

Employee Assistance Program

Your resource for help with daily challenges and difficult situations

Developing a Positive Mindset

EAP Training Event

Thursday,
May 30, 2024

2:00 - 3:00 p.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.

