

EMPLOYEE ASSISTANCE PROGRAM

MOVING FORWARD: TRANSITIONING TO THE NEXT NORMAL

VIRTUAL TRAINING SERIES

The pandemic and other world events changed everyone's lives more than any of us could have imagined! Every area of our lives, personal and professional, was affected by multiple events outside our control. As a result, employees had to adapt and change with little or no notice. During this training, employees will learn some of the reasons we feel stress, tips to adapt to the changes ahead, and when to reach out for help.

THURSDAY,
OCTOBER 21, 2021

12:00 - 1:00 p.m.

Registration:

Advanced registration is not required. To view and listen to the live webinar, go to bit.ly/3mtHhyR on the day of the event.

- Event Password: 57Gg28P8bXz
- United States Toll: +1-408-418-9388
- Access code: 132 467 9343

The training will be recorded and available on the website approximately two to three weeks after the live event. To view past trainings, go to eap.calhr.ca.gov. Under Explore Services, click on the program tile for Webinars and Workshops to access the individual training recording, slideshow and handouts, if applicable.

Learning Objectives

- Discuss reasons we currently feel stress.
- Describe tips to help you adapt to your next normal.
- Identify when it's time to seek help.

Who Should Attend?

- These workshops are free to state employees.
- Before planning to attend, employees should ensure supervisor's approval.
- Please provide two weeks notice for special accommodations.

