



2025 | NEELY EAP SEMINAR SCHEDULE

MONTHLY SEMINARS

- 23 JAN Nourish to Flourish: How Nutrition Impacts Your Mental and Physical Health
- 20 FEB Relationships and Communication
- 20 MAR Remote but Connected: Strategies for Success and Balance in Remote Work
- 24 APR Bouncing Back: Developing Emotional Resilience in Challenging Times
- 22 MAY Mind Matters: Prioritizing Mental Health in Your Daily Life
- 12 JUN Thriving at Work: Strategies for Effective Performance Management
- 17 JUL Stress Less: Practical Tools for Managing Everyday Stress
- 21 AUG The Power of Soft Skills: Elevating Your Career and Relationships
- 11 SEP Breaking the Silence: Supporting Mental Health in Crisis Moments
- 23 OCT Money Matters: Reducing Financial Stress for a Healthier You
- 20 NOV Time Well Spent: Boosting Productivity and Managing Holiday Stress
- 18 DEC From Holiday Blues to New Year Renewals: Finding Joy and Focus

LEADERSHIP DEVELOPMENT WEBINAR SERIES - IMPROVING COMMUNICATION

- 27 MAR Using Emotional Intelligence to Strengthen Communication
- 26 JUNE Turning Stressful Situations into Collaborative Solutions
- 25 SEPT Active Listening: Reducing Stress and Building Connections
- 30 OCT Building Trust Through Open Communication

Join us one afternoon a month for a complimentary 60-minute training webcast. These topics were specifically chosen to help you gain additional tools and strategies to remain resilient through these difficult times.