

Teap.

Everyone deserves a little couch-time.



Monthly Wellness Seminar

The Power of Soft Skills

Elevating Your Career and Relationships

August 2025

About The Presenter

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- *Licensed Professional Counselor*
- *Educator for 15 years*
- *Neely Counseling Center*
- *Works w/Adults, Teens and Couples*
- *Loves to Travel*



Why are we here?

- Learn how empathy, emotional intelligence, and adaptability can ease stress, strengthen communication, and accelerate growth in both your career and relationships.
- Discover how soft skills influence promotions, leadership, and team dynamics.
- Leave with practical tools to build confidence and connection in any setting.

What Are Soft Skills?

1

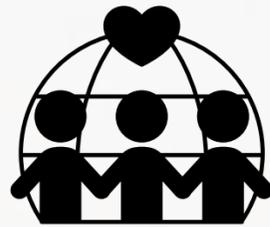
Soft skills include empathy, communication, adaptability, and emotional intelligence.

2

They are increasingly valuable in roles impacted by AI, with soft skills demand rising by 5.2% in such job listings.

Why They Matter

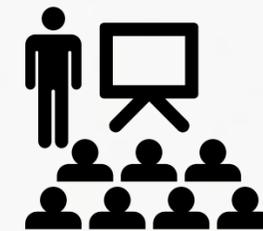
MORE THAN YOU THINK



Soft Skills Drive
Success



Individuals with strong soft
skills are nearly twice as
likely to succeed in AI
implementation.



70% of job roles are
projected to change by
2030

Key Soft Skills Explained

- **Empathy** – Understanding and sharing the feelings of others, building trust and stronger connections.
- **Communication** – Clearly expressing ideas, actively listening, and adjusting your message to your audience.
- **Adaptability** – Adjusting to new situations, challenges, or changes with flexibility and a positive attitude.
- **Emotional Intelligence** – Recognizing and managing your own emotions, and understanding the emotions of others to improve interactions.

Pick Your Soft Skill

- Communication
- Empathy
- Adaptability
- **Emotional intelligence**

- Stress Management
- Resilience
- Positive Attitude
- **Dependability**
- Cultural Awareness

- Problem-Solving
- **Critical Thinking**
- Conflict Resolution
- Teamwork
- Creativity

- **Persuasion**
- Networking
- Coaching and Mentoring
- Open-Mindedness
- Self-Motivation

- Decision-Making
- **Time Management**
- Leadership
- Collaboration
- Negotiation

- Accountability
- **Initiative**
- Patience
- Flexibility
- Relationship-Building

POLL #1

Which soft skill do you rely on most?

1. Communication
2. Empathy
3. Adaptability
4. Emotional intelligence
5. Other

Stress Buffer

Improving soft skills can reduce **workplace stress** by strengthening communication, building empathy, and enhancing adaptability in high-pressure situations.

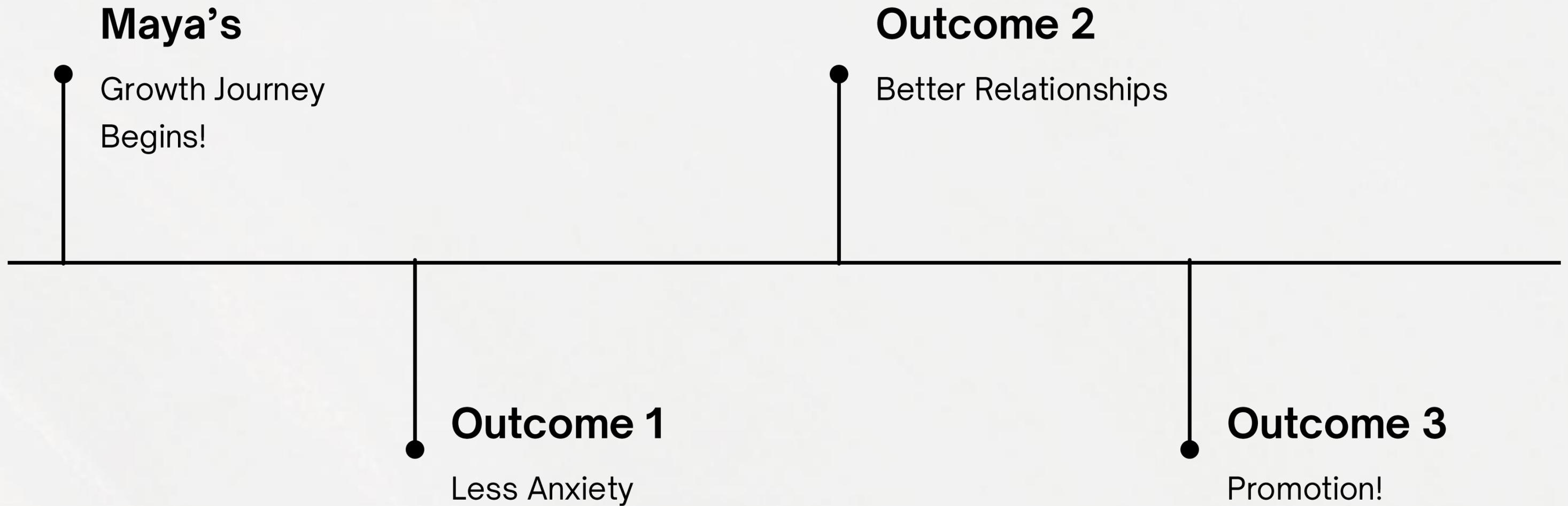


Emotional Intelligence & Anxiety

EQ helps individuals identify and manage stress, communicate needs clearly, and build stronger support systems.



