

# Free live webinars

## Part of 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. Join us! They're free and fun.

**FOR ALL EMPLOYEES | 2022 Sessions at 12 PM – 1 PM & 3 PM – 4 PM ET**

### **Tuning out Technology 1/19/22**

Technology has made its way into nearly every aspect of our lives, and many of us spend our entire day staring at screens. In this session, learn more about the effects of screen time and how to develop better digital hygiene.

### **Communicating Effectively 2/16/22**

Communication can be difficult and messy. We forget that our feelings play a part in how messages are delivered, received, and processed. Learn more about how interpretation can change meaning and how to ensure that what you say is what others hear.

### **Post-Pandemic Mental Health 3/16/22**

The COVID-19 pandemic has tremendously impacted our mental health on a global scale and for many, these mental effects will likely outlast the virus itself. In this session, learn more about these long-term effects and different ways to manage them.

### **Building Empathy 4/20/22**

Empathy is the ability to understand and share the feelings of another person. Learn how to start with empathy as you interact with others and how it can help you build and strengthen your relationships.

### **Languishing and Flourishing 5/18/22**

If you've ever felt lackluster, disconnected or just blah, you may have experienced languishing. In this session, understand what languishing is, how to identify it and learn some techniques to help you thrive again.

### **Planning a Financial Future 6/15/22**

Preparing for the future means having financial resources to fall back on in the event of an emergency while building wealth with savings and investments. Unfortunately, too many of us are not saving as we should. In this session, we will talk about some typical roadblocks to saving and how to overcome them.

### **Embracing Conflict 7/20/22**

Conflict is a part of life, and while it can be a source of stress that we would rather avoid, it can also be an opportunity. In this session, you'll develop skills to give you the confidence to embrace conflict when it is productive and manage it when it's not.

### **Self-Care for Caregivers 8/17/22**

Caregiving is a demanding responsibility and often a full-time job. In this session, discover how to develop the boundaries, resiliency and self-care techniques that will help you care for yourself so you can care for others.

### **Depression - Helping Yourself and Others 9/21/22**

Depression is one of the most common mental health disorders in the United States. In this session, you'll learn how to recognize symptoms of depression and discover ways to help yourself and others.

### **Teamwork Strategies 10/19/22**

In any endeavor in which multiple people have an impact on the result, strong teamwork is the key to success. This session explores the individual skills that make for a strong team member and how to apply those skills both at work and in life.

### **Prioritizing Self 11/9/22**

"You cannot pour from an empty cup." Many of us spend most of our time giving ourselves to family, friends, and employers, making it easy to forget to take care of ourselves. This session dives deeper into the importance of prioritizing and taking care of yourself so you can show up for those in your life.

### **Goal Setting Strategies 12/14/22**

Having goals is one thing, achieving them is another. In this session, learn how to set goals you can reach and develop strategies for ongoing success.

**Register for live sessions today!**

**eap.ndbh.com**  
**Code: Assurant**  
**800-624-5544**