

Free live webinars

Part of 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. Join us! They're free and fun.

FOR ALL EMPLOYEES | 2022 Sessions at 12 PM – 1 PM & 3 PM – 4 PM ET

Tuning out Technology 1/19/22

Technology has made its way into nearly every aspect of our lives, and many of us spend our entire day staring at screens. In this session, learn more about the effects of screen time and how to develop better digital hygiene.

Communicating Effectively 2/16/22

Communication can be difficult and messy. We forget that our feelings play a part in how messages are delivered, received, and processed. Learn more about how interpretation can change meaning and how to ensure that what you say is what others hear.

Post-Pandemic Mental Health 3/16/22

The COVID-19 pandemic has tremendously impacted our mental health on a global scale and for many, these mental effects will likely outlast the virus itself. In this session, learn more about these long-term effects and different ways to manage them.

Building Empathy 4/20/22

Empathy is the ability to understand and share the feelings of another person. Learn how to start with empathy as you interact with others and how it can help you build and strengthen your relationships.

Languishing and Flourishing 5/18/22

If you've ever felt lackluster, disconnected or just blah, you may have experienced languishing. In this session, understand what languishing is, how to identify it and learn some techniques to help you thrive again.

Planning a Financial Future 6/15/22

Preparing for the future means having financial resources to fall back on in the event of an emergency while building wealth with savings and investments. Unfortunately, too many of us are not saving as we should. In this session, we will talk about some typical roadblocks to saving and how to overcome them.

Embracing Conflict 7/20/22

Conflict is a part of life, and while it can be a source of stress that we would rather avoid, it can also be an opportunity. In this session, you'll develop skills to give you the confidence to embrace conflict when it is productive and manage it when it's not.

Self-Care for Caregivers 8/17/22

Caregiving is a demanding responsibility and often a full-time job. In this session, discover how to develop the boundaries, resiliency and self-care techniques that will help you care for yourself so you can care for others.

Depression - Helping Yourself and Others 9/21/22

Depression is one of the most common mental health disorders in the United States. In this session, you'll learn how to recognize symptoms of depression and discover ways to help yourself and others.

Teamwork Strategies 10/19/22

In any endeavor in which multiple people have an impact on the result, strong teamwork is the key to success. This session explores the individual skills that make for a strong team member and how to apply those skills both at work and in life.

Prioritizing Self 11/9/22

"You cannot pour from an empty cup." Many of us spend most of our time giving ourselves to family, friends, and employers, making it easy to forget to take care of ourselves. This session dives deeper into the importance of prioritizing and taking care of yourself so you can show up for those in your life.

Goal Setting Strategies 12/14/22

Having goals is one thing, achieving them is another. In this session, learn how to set goals you can reach and develop strategies for ongoing success.

Register for live sessions today!

eap.ndbh.com
Code:
800-624-5544

FOR LEADERS & MANAGERS | 2022 Sessions at 12 – 1 PM & 3 – 4 PM ET

Mindfulness for Managers 1/26/22

Discover the power of mindfulness in leadership and how to run a more effective organization. Diagnose problems with a deeper understanding and create solutions that are sustainable and more impactful long-term.

Communication Skills in a Virtual or Hybrid World 2/23/22

Video meetings, email communications, messages, texts... it's easy for details to get lost in translation without intentional communication. Join us to discuss tools and strategies of effective virtual communication.

Developing Post Pandemic Resilience 3/23/22

The pandemic has challenged us in many ways. It has certainly taxed our resilience, and that of our teams. Learn to manage your own post-pandemic resilience and inspire your team to manage theirs.

Emotional Intelligence for Managers 4/27/22

Emotional intelligence is essential for strong leadership. Learn the five key characteristics that will enhance your reputation as a well-balanced leader.

Confident Leadership 5/25/22

Even as leaders, it's not uncommon to feel self-doubt. In this session we'll learn to assess our own level of confidence, how to self-empower and how to help our team members to enjoy improved self-esteem.

Bias is a 4 Letter Word 6/22/22

Our biases are unconscious but can have significant impact on our relationships. As leaders, it is critical to understand and manage biases.

Curbing Rumors, Gossip and Teasing Behavior 7/27/22

You set the tone for how people in your department treat one another. Learn how to set expectations and address behaviors that go too far when it comes to rumors and behaviors that create a hostile work environment.

Adaptable Leadership in an Everchanging World 8/24/22

In the face of change it is easy to get stuck, but adaptable leaders are always on the lookout for opportunity. In this session we'll discuss the habits of adaptable leaders and how they can benefit you.

Recognizing Signs of Depression in a Team Member 9/28/22

It is estimated that 1 in 20 Americans have at least one major depressive episode in a given year, which has a negative impact on their lives. In this session, learn to recognize the signs of depression in others to help them get the support they need.

Motivating Your Team 10/26/22

Strategic leadership is often the key element governing motivation, engagement, and innovation, but not every team member may be motivated in the same way; join us to discuss tactics to improve motivation and realize consistent high performance.

You've Got This! Essential Skills for Leaders 11/16/22

Most leaderships skills require development. In this session we will review a number of essential management concepts that will help you help support your team to maximize engagement, productivity and innovation.

Leadership Blind Spots that Can Diminish Your Brand 12/21/22

Sometimes we don't even realize the small things that we do (or fail to do) can show up negatively. Join us to discover blind spots and ways to remedy them for a flawless leadership brand.

How to sign up

1. Visit 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 account manager, HR department or eaptraining@ndbh.com.

Webinar Sessions Time Zone Conversion

EASTERN 12 – 1 PM | 3 – 4 PM

CENTRAL 11 AM – 12 PM | 2 – 3 PM

MOUNTAIN 10 – 11 AM | 1 – 2 PM

PACIFIC 9 – 10 AM | 12 – 1 PM

Share and attend these learning opportunities!

In addition to these live webinars, 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.