Case Study



Bringing It to Work

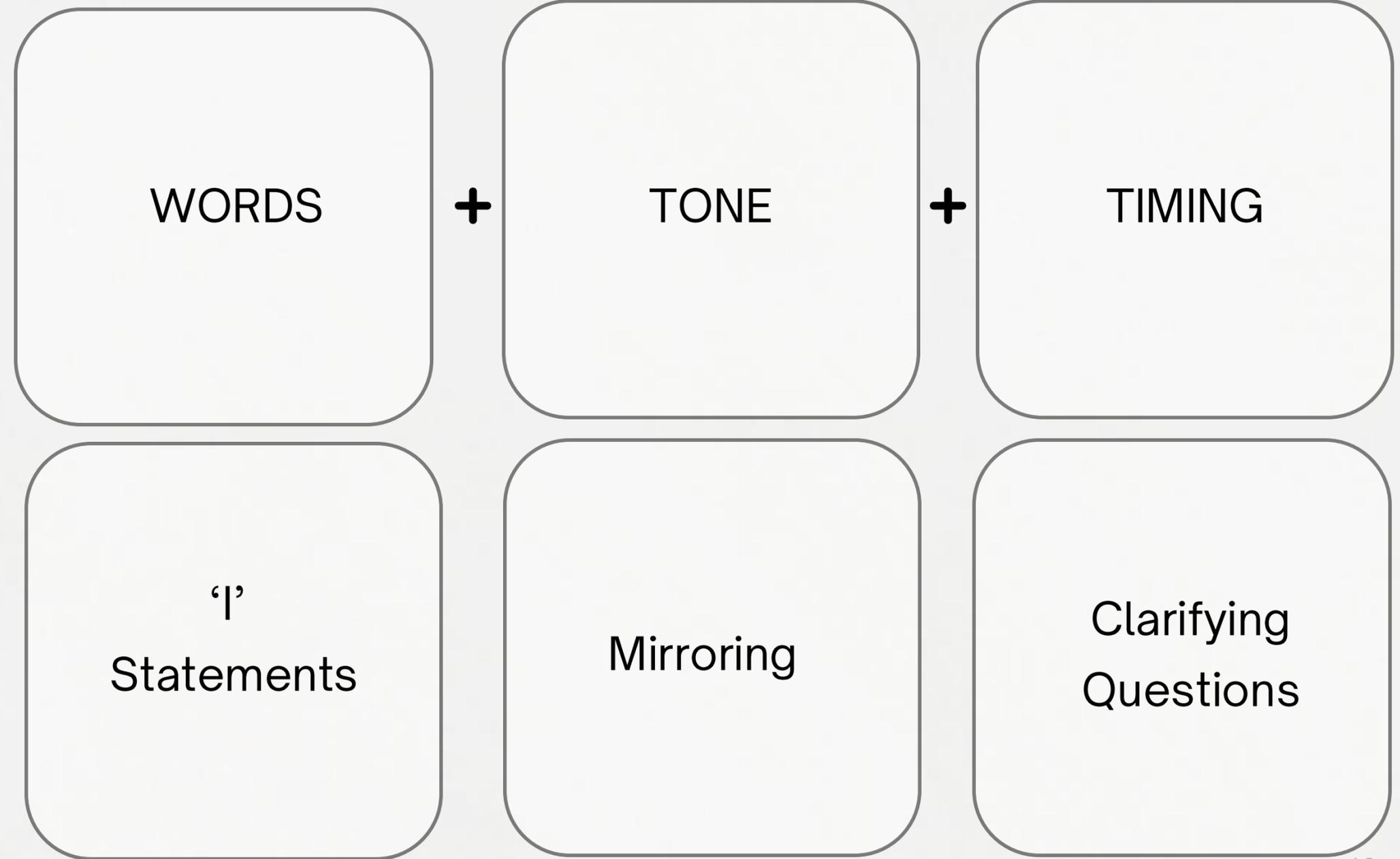
Use 'Pause and respond' instead of reacting

Validate Emotions to Reduce Tension

Don't Be Afraid of Asking Open-Ended Questions

Let's Talk About...

Communication =



USE:

POLL #2

Which soft skill would you most like to improve?

1. Communication
2. Problem-solving
3. Adaptability
4. Emotional intelligence
5. Teamwork
6. Time Management
7. Active Listening
8. Empathy

Soft Skills in Personal Relationships

Empathy, Listening, and Emotional Intelligence help reduce conflict and strengthen trust at home **and** in personal circles.



