

## 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:

- ▶ How to Manage Conflict in a Productive Manner
- ▶ Positive Psychology: Learn How to Flourish
- ▶ Diversity & Inclusion - We are human first

### LEVEL 2 ENGAGEMENT

#### Webinars

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

- ▶ Conflict Resolution: Building Healthy Workplaces
- ▶ Positive Psychology: Learn How to Flourish
- ▶ Diversity & Inclusion
- ▶ To purchase a webinar please contact your Relationship Manager.

### LEVEL 3 EMBEDDING

#### Training solutions

Embed lasting change through our training solutions:

- ▶ Conflict Resolution: Building Healthy Workplaces
- ▶ Positive Psychology: Learn How to Flourish
- ▶ Diversity & Inclusion
- ▶ For a training solution please contact your Relationship Manager.

## AWARENESS DAYS

SEE OUR EVENTS PAGE FOR MORE AWARENESS DAYS.

#### QUARTER 4

World Mental Health Day ▶ 10 October  
National Coming Out Day ▶ 11 October  
International Men's Day ▶ 19 November

International Day for the Elimination of Violence against Women ▶ 25 November  
World Compassion Day ▶ 28 November  
International Volunteer Day ▶ 5 December

