



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

Sessions at 12 – 1 p.m. & 3 – 4 p.m. ET

1/15/25 | Understanding and Controlling Fear

“The only thing we have to fear is fear itself”, but, as we know, fear can be an all-consuming reaction that is both biological and emotional. In this session we will discuss the root of fear, how to recognize it, and some compelling strategies for alleviating fear.

2/19/25 | Are You An Overthinker?

Many of us ruminate over everything...we spend sleepless nights and experience analysis paralysis. Join us to discuss this very common malady and discover some concrete strategies to overcome overthinking.

3/19/25 | Emotional Wellbeing for Parents

Parenting is difficult. Change is constant, the days are long, and reality never looks like Pinterest. In this session, learn how to manage your expectations, treat yourself with kindness, and find confidence in doing the next right thing.

4/16/25 | Teamwork Strategies

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

5/21/25 | Strategies to Manage Anxiety

Anxiety is an occasional visitor for some people, and a long-term guest for others. Research shows that most anxiety is best managed with behavior intervention. This training will empower individuals to assess their personal anxiety and integrate specific behavior practices to increase relaxation and calm.

6/18/25 | Calling All Introverts! Discover your Strengths!

So often, when we tend to be introverted, we may discount the powerful competencies that are inherent in introverts. Join us for this session to better understand your friends, neighbors, colleagues, or maybe yourself, who are introverts, and how to leverage this powerful style.

7/16/25 | Communication Across Generations

Discuss the strengths and challenges of a multigenerational workforce and ways to promote teamwork among them all.

8/20/25 | Practicing Gratitude and Mindfulness

Mindfulness and gratitude go hand in hand, and can substantially elevate one's overall happiness, manage stress, anxiety and depression, and change one's perspective permanently. In this session we will explore the aspects of gratitude and mindfulness and will focus on a number of strategies and exercises to take away.

9/17/25 | Depression - Helping Yourself and Others

Depression is prevalent in our society; help and understanding is always needed. This valuable program helps participants get past the stigma to find real solutions. They learn how to recognize symptoms of depression and discover ways to help themselves and others.

10/15/25 | Blocking Burnout

Learn how to detect burnout triggers and discover ways to regain enthusiasm at work and at home by becoming more conscious of your needs and motivators.

11/12/25 | The Power of Connection

People will always need people...human connection is critical to our well-being, but in our fast-paced world, often we miss those connections. Join us for an interactive webinar where we will explore this concept and strategies for better connection.

12/10/25 | The Fine Art of Flourishing

Flourishing can be defined as growing vigorously and thriving. Today we recognize the importance of thriving in all areas of one's life. In this session we will utilize a Wellbeing Assessment to measure the six domains of well-being: emotional health, physical health, purpose, character strengths, social connectedness, and financial security. We will discuss strategies to maximize your personal flourishing!

For all Leaders & Managers

Sessions at 12 – 1 p.m. & 3 – 4 p.m. ET

1/22/25 | Resilience in the Workplace

For an organization to thrive, both the organization and its employees must have resilience. In this session, learn how to support and develop resilience in your teams and organization.

2/26/25 | Practicing Workplace Empathy

Join us for an interactive session where we will discuss what empathy is, and what it isn't, as well as barriers we may have to empathy and how to overcome them.

3/26/25 | Enhancing Critical Thinking Skills

Critical Thinking Skills are important in so many areas of life, and especially professionally, however, research has shown that our ever-expanding reliance on technology can interfere with the acquisition and maintenance of our critical thinking skills. Join us for a practical analysis of how critical thinking skills come to be, and how they can be enhanced.

4/23/25 | Building Strong Teams

It's no secret that high-performing companies have high-performing teams. How do you build such a team in your organization? Discover how feedback, ideas, and empowerment factor into building a strong team.

5/28/25 | Preventing Workplace Bullying

Bullying doesn't stop at the schoolyard, sadly bullying is still a prevalent issue in the workplace, and unless the bullying is based upon a protected characteristic, it may not be covered under your state's law. Join us to gain an understanding of what bullying looks like, how to intervene as a leader, and how to set policies to eliminate bullying in your workplace.

6/25/25 | The Fine Art of Mentoring

Successful mentorships can be life changing and career enhancing, both for the mentor and the mentee. However, mentorship is a learned skill – Join us for an interactive session where we will explore mentorship best practices.

7/23/25 | Understanding and Leading Gen Z

Generation Z will comprise 30% of the workforce by 2030. Gen Z brings many unique talents and perspectives to the workplace but can often be misunderstood. Join us to explore the unique competencies and perspectives of Gen Z and learn how to best motivate and lead this talented cohort.

8/27/25 | Mind Your (Workplace) Manners

Good manners are always in style, but manners don't mean always deferring to others or avoiding conflict. We will discuss the new conventions of business manners.

9/24/25 | Delegating for Development

Delegating is a critical skill for managers at any level. Supervisors that can effectively delegate can free up a great deal of their own time, help their direct reports to cultivate expertise in learning, and can develop their own leadership skills. Embrace the advantages and learn specific methods for engaging in delegation.

10/22/25 | Delivering Difficult Messages

Whether delivering news of organizational change or tough feedback, sharing news that is difficult to absorb can be challenging. Join us for an engaging discussion of this phenomena and learn new techniques for delivering such messages sensitively and well.

11/19/25 | Stoking Innovation

Have you ever needed to be creative, perhaps to develop a new design or plan, or to creatively market a product, and try as you will, your creative juices just aren't flowing? Join us to explore reasons for creative paralysis and some engaging and fun strategies to get those creative juices flowing again.

12/17/25 | Building Your Professional Network

Building a professional network can seem daunting, especially if your workplace and external contacts are limited. However, 80% of new positions are acquired through networking. Join us to explore strategies for effective networking.

How to sign up

1. Visit eap.lucethealth.com
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Questions? Connect with your EAP customer success manager, HR department or eaptraining@lucethealth.com.

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