

NATIONAL (EAP) NEWS

A Regular Publication by National EAP, Inc.



JANUARY

MEET JULIE PRISCO!



Meet our Director of EAP Services, Julie Prisco! We have had the pleasure to have Julie on the team for almost 14 years and asked her a few questions about her time at National EAP:

When did you join National EAP and what do you enjoy the most about your work?

I had the privilege of joining National EAP in 2007. I started off as an EAP Specialist providing EAP counseling, training and crisis response services to Employees and organizations and in 2013 took on the role of Director of EAP Services. I love helping Employees and organizations find solutions to the challenges they are experiencing and seeing them succeed in their goals. It is truly amazing.

What has it been like for you overseeing the delivery of EAP services during this global pandemic?

It has been an honor to be able to serve our clients in such a significant time of need. Everyone has been impacted in some way or another by COVID-19 and I am truly appreciative of the relationships we have with our clients and the fact that they can trust in us to assist them during such difficult times.

Do you have any tips for our readers as they kick off 2021?

You made it through 2020! Rather than leave the past behind, reflect on what this year has taught you, how you have grown and how you could foster these new strengths in 2021.

What are your hopes for 2021?

My hope is that we can return to some sense of normalcy and all begin to heal from the trauma of this pandemic.



ASK A THERAPIST: TRAUMA IN THE U.S - RECOGNIZING VICARIOUS TRAUMA

Join National EAP on **Friday, January 15th @ 12 pm EST** for a special interactive webinar to address your feelings regarding the events at the Capitol last week.

Many of us entered 2021 feeling hopeful that we were turning a new page after a year of trials and hardships, but the events of January 6th in Washington, DC, changed that. It is a normal reaction to a traumatic event to be feeling upset, anxious, and scared.

Attend this session to learn that you are not alone in your feelings, understand the effects public events can have on viewers, and make a plan to move forward and ensure your mental health.

To register for this webinars, [click here](#)

"THRIVE" WITH NATIONAL EAP

National EAP is committed to ensuring that all of our members have the tools to **thrive** in 2021.

Setting the Pace: Goal Setting for 2021

- Recognize the importance of goal setting
- Understand the role self-talk has in achieving goals
- Identify how goal setting can be beneficial to your mental health

If you are looking to start the new year off on the right foot, join National EAP on Tuesday, **January 19th @ 12 pm EST**. During this goal-setting workshop, you will learn skills and strategies for creating motivating and impactful goals.

Release Your Inner Warrior: *Essential conversations about life, success and reaching new heights*

- Examine beliefs about yourself
- Consider how your attitude impacts your life
- Own your power

On **January 21st @ 12 pm EST**, join National EAP for the second installment of our Performance Coaching for all EAP Members. During this session, we will discuss the messages we give to ourselves. If we want to be our best selves, we have to learn to believe in ourselves and see our strengths. Don't miss this opportunity to release your inner warrior to take on all that 2021 has to throw your way.

To register for either of these webinars, [click here](#)



WHATEVER YOU NEED, WE ARE HERE TO HELP.

Call or log on to get started.

TOLL-FREE: 1-800-624-2593

WEBSITE: www.nationaleap.com

USERNAME: Company Name

PASSWORD: Company Name

Training Spotlight

De-Escalation Training

This seminar will increase employees' understanding of how to verbally de-escalate a difficult situation in the workplace. Topics covered in this seminar include the five key skills to empathetic listening, the effect of body language during times of conflict, and the impact tone has on a verbal message.

To book a **De-Escalation Training** session for your organization, [click here](#)