

NATIONAL (EAP) NEWS

A Regular Publication by National EAP, Inc.



MARCH

"THRIVE" WITH NATIONAL EAP

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

Spring Cleaning: Removing Negative Energy from your Life

Join National EAP **March 16th @ 12pm EST** for this interactive workshop where you will learn how to reach your goals more quickly and cultivate joy in your life by identifying and removing sources of negativity. Identify and discuss strategies to rid yourself of people, places, and things that may be draining your energy and are not serving you well. When you choose positivity and intentionally surround yourself with positive energy, you can achieve great things. If you want to learn how to make the mindset shift from negativity to positivity, this workshop is for you!

Strengthening Your Inner Warrior: Building Self Confidence

Do you ever notice that things seem to come easier to people who have high self-confidence? It's not an illusion; people who are highly self-assured are more likely to achieve their goals. It's not that things are easier for these people, but their belief in their abilities helps them to achieve these goals. The good news is that this is something you can build on! Join this interactive performance coaching session on **March 18th at 12pm EST** to learn how to strengthen your inner warrior!

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



TOGETHER WE CAN OVERCOME

BE SUPPORTIVE. BE CAREFUL. BE ALERT. BE KIND



NATIONAL EAP RECEIVES MENTAL WELLNESS AWARD

National EAP is proud to share that it has been recognized for its exceptional service in addressing mental health in the community during the pandemic and is the receiver of LIBN's Mental Wellness Award.

National EAP remains committed to helping its clients and community in 2021 as we know this time of crisis is not over. We continue to provide in-person and virtual mental health support, leadership debriefings and management trainings on how to help employees and themselves. We look forward to a time when the world embraces a healthier normal, but until then, National EAP is here to help you and continue to be our clients safety net.

To learn more about this LIBN event, [Click Here](#)

NATIONAL EAP CELEBRATES WOMEN'S HISTORY MONTH

Every year, International Women's Day furthers their campaign to help forge a gender-equal world. The movement is a global celebration of the achievements of women in every walk of life, while also increasing visibility and calling out inequality.

This year, National EAP is offering an exclusive learning event designed to motivate and unite colleagues to think, act, and be gender inclusive. A challenged world is an alert world and from challenge comes change.

On **Monday, March 8th**, be sure to visit your EAP member portal to access the recorded webinar where we will discuss:

- Why every person plays a crucial role in forging a gender-equal world
- Why personal role models are critical for inspiration
- How experiences of bias can be an impetus for change
- How we can all actively drive equality in all walks of life

To log into your member portal, [click here](#)



3 TIPS TO HELP MANAGE STRESS AND ANXIETY THROUGH CHALLENGING TIMES

1. Take note of what causes you stress and how you respond to it. Being aware of your signs of over stress can help you address them early.
2. Adopt strategies for managing stress in the moment, such as deep breathing or repeating an inspiring mantra.
3. Begin adding healthy habits to your routine - like spending five minutes journaling each day or meditating - to build long-term resilience.

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: Your Company Name
PASSWORD: Your Company Name



National EAP Leadership Coaching

National EAP offers personalized assistance to executives and leaders at all levels to boost performance and increase productivity and personal effectiveness. This program helps individuals identify personal strengths and areas for growth, improve rapport with employees, enhance conflict resolution skills, increase Emotional Intelligence (EQ), and achieve their professional goals.

This program is customizable to fit the needs of the individual and can include up to 3 in-person, video or telephonic sessions per month, unlimited emails, 2 ten-minute "laser" telephonic sessions plus homework assignments, feedback, and goal tracking.

To request a quote for Leadership Coaching, [Click Here](#)