The Bigger Picture

While there are many factors that affect our mental health, soft skills can greatly assist in improving mental health & confidence!

<i>Did You Know...</i>	
39%	39% of job skills expected to shift by 2030!
34%	Only 34% of employees request soft-skill training

RECAP - Why It Matters

SOFT SKILLS

Stress

Critical for stress management

Professional

Helps to thrive and build healthy, efficient, & productive workplace relationships

Success

Aid in career success & accomplishment

Personal

Promotes openness & honesty in personal relationships

Thank You...

For Joining Us Today and see you next time!



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Roxanne Collins



<https://www.grounded4elevation.com>

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EAP Benefit Spotlight

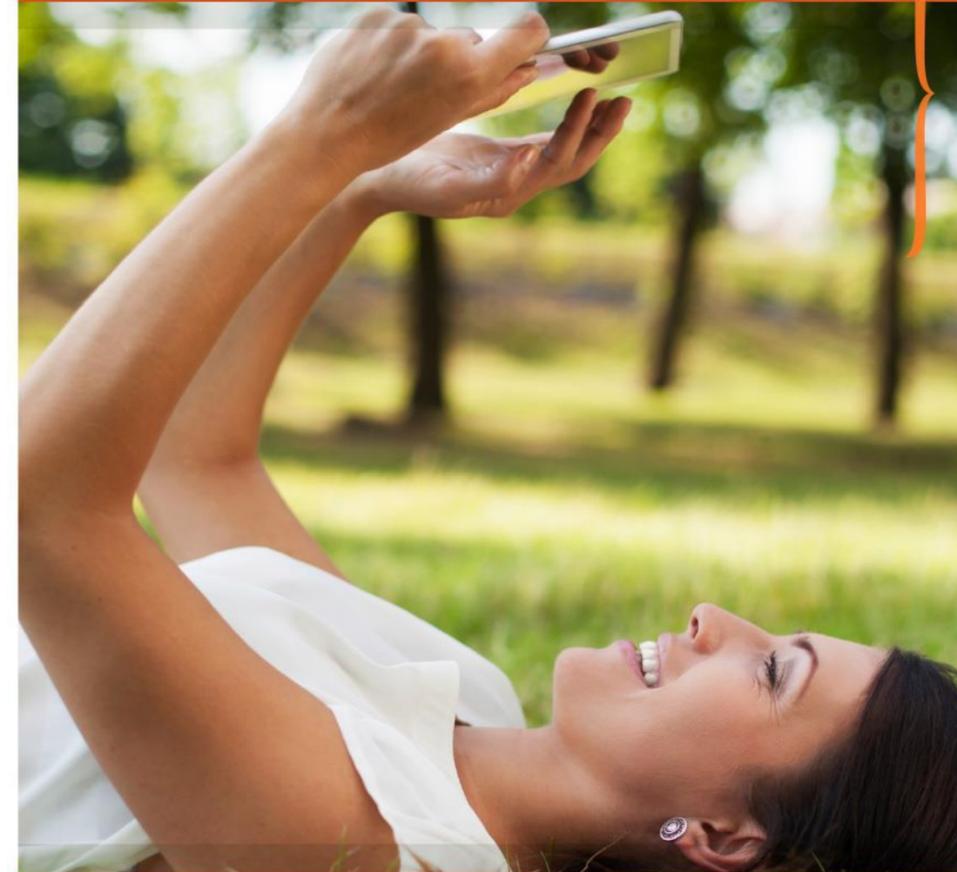
Employee Support Program

MEMBER WEBSITE



FEATURES INCLUDE

- Comprehensive library of topics including relationships, communication, emotional resilience, wellness, career, consumer tips, and more.
- Direct access to experts through instant messaging.
- Seven Content Divisions: Parenting, Aging, **Balancing**, Thriving, Working, Living, International



Connect to resources and experts online

Resources and support are right at your fingertips with your employee support program's website. The site offers options to instant message with or email our experts or browse a robust library of articles and resources to support your wellbeing at every stage of life.

TOLL-FREE: 866-212-6096

WEBSITE: <https://neelyeap.helpwhereyouare.com>

COMPANY CODE: Enter Company Code



SOFT SKILLS

IMPROVING HOW YOU WORK & INTERACT WITH OTHERS

SOFT

SKILLS

ADAPTABILITY

TIME MANAGEMENT

EMOTIONAL INTELLIGENCE

CONFLICT RESOLUTION

EMPATHY

DEPENDABILITY

COMMUNICATION

TEAMWORK

LEARN QUICK TRICKS TO IMPROVE YOUR SOFT SKILLS

"Soft skills are the skills you can feel, but cannot touch."
- Roxanne Collins LPC, MA

Improving soft skills takes small, but consistent, actions and effort.

- Build **Empathy** by practicing active listening & reflecting on others' perspectives
- Grow **Communication** skills by keeping your message clear (*pay close attention to nonverbal cues*)
- Strengthen **Adaptability** by viewing change as an opportunity, rather than a setback.
- Develop your **Emotional Intelligence** by pausing before reacting & be mindful that emotions can help you connect & navigate challenges more effectively!

