

Invest in your employees. Transform your workplace. Thrive together.

National EAP's Path to Wellness 8-week program is designed to help organizations create healthier, more engaged, and more productive teams. Through a blend of live interactive training and personalized check-ins, employees will gain tools to achieve balance across the **8 Dimensions of Wellness:** physical, emotional, social, intellectual, occupational, environmental, spiritual, and financial.

PROGRAM HIGHLIGHTS

- Personalized Well Checks: One-onone virtual wellness check-ins with an EAP counselor to set meaningful goals and access strategies for success.
- Weekly Live Training: 60-minute interactive sessions covering a different wellness pillar each week.
- Practical Resources: Handouts, digital tools, and recordings (accessible for 30-days) for lasting impact.
- Customizable Schedule: Choose program dates that align with your fiscal year, wellness funds, or holiday initiatives.
- White-Label Option: Deliver the program under your company's branding, while National EAP handles the behind-the-scenes content and delivers the program.

Plan ahead, make wellness a core part of your company culture.

EMPLOYER BENEFITS

- Boost employee well-being and resilience
- Increase engagement and productivity
- Reduce absenteeism and healthcare costs
- Strengthen workplace culture and retention

EMPLOYER INVESTMENT

Use Your Organization Wellness Dollars, making it a cost-effective way to maximize your existing benefits investment while prioritizing employee health.

Contact Us to Set Up Your Path to Wellness

Contact Julie Prisco,
Director of Client Success:

631-588-8102 x 22

Julieprisco@nationaleap.com



PROGRAM INCLUDES

Personalized Wellness Check-ins

- Duration: 10 hours over 8 weeks
- Format: One-on-one virtual wellness check-ins (20 minutes per participant)
- Capacity: Up to 30 participants; additional blocks of 10 people available
- Focus:
 - Assess current wellness status
 - Set personalized wellness goals
 - Access resources and strategies for success

Live Virtual Wellness Training Sessions

- Duration: 8 weeks, weekly 60-minute sessions
- Format: Live, interactive virtual sessions
- **Content**: Each week focuses on a different wellness pillar:
 - Physical: Exercise, nutrition, and sleep
 - o Emotional: Stress management, mindfulness, and emotional intelligence
 - Social: Building and maintaining healthy relationships
 - Intellectual: Lifelong learning and mental stimulation
 - Occupational: Work-life balance and career satisfaction
 - Environmental: Creating a healthy living and working environment
 - Spiritual: Finding purpose and meaning in life
 - Financial: Managing finances and planning for the future

Handouts & Resources

- Digital materials provided after each session to reinforce learning
- Practical tools for immediate implementation

Invest in your employees' well-being and watch your organization thrive!

Join us on this transformative 8-week journey to create a healthier, happier, and more productive workplace.