EMPLOYEE ASSISTANCE PROGRAM

HARNESSING THE POWER OF MINDFULNESS TO DECREASE WORKPLACE STRESS

VIRTUAL TRAINING SERIES

The workplace can be a fast-paced, stressful environment. Sometimes, during the struggles, it's hard to imagine it's possible to thrive in the workplace. Mindfulness skills can be a great way to combat work stress. In this session participants will learn the benefits of mindfulness at work and how to use these skills on the job.

THURSDAY, OCTOBER 20, 2022

12:00 - 1:00 p.m.

Registration:

Web portion: URL: **http://magellanhealth.adobeconnect.com/rj9jszhh0gmr/**

To log in as Guest, simply enter name and click on "Enter Room" button. If you experience difficulty entering the webinar room, use this link to test your connection: **http://na3cps.adobeconnect.com/common/help/en/support/meeting_test.htm**.

Audio conference: There are two options for listening to the webinar.

- Via computer, please unmute your computer speakers to access the audio.
  - You will be able to communicate with the presenter via the *Chat* feature.
- Via phone: **1-913-227-1201**, access code **3288396129**. Please mute your phone.

Learning Objectives

- Describe mindfulness and some of the benefits of being mindful at work.
- List ways to use this skill to help with workplace stress.
- Demonstrate mindfulness techniques you can use at work or home.

Who Should Attend?

- These workshops are free to state employees and reservations are not required. Seating is on a first come, first-served basis.
- Before planning to attend, employees should ensure supervisor's approval.
- Please provide two weeks notice for special accommodations.

CALHR
CALIFORNIA DEPARTMENT OF HUMAN RESOURCES

1-866-EAP-4SOC (1-866-327-4762)
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