

Free live webinars

Included in your Employee Assistance Program (EAP)

Learning can boost self-confidence, build purpose and help connect you with others. But finding the time for personal and professional development can be tough. Your Employee Assistance Program (EAP) makes this easier by offering chances to grow your mindset each month. Live and pre-recorded webinars focus on topics that can help you feel productive and think differently about life at home or at work.

FOR ALL EMPLOYEES | 2024 Sessions at 12 – 1 p.m. & 3 – 4 p.m. ET [Click Here](#)

Boosting Your Brain Power 1/17/24

The brain, like the rest of the body, improves with exercise. Learn simple strategies and techniques for boosting your brain power!

Navigating Challenging Workplace Conversations 2/21/24

Maintaining professionalism is of the utmost importance in the workplace. However when conversations get tough and emotions run high, that can be easier said than done. In this session we will review some techniques to navigate tough conversations while keeping your workplace relationships intact.

Emotional Intelligence in Customer Service 3/20/24

Customer service roles are often some of the most emotionally taxing positions in an organization, especially when dealing with emotional customers. In this session learn how emotional intelligence can help you to manage stressful interactions for better outcomes.

Parenting Tips for Blended Families 4/17/24

Parenting is one of the greatest challenges most people will face in their lives. Creating and parenting in a blended family can be even more stressful. In this session we will review some of the common challenges that come with blending families and review some tips to overcome them.

Managing Stress 5/22/24

In manageable quantities stress can be beneficial, however too much stress can be detrimental to our health and well being. In this session we will identify symptoms of stress and learn strategies to minimize it.

Managing Up 6/19/24

All of us, at some point in our working lives, must manage a boss—and when we do it well, our working hours become less stressful and more productive. This workshop explores some common roadblocks and potential pitfalls to avoid. Participants will also learn practical techniques that will increase their effectiveness in managing up.

Learning about Headaches 7/17/24

If you or a family member is a headache sufferer, you know how headaches can disrupt your work and life. In this session we will provide you with an overview of headache types, what causes them and helpful ways to prevent and eliminate them.

Presentation Skills Tool Kit 8/21/24

Many folks are terrified of speaking in front of others, especially in high-impact situations, but by learning a few simple techniques it can become a pleasant, confidence-building endeavor. Join us to learn simple strategies for great presentations.

Suicide Awareness 9/18/24

Suicide is a serious public health issue that affects people of all ages and from all walks of life. Learn how to identify early warning signs of suicide and support those who are at risk.

Finding Motivation 10/16/24

Knowing you need to do something and doing it are often two very different things. In this session we will review motivation and how to generate it for yourself.

How Highly Successful People Overcome Self-Doubt 11/13/24

No matter how successful we may be, or how confident we may appear, most of us find that self-doubt and vulnerability may creep in at times. Join us to learn how to overcome self-doubt. We will discuss the importance of becoming comfortable with and sharing your own vulnerability and will reflect upon the teachings of Brene Brown.

Dealing with Challenging People 12/11/24

Everyone can be difficult at times, but we all know those people who specialize in being challenging. In this session we will discuss how one can best manage their own reaction to negative behaviors and tactics for turning a negative relationship into a more productive, positive one.

Register for live sessions today!
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eap.ndbh.com
Code: Assurant
800-624-5544

