

NOVEMBER 2020

HelpNet

Building Resilience Muscles

ONLINE SEMINAR

The foundation of resilience lies in building five muscles—three are specific skills and two are personal choices that are consistently chosen. The key to resilience is understanding yourself and identifying the mental obstacles that get in your way.

Starting November 17th noon (EST)

Visit: www.helpnet.eap.com

At the top of the page click on: **Work Life Login**

Enter your company user name: **Cowboy**

Click on the plus sign (+) under Online Seminars and locate the **“Building Resilience Muscles”** seminar.

WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

Phone: 800-523-0591

Your Employee Assistance Program is there 24/7 with information and resources to help you work better, together.