

Neely Employee Assistance Program

2026 SEMINAR SCHEDULE

MONTHLY SEMINARS

Soft Skills That Reduce Workplace Stress

22 JAN	Nutrition for a Productive Brain: Eating to Improve Mood, Focus & Stress Tolerance
19 FEB	Emotional Intelligence in Action: Reading the Room & Responding, Not Reacting
19 MAR	Time Mastery for Busy Professionals: Prioritizing, Planning & Managing Mental Load
23 APR	The Art of Difficult Conversations: Staying Calm, Clear & Respectful Under Stress
21 MAY	Boundaries Without Guilt: Saying “No” and Advocating for Yourself Professionally
18 JUN	Accountability & Follow-Through: Soft Skills That Build Trust and Reliability
23 JUL	Stress-Resistant Communication: How to Speak Calm When Others Aren’t
20 AUG	Feedback Without Fear: Giving & Receiving Criticism Like a Pro
17 SEP	Collaboration & Team Skills: Working With Different Personalities and Workstyles
22 OCT	Financial Wellness at Work: Money Behaviors That Lower Stress and Improve Focus
12 NOV	Emotional Survival Toolkit for the Holidays: Triggers, Family Dynamics & Time Boundaries
17 DEC	From Holiday Burnout to New Year Reset: Motivation, Identity & Consistency

QUARTERLY LEADERSHIP DEVELOPMENT SERIES

Soft Skills for Strong Leaders

27 MAR	Coaching Instead of Managing: Turning Employees Into High- Performers
26 JUN	Psychological Safety: Reducing Fear So Employees Think, Speak & Innovate
25 SEP	Holding People Accountable With Empathy, Clarity & Consistency
18 NOV	Leading Through Change: Keeping Teams Calm, Motivated & Connected in Stressful Seasons

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