



## EMPLOYEE ASSISTANCE PROGRAM

### Developing Personal Resilience

**Atrium Health's Employee Assistance Program** is designed to help employees and their families overcome personal concerns and other issues in the workplace and at home to achieve a healthy work-life balance.

We believe healthy, engaged employees are the foundation of a successful organization.

Our free prevention and wellness seminars are designed to help ensure our teammates have access to the resources they need for a happy workplace and a healthy home life.

Goals of the **Developing Personal Resilience** webinar include:

- Discover why resilience is crucial to your well-being
- Find out which factors contribute to personal resilience
- Discuss resilience and: goal setting, self-confidence, communication, problem-solving, and self-regulation
- Learn 10 ways to build resilience

*PLEASE NOTE: This offering replaces the previously published topic of Anger Management.*

For your convenience this webinar will be held on varying days and times during the month.

Dates	Time
June 4, 2020	1:00 – 2:00 pm
June 10, 2020	Noon - 1:00 pm
June 16, 2020	9:00 - 10:00 am

Advance registration is required.  
Space is limited so please call  
**704-355-5021**  
For reservations.

Atrium Health's Employee Assistance Program is designed to help you and members of your family with a variety of personal issues including marital conflicts, job stress, emotional, alcohol and drug problems and difficulties with children. If you or a family member needs help, contact the Atrium Health Employee Assistance Program at **704-355-5021** or **800-384-1097**.