



Changing Your Perceptions to Positively Impact Your Wellbeing



Join the **live webinar** on May 8, 2024 at 11:00 a.m.
Scan the QR code now or visit eap.calhr.ca.gov
to register.

This webinar will:

- Define the concept of human perceptions
- Examine how perceptions influence our emotions
- Provide tips on how to change your perceptions in ways that improve your emotional wellbeing

The webinar will be recorded and posted on your Employee Assistance Program (EAP) website, eap.calhr.ca.gov. Click on the Webinars and Trainings tile to access the page with the recording.