

NATIONAL (EAP) NEWS

A Regular Publication by National EAP, Inc.



APRIL

"THRIVE" WITH NATIONAL EAP

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

Know Your Limits - Overcome the Guilt Associated with Saying "No"

Have you ever felt overwhelmed, burnt out, or as though you are being pushed beyond your limits? If your answer is yes, this interactive workshop is for you. Join National EAP on **Tuesday, April 20th at 12pm EST**, as we discuss how the boundaries you set will affect your self-concept, self-respect, your energy levels, and your overall happiness. Setting limits will help to ensure your needs are met and that you aren't being taken advantage of. Join us at National EAP to learn how to set healthy boundaries and respect the limits you set for yourself without the guilt of saying "no."

Communication Skills for the Workplace - Getting and Giving Feedback

Feedback is a vital piece of workplace development as it provides an opportunity for growth and improvement. So why does it strike a chord of fear in so many people? On **Thursday, April 22nd at 12pm EST**, this interactive Performance Coaching session will examine why this process is uncomfortable for so many people and how we can re-frame our perspectives to value the growth and opportunity it can provide. If you would like to feel more confident giving and receiving feedback, this session is for you!



EXCITING NEWS FROM NATIONAL EAP!

National EAP is excited to share that later this spring, we will be launching a new Mindfulness Solution, called *eM Life*, for our EAP clients via web and mobile app (iOS and Android). *eM Life* is a live, virtual mindfulness service to help you create connections with yourself and others while building skills to manage stress and anxiety, improve focus and enhance your overall well-being.

Features include:

- Live daily 14-minute mindfulness programs led by experts multiple times a day
- Hundreds of hours of on-demand content on a wide range of topics including leadership, diversity and inclusion and anxiety
- Expert-led community to gain support and purpose
- Various immersive programs to help you build and sustain healthy habits

Be on the look out for more information

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

EAP IS MENTAL HEALTH SUPPORT

After the events on March 16th, 2021, in Atlanta, GA, it is no surprise that many feel negatively impacted by this news of violence. If you find that you are struggling with uncomfortable thoughts and/or feelings in response to such incidents, our team of clinicians are available to assist you 24/7/365.

Additionally, through our member portal, you can access helpful information on coping with trauma and media induced stress, talking to children about traumatic events, dealing with community violence and active shooter preparedness.

- Use the link below to bring you to our member log-in page
- Login using your company name as your username and password
- Scroll down to the "News For You" tab to access this information

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



CHANGE YOUR MINDSET

GROWTH MINDSET

LIMITED MINDSET

- | | |
|---|---|
| <input checked="" type="checkbox"/> I can learn anything new | <input type="checkbox"/> I'm either good or I'm not |
| <input checked="" type="checkbox"/> My effort is the main factor that determines my abilities | <input type="checkbox"/> My abilities are predetermined by my genes |
| <input checked="" type="checkbox"/> With each failure, I will learn and get even better | <input type="checkbox"/> Failure shows me what I'm not good at |
| <input checked="" type="checkbox"/> I think that feedback is constructive and helpful | <input type="checkbox"/> Feedback is always criticism |
| <input checked="" type="checkbox"/> I really like to try new things | <input type="checkbox"/> I don't like to get out of my comfort zone |



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: PAFCU

PASSWORD: PAFCU

Workplace Violence Training

Workplace violence does not discriminate. This seminar clarifies what behaviors are considered violent and educates employees about their responsibility to conduct themselves in a manner consistent with company policy.

The continuum of aggressive workplace behavior, such as unspoken tension, passive-aggressive behavior, verbal escalation, stalking, as well as actual threats and incidents of physical violence will be reviewed. Participants will learn strategies to cultivate a safe working environment and what action to take if an incident occurs.

To request a quote for Workplace Violence Training, [Click Here](#)