

FAQs for non CUPE 3903 staff and managers:

1. Is there any assistance to help me cope with the workplace after the strike?

Yes, the Employee Assistance Program (EAP) is available through **Shepell.fgi** to any eligible employee at no charge. EAP is a totally confidential service available to you 24 hours a day, seven days a week. You can reach a professional EAP Counsellor at **1-800-268-5211**.

2. Will there be any workshops offered to assist in dealing with strike stress?

Yes, Shepell.fgi will be facilitating sessions related to **“Strike out Stress”** for both staff and managers. The sessions are scheduled as follows:

- Manager session on Friday, February 6, 2009 from 12 noon to 2:00 p.m.
- Employee sessions on Tuesday, February 12, 2009 from 12 noon to 2:00 p.m. and on Friday, February 13, 2009 from 12 noon to 2:00 p.m.

For more information regarding registration please refer to the Learning and Development website at: <http://www.yorku.ca/hr/hrlearn.html>

3. What assistance is available to managers?

Learning and Development offers individual, confidential coaching services to any manager who would like personal assistance in managing this transition. This coaching can be customized to meet the manager’s needs, ie: one hour per week or less, in-person or phone conversations, one or two sessions or longer if requested. For additional information, please contact Learning and Development or visit its website: <http://www.yorku.ca/hr/units/learningdevelopment/index.html>

4. I think my team could benefit from some team building that would emphasize how they can support one another in this post strike period. Who can help me with that?

Learning and Development can provide facilitation services where staff can share their experiences; clarify responses to queries if necessary; receive support from each other and from you.