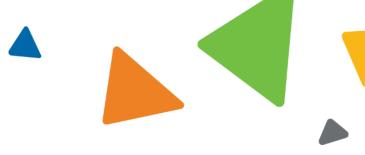
### **Employee Assistance Program**

Your resource for help with daily challenges and difficult situations



# Developing a Positive Mindset

# **EAP Training Event**

Thursday, May 30, 2024

10:00 - 11:00 a.m.

# **Training Description**

What is a positive mindset, and how can you use it to build a better life? Having a positive mindset means developing ideas, emotions and actions that allow you to respond constructively to negative circumstances and make the best of those situations. This training will help you develop a new perspective and tips for applying positive mindset practices.

## **Learning Objectives**

- Identify the importance of developing a positive mindset
- Demonstrate how to develop a positive mindset



On the day of the event, scan the QR code to access the live webinar.

#### **Access Information**

Advanced registration is not required. On the day of the event, use the following link to view and listen to the live webinar: magellanhealth.adobeconnect.com/r36ztkd7nz82/

If you want to access the audio only, call (816) 293-9963 and enter 9498679#

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**. In the Explore Services section, click on the Trainings and Webinars tile to access the training recording, PDF of the slide show presentation and handouts (if any).

#### **Please Note**

- These trainings are intended for State of California employees.
- Before planning to attend, obtain supervisor approval.
- Please contact eap@calhr.ca.gov for any reasonable accommodation requests.
  We kindly ask for at least two weeks' notice before the event to review the request.





