

LEADER TOOL

The learning solutions provided in this quarter aim to support your people's wellbeing. As we navigate a new year with renewed hope, AccessEAP can work with your leaders and employees to provide a range of information and tools that promote wellbeing.



LEVEL 1 AWARENESS

Wellbeing in Focus Tools

Raise awareness by distributing the below complimentary tools to your employees:

- ▶ Manage Stress and Resilience
- ▶ Emotional Intelligence
- ▶ Positive Psychology and Change

LEVEL 2 ENGAGEMENT

Webinars

Engage your employees with a webinar as a taster of the topics:

- ▶ Manage Stress and Building Resilience
- ▶ Applying Emotional Intelligence at Work
- ▶ To purchase a webinar please contact your Relationship Manager.

LEVEL 3 EMBEDDING

Training solutions

Embed lasting change through our training solutions:

- ▶ Manage Stress and Building Resilience
- ▶ Applying Emotional Intelligence at Work
- ▶ Organisational Change - A Strengths-based Journey to Transformation
- ▶ For a training solution please contact your Relationship Manager.

AWARENESS DAYS

SEE OUR EVENTS PAGE FOR MORE AWARENESS DAYS.

QUARTER 2

World Day for Safety and Health at Work
▶ 28 Apr

International Day Against Homophobia, Biphobia, Intersexism and Transphobia
▶ 17 May

International Men's Health Week
▶ 14-20 Jun

Take Your Dog to Work Day
▶ 25 Jun