

# Free live webinars

## Included in your Employee Assistance Program (EAP)

Learning can boost self-confidence, build purpose and help connect you with others. But finding the time for personal and professional development can be tough. Your Employee Assistance Program (EAP) makes this easier by offering chances to grow your mindset each month. Live and pre-recorded webinars focus on topics that can help you feel productive and think differently about life at home or at work.

**FOR ALL EMPLOYEES | 2024 Sessions at 12 – 1 p.m. & 3 – 4 p.m. ET**

### **Boosting Your Brain Power 1/17/24**

The brain, like the rest of the body, improves with exercise. Learn simple strategies and techniques for boosting your brain power!

### **Navigating Challenging Workplace Conversations 2/21/24**

Maintaining professionalism is of the utmost importance in the workplace. However when conversations get tough and emotions run high, that can be easier said than done. In this session we will review some techniques to navigate tough conversations while keeping your workplace relationships intact.

### **Emotional Intelligence in Customer Service 3/20/24**

Customer service roles are often some of the most emotionally taxing positions in an organization, especially when dealing with emotional customers. In this session learn how emotional intelligence can help you to manage stressful interactions for better outcomes.

### **Parenting Tips for Blended Families 4/17/24**

Parenting is one of the greatest challenges most people will face in their lives. Creating and parenting in a blended family can be even more stressful. In this session we will review some of the common challenges that come with blending families and review some tips to overcome them.

### **Managing Stress 5/22/24**

In manageable quantities stress can be beneficial, however too much stress can be detrimental to our health and well being. In this session we will identify symptoms of stress and learn strategies to minimize it.

### **Managing Up 6/19/24**

All of us, at some point in our working lives, must manage a boss—and when we do it well, our working hours become less stressful and more productive. This workshop explores some common roadblocks and potential pitfalls to avoid. Participants will also learn practical techniques that will increase their effectiveness in managing up.

### **Learning about Headaches 7/17/24**

If you or a family member is a headache sufferer, you know how headaches can disrupt your work and life. In this session we will provide you with an overview of headache types, what causes them and helpful ways to prevent and eliminate them.

### **Presentation Skills Tool Kit 8/21/24**

Many folks are terrified of speaking in front of others, especially in high-impact situations, but by learning a few simple techniques it can become a pleasant, confidence-building endeavor. Join us to learn simple strategies for great presentations.

### **Suicide Awareness 9/18/24**

Suicide is a serious public health issue that affects people of all ages and from all walks of life. Learn how to identify early warning signs of suicide and support those who are at risk.

### **Finding Motivation 10/16/24**

Knowing you need to do something and doing it are often two very different things. In this session we will review motivation and how to generate it for yourself.

### **How Highly Successful People Overcome Self-Doubt 11/13/24**

No matter how successful we may be, or how confident we may appear, most of us find that self-doubt and vulnerability may creep in at times. Join us to learn how to overcome self-doubt. We will discuss the importance of becoming comfortable with and sharing your own vulnerability and will reflect upon the teachings of Brene Brown.

### **Dealing with Challenging People 12/11/24**

Everyone can be difficult at times, but we all know those people who specialize in being challenging. In this session we will discuss how one can best manage their own reaction to negative behaviors and tactics for turning a negative relationship into a more productive, positive one.

**Register for live sessions today!**

**eap.ndbh.com**

**Code:**

**800-624-5544**



## FOR LEADERS & MANAGERS | 2024 Sessions at 12 – 1 p.m. & 3 – 4 p.m. ET

### Leading Employees through Change

1/24/24

Change is inevitable in all organizations. Employees will handle change differently and rely on their leader to guide them through the process. Learn how to effectively support your team as they adjust.

### Identifying and Addressing Employee Turnover

2/28/24

Quiet quitting and labor shortages have many leaders assessing turnover rates and retention strategies, but how does one know if their attrition rate is high? In this session we will learn how to calculate turnover, understand it in context to your industry and geographic locale, and learn strategies for retention.

### Leading Impactful and Collaborative One-on-Ones

3/27/24

One-on-ones are recurring meetings between a manager and their direct reports. A vital part of the continuous feedback model, one-on-ones can drive workplace communication and connection, but often leaders put them off or use them inappropriately. In this session we will discuss strategies for impactful, collaborative one-on-ones.

### Establishing Attainable SMART Goals

4/24/24

Goal setting is one of the most basic and essential skills someone can develop. We will define SMART goals and discuss the SMART goal strategy. We will also touch on goal characteristics, time management, making a to-do list and managing setbacks. This workshop will provide the knowledge and skills for participants and their teams to complete more tasks.

### Supporting Employee Well-being

5/29/24

Positive employee well-being improves the overall health of a business. In this session learn how to support employee well-being for improved employee engagement and retention.

### Leading Efficient and Productive Meetings

6/26/24

One of the most common frustrations in the new paradigm of work is too many meetings! In this session, we will identify the barriers to effective meetings, and we will explore constructive and methods for running efficient meetings and driving successful outcomes.

### Essential Leadership Skills

7/24/24

Become a more versatile and skilled leader by connecting with the fundamentals of powerful leadership. Assess your current strengths and challenges with the goal of enhancing your skillset.

### Behavioral Interviewing Skill-Builder

8/28/24

In this session, we will explore great “icebreakers” for interviewers. We will work extensively with the technique of behavioral interviewing to enable a manager to elicit characteristics in applicants that would make them a good match for the position and the culture.

### Preventing Employee Burnout

9/25/24

Employee burnout is one of the main causes of employee turnover and declining productivity. In this session learn how as a manager you can better support your employees to prevent burnout.

### Supporting and Empowering Employees with ADHD in the Workplace

10/23/24

Adults with ADHD tend to be bright and creative and can have very successful careers. However, they may have a variety of challenges, such as poor communication skills, distractibility, having difficulty with timeliness and follow-through. Join us to discuss strategies to help employees with ADHD thrive at work.

### Managing Virtual and Hybrid Employees

11/20/24

The first step in managing a virtual or hybrid work team is understanding your individual leadership style. In this session, we will assist participants in understanding their leadership style through an engaging assessment tool.

### Keep it Short and Sweet – The Power of Succinct Communication

12/18/24

Do meetings always run over because participants take 20 minutes to explain something that should only take a few minutes? Join us as we explore the principles and strategies represented in the book “Smart Brevity” by Jim VandeHei, Mike Allen and Roy Schwartz to help to communicate briefly and effectively.

## How to sign up

1. Visit [eap.ndbh.com](http://eap.ndbh.com)
2. Enter your company code:
3. Scroll down to the **Check Out Our Webinars** box
4. Click **Register for Live Webinars**
5. Choose your session, complete the easy registration form and receive confirmation

**Questions?** Connect with your EAP customer success manager, HR department or [eaptraining@ndbh.com](mailto:eaptraining@ndbh.com).

## Webinar Sessions Time Zone Conversion

ET 12 – 1 p.m. | 3 – 4 p.m.

CT 11 a.m. – 12 p.m. | 2 – 3 p.m.

MT 10 – 11 a.m. | 1 – 2 p.m.

PT 9 – 10 a.m. | 12 – 1 p.m.

## Share and attend these learning opportunities

In addition to these live webinars, [eap.ndbh.com](http://eap.ndbh.com) offers pre-recorded sessions on topics such as stress and diet, meditation and relaxation, sleep, saving money, identity theft and more. Virtual training events are also available 24/7/365.

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