

# NATIONAL (EAP) NEWS

A Regular Publication by National EAP, Inc.



## WHAT'S NEW AT NATIONAL EAP?

### October Issue

We welcome you to our monthly newsletter! At National EAP, our goal is to provide programs and services that help employees rise above personal and professional challenges, fulfill their potential, adopt healthier lifestyles, and foster personal growth. Each month you'll get informative articles about upcoming events, webinars, and educational series that can not only help your employees but will help grow your business.

Each newsletter will also be posted on our website, [www.nationaleap.com](http://www.nationaleap.com), where you can explore more about our company and what services we provide. We always welcome your feedback as we strive to be your integrated employee assistance partner, so please reach out to [info@nationaleap.com](mailto:info@nationaleap.com) for any comments or questions!



## COVID-19 SUPPORT WEBINARS

Tuesday, October 20th & Wednesday  
October 21st at 12pm EST

National EAP continues to provide our clients and the public with COVID-19 Support webinars with two upcoming events. On **October 20th at 12 pm EST**, National EAP will host. **For Leaders: Performance Management with a Remote Workforce** where we discuss how leaders can continue to manage their team while working remotely effectively. In this session, we examine how to recognize signs of a disengaged employee, understand the importance of accountability, and identifying ways to have a more effective performance management conversation. Be sure not to miss it!

On **October 21st at 12 pm EST**, National EAP will host our next open session, **How are your doing, really?** COVID-19 has put a strain on all of our lives, and it is crucial that we identify sources for emotional support, learn skills to manage anxiety and depression symptoms, and learn to understand the common reactions to prolonged stress.

To register for either of these webinars, please visit [www.nationaleap.com/resources/covid19/](http://www.nationaleap.com/resources/covid19/)

# DIVERSITY & INCLUSION EDUCATION SERIES: D&I BEST PRACTICES FOR HR WITH Q&A

With Featured Expert: Terrance Simmons, OneTeam  
Consultants



On **October 8th at 12pm EST**, join National EAP for a special edition of our Diversity and Inclusion Education Series: **D&I Best Practices for HR with Q&A**. This educational seminar will feature D&I expert Terrance Simmons of OneTeam Consultants who will provide concrete strategies for how you can increase your organization's diversity through more inclusive recruiting, interviewing, and management practices.

**ONETEAM**  
CONSULTANTS

Be sure to visit our What's Happening section on our website,  
[www.nationaleap.com](http://www.nationaleap.com), to register or for more information.

## NATIONAL EAP IS SPONSORING THE COLLABORATE WITH EDGE LEADERSHIP CONFERENCE

National EAP is a proud sponsor of the virtual Collaborate with Edge Leadership Conference, held on **Tuesday, October 6th and Wednesday, October 7th**. This 2-day event brings together all levels of leadership to discuss the impact of COVID-19 and continues the conversation on advancing women, leadership parity, and gender equity in the workplace.

Be sure to visit our What's Happening section on our website,  
[www.nationaleap.com](http://www.nationaleap.com) for more information.

### Training Spotlight

#### **Workplace Diversity & Inclusion**

At National EAP, transforming mindsets and creating empathy-driven cultures is at the heart of everything we do. All of our services are person and culture centered resulting in increased engagement and better outcomes. Our 1:1 and group work requires participants to look inward and ask themselves tough questions because driving personal responsibility and delivering opportunities for growth and “a-ha” moments is our passion. Lastly, National EAP only provides the highest quality services delivered by the experts in that field of knowledge. Therefore to further complement our behavioral work and offer you an expanded array of expert solutions, we have partnered with two leading companies in the D & I field to offer additional programming, corporate development and mentoring solutions that are the perfect complement to our mission and work.

# ARE YOU MAXIMIZING YOUR EAP?

## EAP Promotional Series

Last month, our Director of EAP Services, Julie Prisco, discussed in our EAP Promotional Series, how your company could maximize your EAP Program by integrating it into your company culture. EAP is an essential tool to decrease your employee's depression and anxiety, resulting in less turnover, less workplace risk, and less liability.

We discussed how to properly utilize the National EAP marketing to promote our services and remind your employees of what is available. To achieve this, we recommend that National EAP posters be put in high traffic areas around the office, provide National EAP brochures as needed, and encourage employees to check out their company's member website for resources. Communication is the key to success; by encouraging and reminding your employees to reach out to National EAP, your company will benefit by having a happier, healthier, and more committed workplace.

If you missed out and would like to access this webinar, please visit our Employers page on our website - [www.nationaleap.com/resources/employers/](http://www.nationaleap.com/resources/employers/)

**WHATEVER YOU NEED, WE ARE HERE TO HELP.**

Just call or log on to get started.

TOLL-FREE: 1-800-624-2593

WEBSITE: [www.nationaleap.com](http://www.nationaleap.com)

USERNAME: Your Company Name

PASSWORD: Your Company Name



## HOW MANAGEMENT CAN UTILIZE EAP

### EAP Promotional Series

The second webinar of this EAP Promotional Series was **EAP as a Management Tool**. In this webinar, we discussed what EAP is and how you can utilize your EAP program as a management resource to help examine employees whose work performance becomes a matter of progressive discipline.

This training focused on promoting the EAP and explaining the concepts, procedures, and benefits. The webinar taught HR personnel, supervisors and managers to recognize the signs and symptoms of behavioral health problems surfacing in the workplace which may interfere with an employee's normal work performance. Also covered was effective documentation of problem behaviors, interventions, and expected outcomes.

To view this webinar and offer to your management team, please visit our Employers page on our website - [www.nationaleap.com/resources/employers/](http://www.nationaleap.com/resources/employers/)