

# EMPLOYEE ASSISTANCE PROGRAM

## Webinar Series 2025

October – December

Sessions are from 12:30-1:30pm CST

**October 8 – Making Decisions as a Family:** In this seminar, participants will learn how to navigate family decisions that will have a great impact on their loved ones. We will discuss the current family decisions you may be facing, address your concerns, and how to mitigate the potential negative impact these decisions may have on your family. Participants will leave this course with the skills and resources to have important conversations, build a network of support, and empower their children to share their thoughts and feelings during a period of transition.

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**November 12 – Best Practices for Supporting Others:** This seminar will allow participants to discuss best practices and techniques for providing support to others. Participants will learn how they can provide support without taking on the role of a counselor or therapist and leave with real life strategies and resources they can use to listen to and support their loved ones. Join this interactive discussion as we role play how best to react to workplace dynamics that will be well received by your employees.

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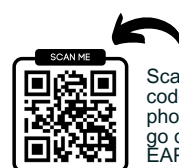
**December 10 – Riding the Change Wave:** In life, the only constant is change. In this workshop, participants will reflect and share current challenges they are facing while examining their own thoughts and feelings. This class will provide eight proven strategies to navigate personal and professional change successfully while sharing cautionary tales of what to avoid when implementing change.

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You can also register through the website by first clicking the link or scanning the QR code below. First time users will have to enter the code. All other users can sign in using their username and password. Then, navigate to the bottom right-hand corner where you will find the U.S. Events Calendar. Here you can register for the next event and upcoming events or watch recorded webinars.

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