

# MIIA EAP Professional Development Training



**Date:** April 26, 2022

**Time:** 10:00-11:00am

**Presenter:** Steven Bernstein, LMHC

**To Register, click on below link:**

<https://attendee.gotowebinar.com/register/1664880927486164492>

## Being Proactive with Employee Wellness

Leaders play a key role in helping ensure organizational well-being. And the research is increasingly clear that taking a proactive approach to employee wellness is the most effective way of getting there – whether it is modeling healthy communication or sharing wellness resources and information. This session explores how to optimize the Employee Assistance Program (EAP) to foster organizational wellness. Learn how the EAP can be a key resource in supporting employees across the board or helping managers think through challenging personnel situations. We will explore the purpose of the Employee Assistance Program and how to partner with the EAP, not just during a crisis, but daily – helping maintain organizational balance and well-being.

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