Generational Workplace Environment</u>
March 23	<u>Five Steps to Building Trust with Your Team</u>
March 30	<u>Methods of Deep Relaxation</u>
April 13	<u>Creating a Culture of Improved Employee Engagement</u>



Learn More About Our Employee Assistance Program (EAP)

The AllOne Health Employee Assistance Program (EAP) is a **free service** for UT San Antonio benefits-eligible employees and their dependents. The EAP offers a wide variety of services designed to assist in resolving work or life challenges, enabling employees to live more balanced lives.

Services are completely confidential and can be easily accessed by calling the toll-free helpline (1-888-993-7650).

AllOne Health services are available 24 hours a day, seven days per week.

A sampling of services provided:

- Assessment and Counseling
- Tele-language Services
- Advantage Legal Assist
- Advantage Financial Assist
- Identity Protection and Recovery
- Work/Life Services
- Find-Now Child and Elder Care Program
- Health and Wellbeing
- iConnectYou App

Visit [UTSA People Excellence | Employee Assistance Program](#) to learn more.





Wellness

Employee
Success
Center



**Mental Health &
Wellness Resources**

Mindset Mondays

Join UT San Antonio Wellness Program Manager, Bryanda Dominguez, the first Monday of each month for a 15-minute microlearning activities to start your week with a motivational quote, a mindset research takeaway or mindset exercises.

March 2 Tiny Habits: Building Change One Small Step at Time

April 6 Breaking the Cycle: Understanding Your Habits

May 4 From Intention to Action: Closing the Motivation Gap



Heartsaver, First Aid, CPR and AED: SA0475

This American Heart Association (AHA) video-based, instructor-led class teaches lifesaving skills including first aid, CPR and AED use and provides a two-year certification.

March 25

April 17

April 29

May 20

Airrosti

Airrosti is committed to resolving pain and injuries at the source. An effective alternative to surgery and traditional pain management.

April 22 Foam Roller Clinics (In-person) at 12:00

April 22 Injury Assessment at 1:00



YMCA of Greater San Antonio

Offering Virtual Mental Health and Health Chats

March 17 Behavioral Changes

May 19 Managing Stress and Burnout



Wellness

1st Wednesdays with Adiba

February 4
March 4
April 1
May 1



Micro Stretch Breaks

Come and Go Virtual Classes



3rd Wednesdays with Tania

February 18
March 18
April 15
May 20

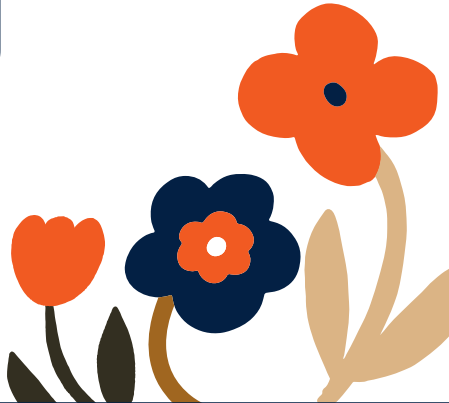
Nutrition Classes

March 27 [Fueling Longevity: Nutrition Tips for Healthy Aging](#)

Corporate Cup 2026

- March 3 Mid Season Check In
- April 14 Team Updates & Final Events
- May 19 Team UTSA Huddle

LEARN MORE



Financial Wellness



Presented by Lincoln Financial

Lincoln Financial Group provides resources and solutions that help empower you to take charge of your financial life with confidence and optimism.

March 27 [Take 4 steps towards retirement readiness](#)

April 30 [It's your future. Save for it](#)

Presented by Corebridge

Corebridge Financial is an established provider of retirement solutions and insurance products.

March 19 [Inflation Implications](#)

May 12 [Cash Management](#)



Presented by TIAA

Register for TIAA's live webinars to get financial information, news, and tips from their experts. TIAA Webinars are recorded and are accessible through the registration link for 90 days. TIAA also offers webinars in Spanish which can be accessed through this [link](#). Please use your UTSA Email when registering and receive credit in the LMS.

March 11 [Your guide to living well in retirement](#)

March 26 [Understanding required minimum distributions](#)

Presented by Voya Financial Partners

Give yourself the power of knowledge to help improve your financial wellness. Attend one or more events that can provide you with actionable steps to help you achieve the financial future you envision.

March 13 [Foundations of Financial Wellness](#)

Presented by Fidelity

Fidelity provides financial planning, advice, and educational resources to help others achieve their financial goals. Under "Event Type", select Virtual to sign up. [Register for the University of Texas Presentations.](#)

April 22 [Top Things to do Before You Retire](#)

